

SHIATSU

For **Good Health & Better Sleep**



What is Shiatsu?

Shiatsu is a traditional hands-on Japanese healing therapy. It can help in a wide range of conditions and plays an important role in well being and prevention of ill-health.

It works to rebalance your Ki (energy), helping your physical, emotional and mental wellbeing.

Benefits of Shiatsu

- relaxes mind and body
- restores and balances energy
- eases tension and stiffness
- improves posture
- enhances well being



Treatments usually last one hour and you remain fully clothed.

A study carried out by Professor Andrew Long, University of Leeds showed that:

- 89% of Shiatsu receivers felt calmer & more relaxed
- Up to 60% of regular Shiatsu receivers slept better
- Reduced use of conventional medicine

(Research published: <http://www.biomedcentral.com/1472-6882/9/19>)

Actress **Sally Knyvette** says: *“My Shiatsu hour is very precious to me.”*

Shiatsu Society (UK) practitioners train for a minimum of **3 years** and follow our Code of Conduct and Ethics.

For details of local practitioners contact:

0845 130 4560

www.shiatsusociety.org