

# Shiatsu for Embodiment



TOUCH FOR LIFE

In a year that has disrupted routines, separated us from friends and family, and provoked a range of strong emotions, one thing is clear: we need touch, as a basic human necessity, as much as we need shelter, food and warmth.

Shiatsu touch and allied practices can be learned and practiced by anyone and shared with loved ones as a form of self-care.

From early December to the end of January the Shiatsu Society is releasing themed guides for your 'wellness survival kit' to support you and your family through the winter months.

## What is Shiatsu?



Like our FB Page and follow on Insta so you don't miss the free resources we're releasing throughout Dec & Jan.



#touchforlife

Shiatsu touch is caring, compassionate, nourishing, respectful. It affects the body, mind and emotions.

## Points and practices for grounding and connecting with self



### Activity

Lower belly breathing can bring us to that place where "mind and body come together" according to Japanese culture.

Sit quietly for a few minutes in a comfortable position; imagine you have a ball of light just below your navel. As you breathe in, imagine it growing bigger. As you breathe out, imagine the ball growing smaller but the light is stronger and more intense.

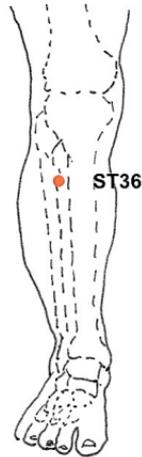
# Acupressure

Guidance: Find the point, press as you breathe out, feel for warmth or tingling, and hold as long as it feels good. Press the points on both sides of the body.

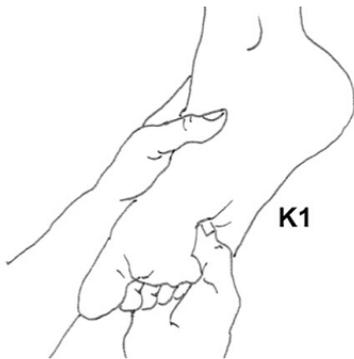
The images show points you can gently press to bring relief from specific symptoms, or support body and mind as required.



GB21: takes focus from head to body, soothes headache. Don't use in pregnancy.



ST36: strengthens the legs, helps digestion.



K1: grounding and calming effect.

## Activity

Energise your feet by rubbing around the ankles and feet, pressing between the foot bones down to the toes and squeezing each toe in turn.

Tap the sole of the foot to stimulate nerve endings and press K1 for extra grounding.

Walk barefoot around the house; focus on different parts of the foot as you transfer weight from heel to toes.

Do you feel more connected to the earth now?



## The Shiatsu Society UK

As the largest professional association for Shiatsu in the UK, the Shiatsu Society works to promote Shiatsu for all. Check out our website to find your nearest practitioner.

[WWW.SHIATSUSOCIETY.ORG](http://WWW.SHIATSUSOCIETY.ORG)