**SAM Bursary 2025 – participant questions:**

1. What is your gender?

M/F/other/prefer not to say

1. Which age group do you fall into?

18-29; 30-40; 41-50; 51-60; 61-70; older than 70

1. What is your occupation?
2. Were you aware of Shiatsu prior to this event?

Yes; no; I had heard of it but never experienced it

1. What was the title of the event that you attended, and where and when did it take place?
2. What type of event was it?

Wellness or holistic health event

Cultural or community event

Eco, nature or sustainability event

Social justice or health equity event

Educational, corporate or institutional event

Spiritual gathering

1. What type of activities were included in the event you attended?

Shiatsu taster sessions (seated or futon)

Full 1 hour Shiatsu treatment

Qi Gong

Acupressure points

Do-In/Dao-Yin (body and mind exercises)

Self-Shiatsu

Working in pairs

Breathwork

Meditation

Other

1. Did you notice any changes - physical, mental or emotional - following the event?
2. Would you now consider using Shiatsu (or related activities) to support you with any of the following?

General health and wellbeing

Stress and anxiety

Low mood

Fatigue

Poor sleep

Breathlessness

Neck and shoulder pain

Back pain

Strength and balance

Menstrual cycle symptoms

Menopause symptoms

Headaches

Digestive symptoms

Other

1. Would you recommend Shiatsu to someone else? Why or why not?

**Thank you for your feedback!**