

# Shiatsu for Boosting Energy



TOUCH FOR LIFE

As we emerge from a long and restricted Winter, some of us may feel tired or jaded, but Shiatsu touch can boost our sense of vitality – either as a treatment from a professional practitioner or as a self-care practice.

Feel free to use and share these simple Shiatsu based practices to help you feel “more like yourself” this springtime.

## What is Shiatsu?



Like our FB Page and follow on Instagram for free resources to help support your body and wellbeing.



#touchforlife

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

## Points and practices for boosting energy and building stamina



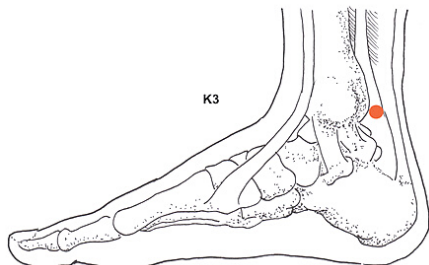
## Seasonal Nutrition

With the warmer weather eating more raw food is energising. Add salad to meals and garnish with fresh herbs which have a stronger taste and are deeply nourishing. Herbs are easy to grow in the smallest of spaces and are really satisfying to cultivate. Apples provide a slow and sustained energy release while bananas contain potassium which aids muscle health.

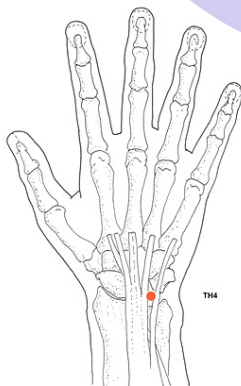
# Acupressure

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.

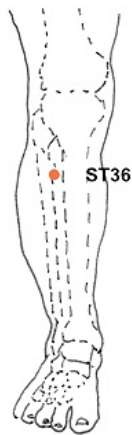
The images show points you can gently press to bring relief from specific symptoms, or support body and mind as required.



K3: accesses our essential deep energy

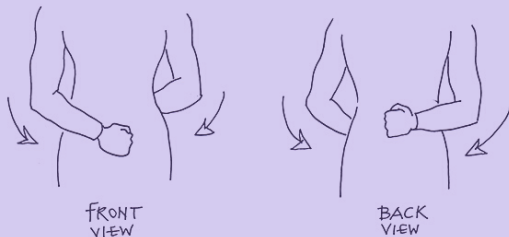


TH4: circulates essential energy



ST36: aids general wellbeing and strengthens the legs

## Activity



The exercise "Knocking at the Gate of Life" stimulates points which tap in to our energy reservoirs. Stand hip width apart and swing your arms, alternately tapping just below your navel in front and at your waist on your back. Doing this in the fresh air enhances the energy boost.