

Shiatsu for Winter Wellness



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 colds, immunity and respiratory health



Seasonal nutrition

Soup is an excellent immunity booster for this time of year. Include root vegetables, some slices of fresh ginger and a little miso at the end of cooking for flavour, extra minerals and beneficial gut bacteria. Stews and roast vegetables help to keep you warm and nourished. A slice of ginger in your tea helps to fight off the bugs too.

Stretch



Breathe in and
Raise arms as you
bend forward on the
out breath

Relax at each
exhalation

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

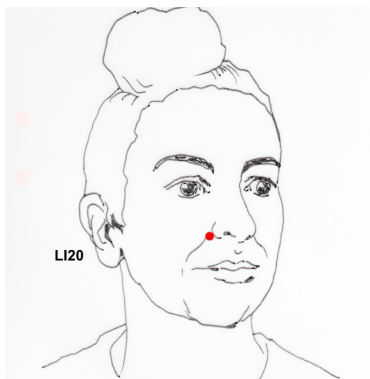
Activity

Breathing through your nose

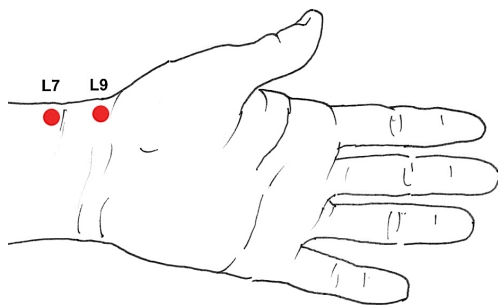
helps immunity by filtering out dust, viruses and bacteria. Long slow breaths help the part of the nervous system dedicated to resting, digesting food and repairing the body. Go for a walk while breathing through your nose, with your tongue on the roof of your mouth, your lips lightly together and your teeth apart.

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.



LI20: nasal congestion, loss of sense of smell



L7: start of a cough, cold, runny nose

L9: chronic cough, cold hands, chilblains