

Shiatsu for a Positive New Year



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 positivity, moving forwards, future vision

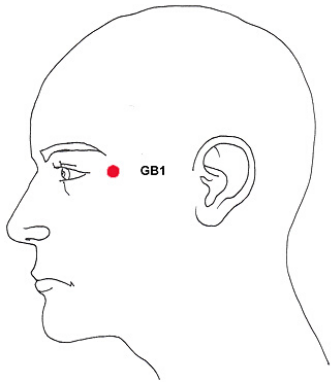


Seasonal nutrition

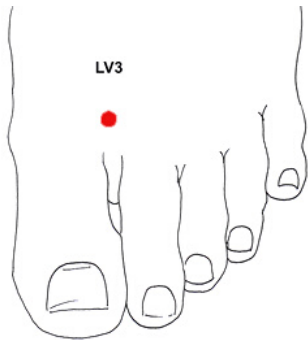
Small changes to our dietary habits can radically change our energy. Kick start each day with lemon juice in hot water to activate digestion. Add one more portion each of fruit and veg to your daily intake to enhance vitamin and mineral intake. Try organic brown rice or quinoa instead of pasta for nutrition packed carbs.

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.



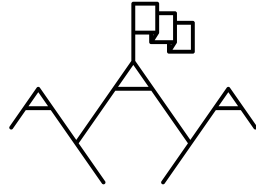
GB1: brightens eyes and clears headaches



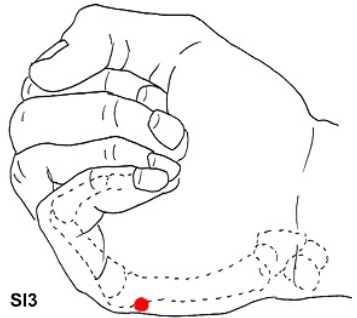
LV3: smooths emotional and physical blockage

Activity

Setting goals



Think about the things you've been meaning to do, then narrow them down to three attainable things you want to achieve this year. Now write those down or make a drawing or stick pictures on a board along with the positive words "I am / I have / I do..." Creative action helps us to make things real.



SI3: relieves stiff neck & headache, assists clear decision making

This traditional Japanese exercise stimulates circulation and the nervous system by tapping on meridian lines.

Activity

Whole Body Dō-In

Vigorous tapping and pummeling can get you going in the morning; gentle smooth strokes helps to calm and relax in the evening. But apply the pressure that feels right for you.

1.



Fingertips tapping on the head

2.



Thumb round eyes & rub cheeks

3.



With a loose fist tap down neck

4.



And along the shoulders

5.



Tap on the insides of arms to the hand

6.

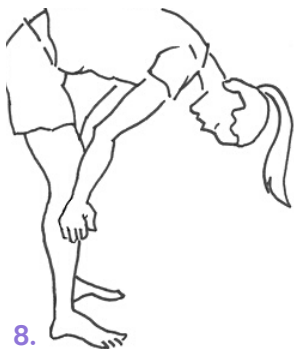


Then back of arms from wrist to shoulders

7.



Pummel down the back on either side of the spine



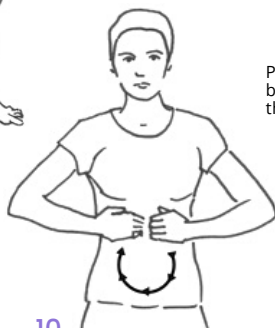
8.

Tap down outside of the legs



9.

Up the insides



10.

End by making slow clockwise circles on your belly