

The Book Of Shiatsu The Healing Art Of Finger Pressure English Edition By Saul Goodman

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'The Book of Shiatsu' is an instructional shiatsu book that is beautifully detailed with nearly 300 photographs and illustrations. It provides a unique understanding of this traditional healing therapy, along with simple step-by-step instructions for a whole body shiatsu treatment. In addition are acupuncture points for specific symptoms, exercises for developing sensitivity, techniques for assessing physical condition, and methods for improving personal health, including dietary suggestions. Shiatsu massage is a natural healing therapy which has been used for thousands of years to maintain health and longevity. Successful in relieving physical symptoms and discomforts, shiatsu is an emerging as a valuable tool for increasing awareness of the human body, as well as stimulating effective communication through touch. Shiatsu is available to anyone desiring to strengthen their knowledge of physical health and emotional and mental balance. Saul Goodman is the founder and former director of the International School of Shiatsu, which has branches in over 15 countries. He has taught classes throughout Europe and the U.S. for almost 40 years and runs a private practice in

Doylestown, PA. Saul developed the bodywork modality Shin Tai, which expands on traditional Shiatsu massage and has a primary focus on the evaluation and treatment of the two primary meridians, Governing Vessel and Conception Vessel. His other books include 'Shiatsu Shin Tai' and 'Light Body Activation.' With this new edition of 'The Book of Shiatsu,' you also gain free access to the online video class 'Shiatsu Techniques of the Masters: The Back' with Saul Goodman.

Deepen your shiatsu journey with this valuable free resource!.

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in

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shiatsu this book clearly outlines a full body treatment reclined and seated with clear photos and graphics there is also a chapter for do in self administered treatment

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the new book of shiatsu paul lundberg s blog

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pamela ellen ferguson the self shiatsu handbook

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healing with shiatsu shiatsu alternative medicine

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book a massage with the dragon and the phoenix healing

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an art and a life philosophy through the portrait of a master of tradition this film presents an exciting introduction to the universe of shiatsu testifying to the encounter between western and oriental medicine synopsis it looks like we don't have a synopsis for this title yet

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