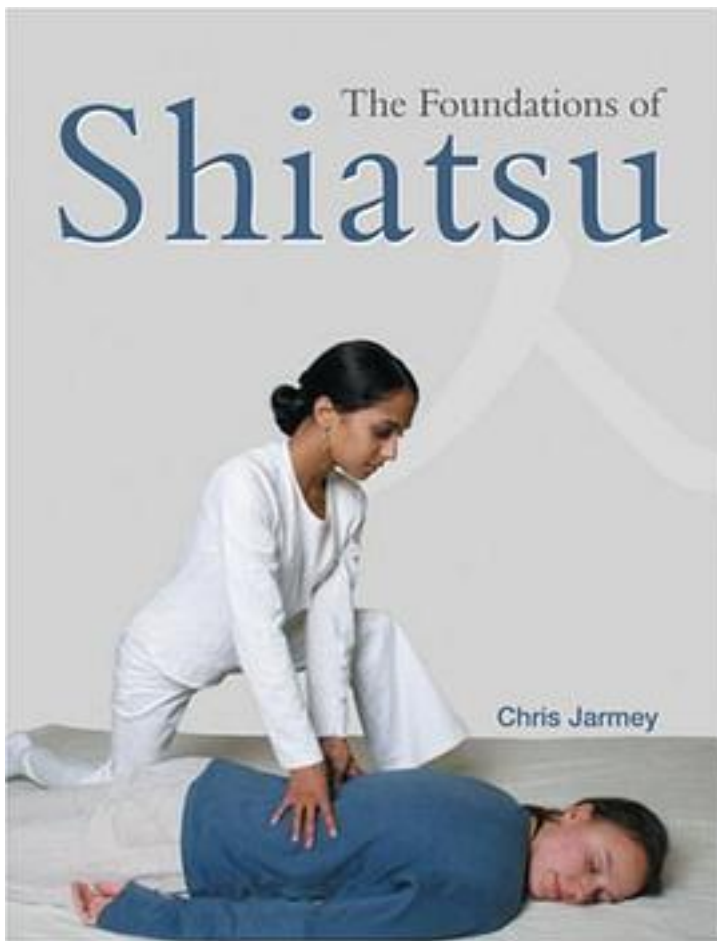


# The Foundations of Shiatsu



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Shiatsu works by stimulating the body's vital energy flow in order to promote good health. The practitioner uses palms, thumbs and fingers, elbows, and even knees and feet to apply pressure and stretching to the energy lines or “meridians.” This text

written by a renowned practitioner, has been designed as a comprehensive guide to the basic principles and methods of this practical healing art. The book provides a description of how and why shiatsu works and the ways in which to apply it. A straightforward explanation of the basics underlying shiatsu forms the starting point, followed by detailed advice on how the practitioner or student can prepare both body and mind for giving shiatsu. A discussion of the principles of applying techniques leads into practical, step-by-step instruction on a wide range of technique sequences, all accompanied by clear, explanatory line drawings and color photographs. These help beginners maximize their understanding of how to relieve stress and promote well-being through shiatsu.

作者介绍:

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