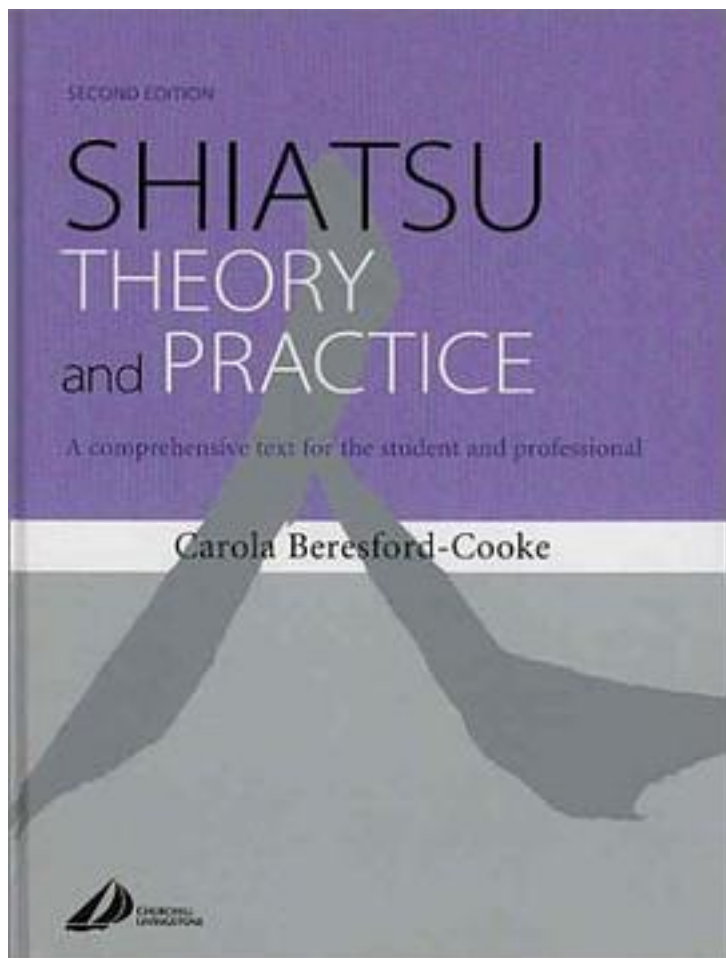


# Shiatsu Theory and Practice



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This book provides a clear and complete introduction to the theory and practice of Zen Shiatsu, presenting vivid detail on the theoretical foundations of both Traditional Chinese Medicine and five element theory. It offers remarkably clear, high-quality

illustrations and photos that support text discussions. The all-encompassing 2nd Edition takes the reader through an exploration of the various approaches to treatment routines, with case studies, explanations, and step-by-step descriptions of techniques.

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