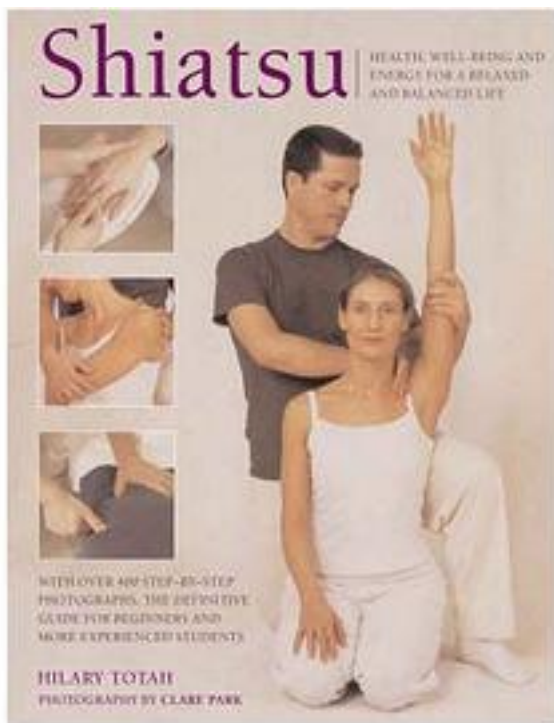


# Shiatsu



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This fully up-to-date, revised edition of the definitive guide to Shiatsu is suitable for beginners through to students and practitioners. Shiatsu is illustrated throughout and covers a broad range of issues and information about the mental, physical, spiritual and historical elements of Shiatsu practice.

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