

Principles of Shiatsu

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✓ Verified Book of Principles of Shiatsu

Summary:

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Shiatsu is an Eastern therapeutic technique which uses pressure to enhance the flow of life energy - or Ki - within the body. This introductory guide is ideal for the beginner or student of this increasingly popular therapy, and for anyone with a serious interest in bodywork. It explains the concept of Ki, the power which unifies and animates the channels as they are used in shiatsu, the basic treatment techniques, and how shiatsu can help specific ailments.

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Principles Of Shiatsu Massage

Basic Principles Of Shiatsu

Five Principles Of Zen Shiatsu