

# SHIATSU

## FOUNDATION COURSE

指圧

CHRIS JARMEY





# Shiatsu Foundation Course

**Bryan Hopkins**





## **Shiatsu Foundation Course:**

Shiatsu Foundation Course Chris Jarmey, 1999 Shiatsu a Japanese bodywork therapy is a natural healing discipline from the same ancient oriental principles as acupuncture This text has been designed as an in depth introduction to the basic principles and methods of this practical healing art 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      **The Foundations of Shiatsu** Chris Jarmey, 2007 This text provides a description of how and why shiatsu works and the ways in which it is applied It includes an explanation of the basic principles of the discipline and detailed advice on how to prepare both body and mind for giving shiatsu      **Secrets of Shiatsu** Cathy Meeus, Mr. Paul Lundberg, 2018-10-30 Secrets of Shiatsu is the ultimate beginner s guide to shiatsu explaining the history and principles of the therapy along with an illustrated step by step routine and easy to follow self treatment remedies Part of the updated and reformatted Secrets of series this book explores the secrets of shiatsu including Preparing physically and mentally to give shiatsu Basic shiatsu techniques and terminology An extensive shiatsu routine Shiatsu treatments to try on yourself Derived from an Eastern healing tradition dating back nearly 2000 years shiatsu meaning finger pressure is a relatively modern therapy that is gaining popularity in the West It involves improving energy flow by applying pressure to stretching or manipulating specific parts of the body This book explains shiatsu terminology describes the therapeutic value of the practice and gives step by step instruction on how to perform shiatsu on yourself and others Master these complex often subtle techniques to help treat ailments such as anxiety insomnia and back pain and bring harmony to body and mind If you like this you might also be interested in Secrets of Reiki      COMPLETE SHIATSU COURSE Marcel Souza, Complete Shiatsu Course is a comprehensive guide designed to introduce you to the ancient Japanese healing art of Shiatsu This book is perfect for both beginners and those looking to deepen their understanding of this holistic therapy It covers everything from the fundamental principles and history of Shiatsu to advanced techniques and applications making it an indispensable resource for anyone interested in natural health and wellness In the first section you will explore the origins of Shiatsu and its philosophical underpinnings The book delves into the connection between body mind and spirit and how energy or Ki flows through the body s meridians By understanding these concepts you will gain insight into how Shiatsu can help restore balance and promote overall health The detailed explanations are accompanied by clear illustrations ensuring that you can easily grasp the foundational aspects of this practice The second section focuses on practical techniques and routines that you can implement immediately Step by step instructions guide you through various Shiatsu sequences highlighting key pressure points and explaining their effects on the body Whether you are performing Shiatsu on yourself or others these techniques are presented in a way that is easy to follow and apply Additionally the book offers modifications and tips for addressing specific health concerns making it a versatile tool for personalized care In the final section the book



addresses advanced Shiatsu practices and professional development You will learn about specialized techniques for different conditions as well as how to create a tranquil and healing environment for your sessions The author also shares insights on building a Shiatsu practice including ethical considerations and client communication With its thorough coverage and practical advice Complete Shiatsu Course is an essential resource for anyone committed to mastering the art of Shiatsu and enhancing their well being This holistic approach ensures that readers not only learn the techniques but also understand the broader context and benefits of Shiatsu By the end of the book you will be well equipped with the knowledge and skills needed to practice Shiatsu confidently and effectively whether for personal use or professional development Complete Shiatsu Course is your gateway to a deeper understanding of natural healing and a healthier more balanced life The

Poetry of Touch Chris McAlister,2023-02-14 Chris McAlister is currently one of the most prominent ambassadors of Shiatsu and the Asian way of life in the West In this comprehensive and easy to read book he takes the reader on a journey right into the heart of Oriental medicine and how it overlaps with modern Western science and philosophy His profound knowledge and experience are conveyed by stories peppered with personal experiences case studies and anecdotes Sometimes poetic and sometimes straight from the heart he explains how energy manifests itself whether it is the Five Spirits the I Ching or Traditional Chinese Medicine In The Poetry of Touch the author offers the reader a look into the perspective of a practitioner who has spent most of his life exploring the ins and outs of East Asian Medicine Given his grounding in shiatsu he naturally comes from a place of highly valuing the art of touch in the practice of traditional medicine He shares anecdotes and wisdom from a long and circuitous journey in East Asian Medicine He references the classics especially the Yijing the Book of Changes the primary source for Chinese philosophy and worldview Unraveling the symbols and images that are foreign to westerners but imbedded in the collective unconscious he lays out the implications of this foundational text in the practice of medicine Chris unpacks the healing arts of Oriental Medicine with respect and a genuine feeling for what is essential and in so doing refreshes it and paves the way for the next generation of practitioners Chris honors the diversity and full depth of East Asian medicine Not just as a monolith of ancient knowledge but as a living breathing truth that has to be rediscovered in the life and practice of each practitioner This is a brilliant example of the path of mastery which we are all on every time we consciously choose to cultivate this living tradition *Andrew Penman's Long Unwinding Road* Andrew Penman,2012-10-02

At a very young age I always knew I would have an accident and would be doing everything that I am doing at present from health and fitness to aikido My first physiotherapist Debbie Harris maiden name got me on my feet and taught me to walk again saying The rest is up to you People with damage to the right temporal lobe are partially psyched I am also in a mildly euphoric state which means I am happy all the time Old friends I had before the accident said I have exactly the same sense of humor I suppose it is the brain s way of keeping me in the dark about the situation I was in I would like to give my mother special thanks as she gave up her life to look after me My wife Lalita who says there is no one else on this planet like



me My aikido sensei Peter Gillard who always stood by me Kenetsuka Sensei who overcame cancer through his aikido practice and the countless others who have helped me at vital stages and important times during my long and winding journey on the road to recovery The aim of this book is to give able and disabled people hope as when I had the accident I had no one to guide me or to follow as surviving a traumatic brain injury was virtually unheard of but now they are keeping people alive on a ventilator I had to learn by my mistakes Fortunately they weren't many It's all been a very slow job No pain no gain

**Shiatsu** Cathy Meeus, Paul Lundberg, 2000 Derived from an Eastern healing tradition dating back nearly 5 000 years shiatsu meaning finger pressure is a relatively modern therapy that is now gaining popularity in the West It involves improving energy flow by applying pressure to stretching or manipulating specific parts of the body This book explains shiatsu terminology describes the therapeutic value of the practice and gives step by step instruction on how to perform shiatsu on yourself and others Master these complex often subtle techniques to help treat physical complaints and bring harmony to body and mind

The Practice of Shiatsu Sandra K. Anderson, 2007-10-01 Be prepared to answer certification questions about shiatsu and develop the skills you'll need to become a successful practitioner This comprehensive easy to use textbook covers foundational information and methods followed by more complex theory and practice You'll learn how the channels meridians affect clients health how to conduct assessments how to maintain proper body mechanics during practice how to address imbalances in each of the Five Elements and much more The accompanying DVD includes over 90 minutes of video showing specific applications described in the book Workbook style exercises and questions at the end of each chapter improve your understanding and retention of the material A title in the Mosby's Massage Career Development Series Comprehensive textbook introduces you to all the essentials of shiatsu offering a complete background on the history of shiatsu relevant Eastern philosophies and Asian bodywork concepts the channels meridians and proper body mechanics A separate Theory and Practice section explores various assessment methods and how to evaluate assessment information techniques and positions to address imbalances in each of the Five Elements and advanced techniques Includes all of the helpful learning features you expect from a Mosby's Massage Career Development Series title such as a vibrant full color design chapter outlines and learning objectives key terms workbook sections and a companion DVD Authored by a leading expert and certified practitioner with a background in shiatsu education and instruction DVD packaged with the book contains over 90 minutes of video showing specific applications and techniques performed by the author such as qigong basic shiatsu techniques jitsu and kyo basic kata including the hara techniques and a standard treatment session Each video clip on the DVD is referenced in the textbook with numbered icons that direct you to particular clips on the DVD Over 330 full color illustrations visually represent concepts and techniques Special quote boxes interspersed throughout each chapter contain thoughts and proverbs from Buddha Eleanor Roosevelt the Dalai Lama Helen Keller and many others

**The Ultimate Guide to Yin Yang** Antony Cummins, 2021-07-13 WHAT IS YIN YANG Learn to receive abundance from the



universe with this first ever guide explaining the Chinese concept of opposites in easy to understand terms and striking red black illustrations Perfect for anyone interested in Daoism alternative medicine martial arts and other Eastern fields of study The concept of yin yang can be found in some of the oldest writing in the world It is fundamental to Chinese thought and the route to understanding most Chinese practices from Traditional Chinese Medicine to Daoism and feng shui It also offers us ways of enhancing our own lives establishing greater balance not only in our own environment but also in the wider world if we can work with other people to follow nature s flow Step by step with plenty of helpful illustrations and graphics this guide explores the history and changing uses of yin yang not forgetting the pronunciation and spelling why yinyang is actually better than yin yang The book also makes suggestions for working with yin yang from observing the landscape to get a sense of the ebb and flow of energy through the world to studying the patterns of nature in order to take what you need but not too much to approaching sex as a cosmic ritual Readers will understand how to position themselves so that yin yang fills their lives with abundance how to be in the right place at the right time

**Fundamentals of Complementary and Alternative Medicine - E-Book** Marc S. Micozzi, 2010-04-01 Focusing on emerging therapies and those best supported by clinical trials and scientific evidence Fundamentals of Complementary and Alternative Medicine describes some of the most prevalent and the fastest growing CAM therapies in use today Prominent author Dr Marc Micozzi provides a complete overview of CAM creating a solid foundation and context for therapies in current practice Coverage of systems and therapies includes mind body and spirit traditional Western healing and traditional ethnomedical systems from around the world Discussions include homeopathy massage and manual therapies chiropractic a revised chapter on osteopathy herbal medicine aromatherapy naturopathic medicine and nutrition and hydration With its wide range of topics this is the ideal CAM reference for both students and practitioners An evidence based approach focuses on treatments best supported by clinical trials and scientific evidence Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity so you carefully evaluate each treatment Global coverage includes discussions of traditional healing arts from Europe Asia Africa and the Americas Longevity in the market makes this a classic trusted text Expert contributors include well known writers such as Kevin Ergil Patch Adams Joseph Pizzorno Victor Sierpina and Marc Micozzi himself Suggested readings and references in each chapter list the best resources for further research and study New expanded organization covers the foundations of CAM traditional Western healing and traditional ethnomedical systems from Asia Africa and the Americas putting CAM in perspective and making it easier to understand CAM origins and contexts NEW content includes legal and operational issues in integrative medicine creative and expressive arts therapies ecological pharmacology hydration mind body thought and practice in America osteopathy reflexology South American healing traditional medicines of India and Unani medicine Revised and updated chapters include aromatherapy classical acupuncture energy medicine biophysical devices electricity light and magnetism massage and touch therapies traditional osteopathy reflexology vitalism and yoga



New research studies explain how and why CAM therapies work and also demonstrate that they do work in areas such as acupuncture energy healing and mind body therapies Expanded content on basic sciences includes biophysics ecology ethnomedicine neurobiology and pschoneuroimmunology providing the scientific background needed to learn and practice CAM and integrative medicine Expanded coverage of nutrition and hydration includes practical information on Vitamin D and healthy hydration with fluid and electrolytes

**The Living Art of Chi Kung** Lizzie Slowe,2021-11-29 The Living Art of Chi Kung is an accessible manual taking the reader through how what and why to practise Chi Kung Chi Kung has a remarkable relevance to life today as do the Taoist principles on which it is based The ancient Taoist teachings and practises are made simple and approachable with a combination of unique descriptions analogies anecdotes and illustrations This is not just a book about Chi Kung but a manual for life delivered through the fun compassionate and wise voice of Lizzie Slowe The advice to cultivate an attitude of courageous undefended curiosity and practice Chi Kung with simplicity patience and compassion are important reminders for every experiential and somatic based practitioner as well as for humanity Whether you are a Chi Kung student a somatic based psychotherapist or a practitioner of Equine Facilitated Learning don t hesitate to avail yourself of Lizzie s gentle and wise guidance to living a more embodied life Shelly Carr AEDP Therapist Level 3 Trauma Therapist Equine Facilitated Therapist and Supervisor Lizzie has written a much needed and accessible book on Chi Kung with easy to follow instructions as well as suggestions on how to live the practise There is so much wisdom and good old fashioned common sense packed into these pages I really like the way Lizzie has used personal anecdotes and interweaved the wonderful Lao Tzu quotes The last one in particular will stay with me and was just a perfect way to finish Sue Bringloe Yoga teacher and nutritionist

**Directory of Schools for Alternative & Complementary Health Care** Karen

Rappaport,1999-09-22 Now in its second edition this award winning directory is the first comprehensive guide to schools for alternative and complementary medicine located throughout the U S and Canada Organized by state or province each of the directory s more than 800 entries includes the school s area of specialty key contacts staff size wheelchair accessibility enrollment programs of study accreditation and degrees offered Admission requirements application deadlines financial aid programs and tuition fees are also listed All previous entries have been updated and over 100 new entries have been added

**The Essence of Shiatsu** Mike Mandl,Ivan Bel,Kazunori Sasaki,Alice Whieldon,Philippe Vandenabeele,Yuichi Kawada,Chris McAlister,Tomas Nelissen,Tzvika Calisar,Wilfried Rappenecker,Joyce Vlaarkamp,Mihael Mamychshvili,Michel Odoul,Viorel Mihai,2025-09-13 Shiatsu is relatively young compared to other traditional healing systems less than 100 years old Shiatsu has developed rapidly and spread just as quickly From a conglomerate of different roots a trunk with many branches and even more blossoms has emerged in a short period of time But what is the essence of Shiatsu What principles is it based on What is the role of Ki What is the role of the meridians How central is the hara And what distinguishes a good practitioner This book project is dedicated to searching for answers leading global Shiatsu experts with decades of experience have their



say Their perspectives on fundamental questions about Shiatsu will contribute to a deeper understanding of the essential aspects of our art      *Tao Shiatsu* Ryokyu Endo,2009-05 Human beings in the modern age are increasingly wired into a global computer network that surrounds and interconnects the whole earth Yet ironically the distortions and stresses of urban living cut people off from the direct experience of the earth as one single living entity The healing that Tao Shiatsu brings is for all who suffer and wish to be healed It is for everyone      **The Pressure Point Healer: A Journey Through**

**the Art of Shiatsu** Pasquale De Marco,2025-03-22 Embark on a transformative journey into the world of Shiatsu an ancient Japanese healing art that harnesses the body s natural ability to heal itself This comprehensive guidebook unveils the profound principles and techniques of Shiatsu empowering you to unlock your body s innate healing potential Through engaging narratives and expert insights this book delves into the history and origins of Shiatsu exploring its philosophical roots and the unique perspective it offers on the human body and its capacity for self healing Discover how Shiatsu can be effectively applied to address a wide range of conditions from common ailments like stress headaches and back pain to more complex issues such as anxiety depression and chronic pain Learn about the different techniques employed in Shiatsu including finger pressure palm pressure and elbow pressure and how these techniques can be tailored to individual needs and preferences Explore the profound impact that Shiatsu can have on your emotional and mental well being promoting a sense of inner peace harmony and resilience Shiatsu is not merely a physical therapy it is a holistic approach that recognizes the interconnectedness of the mind body and spirit This book guides you in harnessing the power of touch to promote self care and empower yourself on your journey toward optimal health and well being With clear instructions and step by step guidance this book empowers you to incorporate Shiatsu into your daily life whether for self care family and friends or as a professional practitioner Discover how Shiatsu can enhance vitality longevity and overall well being promoting a life of balance harmony and fulfillment Embrace the transformative power of Shiatsu and embark on a journey of healing self discovery and empowerment This book is your essential guide to unlocking the profound healing potential within you If you like this book write a review      **Shiatsu Theory and Practice** Carola Beresford-Cooke,2016-03-21 Written by a well known

and highly respected author and practitioner within the field Shiatsu Theory and Practice is a complete introduction to the theory and practice of Zen shiatsu drawing in detail on the theoretical foundation of both Traditional Chinese Medicine and Five Phase theory as well as that of Zen Beresford Cooke explains the strands of theory in a way which makes their integration into practice clear and rational She includes step by step descriptions of treatment routines and techniques alongside case histories illustrating the application of theory to practice The book features detailed descriptions and illustrations of meridians point locations and functions and these are shown together with salient underlying anatomy The text is supported by full colour photographs as well as online videoclips showing techniques routines in the four positions and how to treat individual points and meridians There are also supplementary online resources such as exercises and activities



web links appendices for each chapter and instructor lesson plans homework and testbank of questions This fully revised third edition is essential reading for students and practitioners of shiatsu and massage therapy *Yoga Journal* ,1982-10 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Ego Has Landed** Bryan Hopkins,2011-06-01 DescriptionIt is three years since the death of my grandfather You could say that he was beaten by cancer although in my heart knowing how he suffered throughout his life with mania I couldn t say who won I often consider whether he is now happier free from the constraints of a socially unacceptable illness People who suffer from depression should pull themselves together right It is understandable why some people think like this doesn t everyone suffer from depression When I tell people that my grandfather suffered from manic depression they often look at me with a misguided knowing look ah yes they think I ve felt sad sometimes This is the point when I get the desire to shake them until their eyes fall out If I m honest I cannot possibly comprehend how it must have been for him Some days he would wake up and the world was so grey black even that the idea of plummeting hundreds of feet from a multi story car park was preferable to being alive Other days I remember him frantically writing drawing possessed by a passion for a new plan it could be anything my Nan Brother and I were often guests at our own family Mad Hatter s Tea Party My Granddad created Brain Clubs Mind Map Clubs Writing Clubs I remember all of us sitting around the dining room table surrounded by masses of multi coloured stationary my Granddad excitedly waving his arms causing wind to flutter his wispy silver hair The The Ego Has Landed is about my Grandfather s courageous battle with life from being given the name of his mental illness to his journey with cancer He was an inspirational passionate man I really miss you Birty but I hope you re there when I graduate Charlotte Easter [Yoga Journal](#) ,1992-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Yoga Journal** ,1991-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty



## **Shiatsu Foundation Course** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Shiatsu Foundation Course**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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