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web shiatsu is a physical therapy which uses a combination of pressure points gentle manipulation and stretching to re energise weak areas and reduce tension in the body

shiatsu and acupressure two different and distinct techniques - Oct 30 2022

web oct 2 2008 building upon the analyses a preliminary exploration of shiatsu practitioners perceptions of the differences of the two approaches is described this exploration used videos that showed both shiatsu and acupressure techniques and

asked practitioners to comment on their perception of similarity

*shiatsu therapy association of australia what is shiatsu staa* - Apr 23 2022

web shiatsu is a therapeutic form of acupressure muscle meridian stretching and corrective exercises derived from japan

shiatsu involves applying pressure to the body using a practitioner s thumbs palms elbows knees and feet

**shiatsu complementary and alternative therapy cancer research uk** - Sep 28 2022

web shiatsu and cancer shiatsu is a non invasive therapy originating from japan it uses a combination of kneading pressing tapping and stretching techniques these gentle techniques aim to reduce tension and re energise the body