

## WHAT IS SHIATSU?

- Modern Shiatsu is a form of physical or massage therapy developed in Japan in the early 20th century • It is based on concepts of Oriental medicine • The literal translation of Shiatsu is finger pressure: shi = finger, and atsu = pressure
- In practice, the Shiatsu therapist uses the fingers, thumbs, hands, elbows, and knees to carry out the various massage techniques on a patient
- The practice of Shiatsu was developed around the central concept of ancient Oriental medicine (that is, that the body contains and relies upon a vital energy, referred to as qi, prana, or ki in Chinese, Indian, and Japanese medicines, respectively)
- This vital energy flows along well-defined paths in the body known as meridians; the same paths along which the tsubos are located • Tsubos is the Japanese term for Acupoint; both of these terms refer to the points along the meridians that are the targets of acupuncture and acupressure therapy
- The flow of energy along these channels can become blocked by physical, pathological, or psychological stresses
- The body cannot function properly and ill health or disease manifests because the body cannot facilitate its own healing
- The aim of Shiatsu is to maintain the flow of ki along the meridians so that the body can function optimally and heal itself



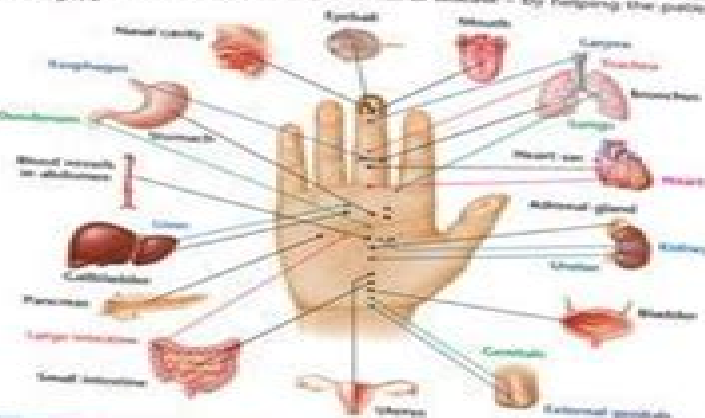
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- Small Intestine Meridian (SI) - 19 points

## THE PRACTICE OF SHIATSU

- Shiatsu is one of many types of physical therapy, all of which promote healing through moving or manipulating the patient's body in a non-invasive fashion

### PSYCHOLOGICAL EFFECTS

- Shiatsu reduces emotional and psychological stress that prevents the mind and body from functioning optimally, thereby leading to illness or disease - by helping the patient to relax and feel good



### THE BENEFIT OF SHIATSU THERAPY

- There is a well-established connection between psychological and physical healing - especially in Eastern medical systems; the flow of ki is influenced by the state of both mind and body
- Thus, for Shiatsu to be effective, the patient must be in a relaxed state (mentally and physically)
- Such is the method by which the physical therapy and the psychological/emotional aspects of Shiatsu are carried out
- The therapist establishes a touch relationship with the patient that reflects caring, nurturing, and compassion
- There are several touch techniques (pressing, hooking, pulling, sliding, pinching, rolling, brushing, sweeping, shaking, grasping, and rotating, or the therapist might also walk across the patient's back)
- Touch is applied with whatever amount of pressure is appropriate, given the patient's condition as it is diagnosed by the therapist

### PHYSICAL EFFECTS

- The impact of the pressure, manipulation, stretching, and motion central to bodywork therapies, like Shiatsu, affect physiological changes in the body that promote healing restoration of the flow of ki throughout the body

#### Improved circulation

Tension in muscles impairs the flow of blood (transport of nutrients and energy to, and waste from, tissues) and lymph (central to the immune system), both of which are necessary for body maintenance, repair, and defense against disease or infection

#### Release of tension

Absence of complete recovery from psychological or emotional trauma manifests in the body as tension in muscles that not only impairs circulation, but can also affect the skeletal structure of the body sufficiently to impair function and mobility; flexibility, range of motion, and the proper tracking of joints are adversely affected

#### Release of toxins from muscle

Consequence of tension/trauma in muscle is that toxins and waste products of metabolism cannot be efficiently cleared by blood and lymph

# Principles Of Shiatsu

**Marc S. Micozzi, Kevin Ergil, Laurel S.  
Gabler, Kerry Palanjian**



## **Principles Of Shiatsu:**

**Principles Of Shiatsu** Chris Jarmey, *Thorsons Principles of Shiatsu* Chris Jarmey, 1996      **The Essential Harmonization: A Guide to Balancing Yin and Yang** Pasquale De Marco, 2025-07-25

The Essential Harmonization A Guide to Balancing Yin and Yang is an essential guide to the ancient healing art of shiatsu It covers everything from the basics of yin and yang to the specific techniques used to promote balance and well being Whether you are a beginner or an experienced practitioner this book has something to offer you With its clear and accessible style this book is the perfect introduction to shiatsu It is also a valuable resource for experienced practitioners who are looking to deepen their understanding of this ancient healing art In this book you will learn The principles of yin and yang The energy meridians The techniques of shiatsu How to use shiatsu to promote mind body and spirit balance This book is also richly illustrated with photographs and diagrams which help to explain the concepts and techniques of shiatsu Whether you are new to shiatsu or are looking to deepen your understanding of this ancient healing art this book is an invaluable resource It will provide you with the knowledge and skills you need to use shiatsu to improve your health and well being Pasquale De Marco is a certified shiatsu practitioner with over 10 years of experience She has helped thousands of people to improve their health and well being through shiatsu She is passionate about sharing the benefits of shiatsu with others and she has written this book to make this ancient healing art accessible to everyone Pasquale De Marco is also a gifted writer and teacher She has a unique ability to make complex concepts easy to understand Her writing is clear concise and engaging She also has a warm and friendly personality which shines through in her writing If you are looking for a comprehensive guide to shiatsu this is the book for you It is written by an experienced practitioner who is passionate about sharing the benefits of shiatsu with others With its clear and accessible style this book is the perfect introduction to shiatsu It is also a valuable resource for experienced practitioners who are looking to deepen their understanding of this ancient healing art If you like this book write a review

**Principles and Practice of Manual Therapeutics E-Book** Patrick Coughlin, 2002-05-13 Part of the Medical Guides to Complementary and Alternative Medicine Series this comprehensive resource offers brief yet thorough coverage of alternative and complementary hands on therapies including Chiropractic Healing Touch Therapeutic Touch Reiki and massage Focusing on manipulative techniques and their therapeutic applications to common and uncommon disorders it addresses both Eastern and Western approaches to the discipline Ideal for comparing and contrasting the various forms of manual therapeutics it describes the basic philosophy and theories of the different methods as well as the techniques themselves It also provides an overview of the principal manual therapies practiced worldwide the theories and rationale behind them and practice algorithms Provides comprehensive coverage of the full array of manual techniques with applications to common basic principles and language the specific techniques performed by practitioners the educational background of practitioners and applicable basic and clinical research Appendix provides contacts resources and references

for each therapeutic modality allowing the reader to engage in further investigation Serves as a vocabulary lexicon of manual therapies *Complementary Medicine* Denise F. Rankin-Box, Elizabeth M. Williamson, 2006-01-01 The purpose of this text is to act as a source of information and a reference for the busy pharmacist at work when confronted by a query regarding complementary and alternative medicine CAM

**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 psychoneuroimmunology 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

*Massage Therapy E-Book* Susan G. Salvo, 2022-10-28 Trust this approachable all in one text to help you master the essential principles of massage therapy Covering massage fundamentals techniques and anatomy and physiology *Massage Therapy Principles and Practice* 7th Edition prepares you for success in

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Celestial Healing Marc S. Micozzi, Kevin Ergil, Laurel S. Gabler, Kerry Palanjian, 2011 Examines medical traditions of China Burma Thailand Indochina the Malay Peninsula the Indonesian Archipelago the Philippines Korea and Japan and including the effectiveness of these healing practices and their many influences in the West *The Massage Bible* Susan Mumford, 2009-11 From Chinese massage to Shiatsu to Indian head massage this lavishly illustrated bible presents all the techniques needed to master the basics Every spread features large and easy to follow photos while the text guides beginners on what pressure to exert what part of the hand makes contact with the body and exactly what to do whether they re feathering the back working on the neck and scalp or performing a sequence on the arms and hands In addition to holistic and sports massages there are suggestions for special situations including massaging a baby advice on massages to relieve common ailments and lifestyle tips *Integrative Health* Cyndie Koopsen, Caroline Young, 2009-10-05 Integrative Health A Holistic Approach for Health Professionals serves as a comprehensive resource on integrative health modalities Perfect for both health care professionals and as a textbook for students this text explores the discipline of integrative health care as a person centered and person empowering approach to health care combining treatments from conventional medicine and clinically proven complementary and alternative medicine to address the body mind and spirit as well as the environment and relationships with others Asian Secrets of Health, Beauty and Relaxation Sophie Bengé, 2014-01-21 Unwind with calming spa treatments from across Asia For centuries people in Asia have relaxed and beautified themselves with natural therapies derived from plants herbs minerals clays and flowers Rather than taking an expensive trip to a professional spa readers can experience luxurious Asian beauty treatments at home In Asian Secrets of Health Beauty and Relaxation Sophie Bengé an Asian beauty expert supplies inexpensive easy to follow recipes for soothing facials relaxing aromatherapy baths invigorating body scrubs healthy food and drink recipes remedies for specific ailments and more All the treatments in Asian Secrets of Health Beauty and Relaxation are natural and gentle to the body Lie back and enjoy the benefits of a spa in your own home

**Sei-ki** Akinobu Kishi,Alice Whieldon,2011 Akinobu Kishi is regarded as one of the leading exponents of shiatsu and his theory and practice of Seiki Soho are explained for the first time in this important book The book consists of a dialogue about the fundamental principles and practice of Seiki Soho and will be essential reading for all shiatsu practitioners and students

**Bodywork** Thomas Claire,2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy including Alexander Technique Feldenkrais Method Reflexology Shiatsu Swedish Massage Aromatherapy and more

**Hands On Body Work** Pasquale De Marco,2025-04-10 Embark on a transformative journey of self healing and rejuvenation with Hands On Body Work a comprehensive guide to the profound art of bodywork and its transformative power in promoting holistic well being This book unveils the secrets of ancient wisdom and modern techniques empowering you to harness the healing potential of touch nurture your body with self care practices and embark on a journey of self discovery and acceptance Within these pages you ll discover the profound benefits of alternative therapies from the ancient healing traditions of acupuncture and reiki to the transformative power of yoga and meditation Delve into the depths of Eastern wisdom immersing yourself in the holistic philosophies of Ayurveda and Taoism Explore the intricate world of massage techniques and modalities mastering the art of Swedish massage deep tissue massage and energy healing Nourish your body with the wisdom of nutrition understanding the profound impact of diet and lifestyle choices on your overall health and vitality Embark on a journey of self discovery exploring the mind body connection and unlocking the transformative power of positive affirmations and visualizations Learn to navigate the world of bodywork therapies choosing the right therapist for your needs and creating a safe and supportive environment for healing Integrate bodywork into your daily life experiencing the transformative power of self care practices and incorporating bodywork into your fitness and exercise routines Discover the art of body reading and assessment understanding the language of your body and recognizing signs of imbalance and misalignment Share the transformative power of bodywork with others spreading the benefits of this profound healing art and empowering others on their journey towards holistic well being As you delve into the wisdom of Hands On Body Work you ll embark on a transformative journey of self discovery and healing unlocking the profound potential of your body and mind to achieve optimal health and well being Embrace the transformative power of bodywork and unlock the radiant vitality within you If you like this book write a review on google books [Common Pain Conditions -](#)

[E-Book](#) Marc S. Micozzi,Sebhia Dibra,2016-11-01 Learn to treat pain naturally using evidence based therapies with Micozzi s Common Pain Conditions A Clinical Guide to Natural Treatments This groundbreaking title provides in depth information on current natural pain therapies that utilize the latest 21st scientific ideas including the role of energy in medicine Each chapter provides content on the biology and neuroscience as well as social psychological and spiritual aspects of each natural treatment approach along with clinical data and pragmatic information about healing pain using these treatments Whether your patients are suffering from anxiety arthritis back pain chronic fatigue depression fibromyalgia irritable bowel migraine

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*Tappan's Handbook of Healing Massage Techniques* Frances M. Tappan, Patricia J. Benjamin, 2005 The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage Asian bodywork therapy and applications for special populations Whether you are a licensed massage therapy practitioner another health related professional or simply interested in basic massage therapy techniques this is the book for you New to this Edition Accompanying CD ROM provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content Includes the Wellness Massage Pyramid which introduces a new model for the understanding the broad scope of massage therapy based on the wellness perspective End of chapter Study Outlines provide students and instructors with useful tools for identifying understanding and learning the content of each chapter Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included New Appendix A 25 Forms of Therapeutic Massage and Bodywork provides students a survey of the 25 most important forms of massage and bodywork with sources of additional information

The Complete Guide to Aromatherapy Carole McGilvery, Jimi Reed, 2001 A full color guide to using essential oils for health and relaxation and pleasure The New Art of Massage Guillermo Ferrara, 2015-09-15 Soothe your spirit and relax your body by learning the art of the holistic massage In *The New Art of Massage* renowned practitioner of massage therapy Guillermo Ferrara explains the art of the holistic massage in easy to follow steps Follow his guidance as he presents the theory of each approach and then the successful practice for each one More than three hundred color photographs and seventy color illustrations provide step by step instructions and explanations on four massage techniques tantric sensitive reflexology and Zen shiatsu By explaining the principles behind each holistic massage Ferrara demonstrates the importance of touch in both empowering the spirit and relaxing the body Whether you are an experienced massage therapist or a

beginner seeking to help a loved one unwind The New Art of Massage will undoubtedly be a rich source of inspiration and wisdom Massage therapy is the bringing together of body and soul a transformative journey from a state of personal tension to one of complete relaxation Guillermo Ferrara      **The Healing Arts of Tibet** Pasquale De Marco,2025-07-15 In The Healing Arts of Tibet Unveiling the Secrets of Wholeness readers embark on a captivating journey into the profound depths of Tibetan healing traditions This comprehensive guide offers a holistic approach to healing that encompasses the whole person body mind and spirit revealing the timeless principles and practical techniques that have been passed down through generations With meticulous research and engaging storytelling the author takes readers on a voyage through the ancient art of herbal remedies the intricate science of energy balancing the mind body connection and the power of spiritual practices Through the exploration of Tibetan philosophy readers gain a deeper understanding of the interconnectedness of all things and the vital role of balance and harmony in maintaining health and well being This book delves into the wisdom of ancient Tibetan masters weaving together a tapestry of knowledge that is both enlightening and transformative Readers will discover the profound insights embedded in Tibetan healing practices inviting them to embark on a journey of self discovery and healing With each chapter they will uncover new perspectives on the nature of health illness and the remarkable potential of the human body to heal itself The Healing Arts of Tibet offers a unique blend of ancient wisdom and modern science illuminating the path to wholeness and well being It inspires readers to embrace a life of vitality balance and harmony empowering them to tap into their own inner healing power and live a life of greater health and fulfillment Join us on this extraordinary odyssey into the realm of Tibetan healing where ancient wisdom and modern science converge to create a transformative experience Let the timeless teachings of Tibet guide you toward a deeper understanding of your own inner healing power and inspire you to embrace a life of vitality balance and harmony If you like this book write a review      **Our Inner Ocean** LeCain W. Smith,2014-08-12 Good health is something we all aspire to but its so much more than just being free of disease A perfectly functioning body tranquil mind and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living Our Inner Ocean describes ancient and new holistic modalities of practitioner applied bodywork and revitalizing self care practices These illuminate our human potential and awaken our ability to attain and maintain perfect health and well being These modalities act as a springboard from which to dive into our inner ocean the realm of wisdom within that is entered by making the body breath and energy our allies This mystical space of awareness intuition peace and love can become the resting place of the spirit subtly working its magic on ourselves and others Bodywork has long been recognized as a way to help people feel better physically but the magic of touch can also help us tap in to the wisdom of the body discover the power of the energy that permeates it and evoke its innate healing ability Self care practices such as yoga qi gong breathwork and meditation help us become our own healers When we pass through these portals into the inner ocean we can reduce stress and pain release blockages prevent



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