

Empower Yourself with the Healing Power of Shiatsu: A Comprehensive English Guide to Namikoshi Shiatsu

: Unveiling the Ancient Healing Art of Shiatsu



Immerse yourself in the ancient healing tradition of Shiatsu with our definitive English guide to the Namikoshi method. Shiatsu, meaning "finger pressure," is a non-invasive Japanese therapy that promotes physical, mental, and emotional well-being through the application of pressure to specific points on the body. This comprehensive guide empowers you with the knowledge and techniques of this holistic healing system.



Shiatsu Namikoshi Guide (English Version): BASIC

NAMIKOSHI SHIATSU by Tom Bisio

★★★★★ 5 out of 5

Language : English

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Screen Reader: Supported

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Chapter 1: Essential Principles and History of Namikoshi Shiatsu

Discover the origins of Namikoshi Shiatsu, tracing its evolution from traditional Chinese medicine to its modern-day practice. Understand the fundamental principles that guide this therapy, including the concept of qi, meridians, and pressure points. Explore the life and contributions of Tokujiro Namikoshi, the founder of Namikoshi Shiatsu, and his groundbreaking approach to healing.

Chapter 2: Mastering the Basic Techniques of Shiatsu

Journey into the realm of Shiatsu techniques, learning the proper application of pressure, body positioning, and breathing. Practice fundamental techniques such as shiatsuho (thumb pressure),shiatsuan

(forearm pressure), and shiatsukyo (knee pressure). Understand the significance of rhythm, duration, and direction of pressure in achieving therapeutic outcomes.

Chapter 3: Addressing Common Conditions with Shiatsu

Delve into the practical applications of Shiatsu for alleviating various health issues. Learn specific techniques for addressing common ailments such as headaches, back pain, insomnia, and digestive disorders. Discover how Shiatsu can complement conventional medical treatments and promote overall well-being.

Chapter 4: Enhancing Your Healing Practice with Shiatsu

Expand your knowledge with advanced Shiatsu techniques, including the use of moxibustion and cupping. Explore the integration of Shiatsu with other holistic therapies, such as reflexology and acupressure. Learn self-care Shiatsu practices that empower you to maintain your own health and vitality.

Chapter 5: The Ethics and Professionalism of Shiatsu Practice

Understand the ethical guidelines and professional standards that govern Shiatsu practice. Learn about the importance of informed consent, confidentiality, and respecting the boundaries of your clients. Discover the path to becoming a certified Shiatsu practitioner and the opportunities available in this rewarding field.

: Embracing the Healing Power of Shiatsu

As you complete this comprehensive guide, you will have gained an in-depth understanding of the principles and practices of Namikoshi Shiatsu.

Whether you are a healthcare professional, a massage therapist, or an individual seeking self-healing, this book empowers you to harness the healing power of Shiatsu and improve your well-being. Embrace the ancient wisdom and embrace the transformative potential of Shiatsu.



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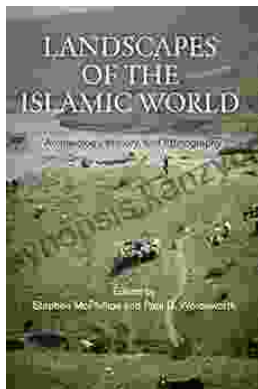
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