

## Book Of Shiatsu

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### Book Of Shiatsu

With shiatsu (a Japanese word meaning "finger pressure") you can release and stimulate the energy flowing through your body -- using just your hands and fingers -- to awaken your body's natural healing modalities. The Book of Shiatsu is the authoritative, step-by-step guide to this uniquely effective therapy. The techniques offered are simple and can be used to treat a variety of health problems, particularly:

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#### The Book of Shiatsu: Vitality and Health Through the Art ...

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#### The Book of Shiatsu | Book by Paul Lundberg | Official ...

"The complete book of shiatsu therapy" is a practical guide that shows you the points to press during a routine treatment or for a particular ailment or disorder, it shows you the points location and their anatomical correspondance.

#### The Complete Book of Shiatsu Therapy: Health and Vitality ...

Here is the first detailed, step-by-step guide to the healing are of Shiatsu. The ancient Oriental system used hand, elbow, knee, foot, and whole-body pressure as well as gentle manipulation to alleviate tension, pain, and a wide range of chronic discomforts and minor ailments.

#### The Book of Shiatsu by Paul Lundberg - Goodreads

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#### The Complete Book of Shiatsu Therapy: Namikoshi, Toru ...

First published in 1992 as The Book of Shiatsu, it has now been revised and re-edited as "The New Book of Shiatsu", published in England by Gaia/Octopus and in the USA by Simon & Schuster. It has appeared in varous editions and been translated into 15 languages over the last twenty years.

#### The New Book of Shiatsu | Paul Lundberg's Blog

Shiatsu evolved from anma, a Japanese style of massage developed in 1320 by Akashi Kan Ichi. Anma was popularised in the seventeenth century by acupuncturist Sugiyama Waichi, and around the same time the first books on the subject, including Fujibayashi Ryohaku's Anma Tebiki ("Manual of Anma"), appeared.

#### Shiatsu - Wikipedia

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Shiatsu Shin Tai is an instructional shiatsu book by Saul Goodman. With 240 pages of detailed technique directions, excellent photographic instruction, and unique information on touch, evolution, and the role of bodywork in the expansion of human consciousness, this shiatsu book offers every bodywork practitioner a wealth of knowledge and support.

#### Shiatsu Shin Tai Books — Shin Tai International

The Book of Shiatsu is an instructional shiatsu book by Saul Goodman. Shiatsu massage, like acupuncture and herbology, is a natural healing therapy which has been used for thousands of years to...

#### The Book of Shiatsu - Saul Goodman - Google Books

This is actually a really good book. It covers various aspects of Shiatsu including the basic theory and techniques, energy flow and dynamics, the meridian system, and Makko ho exercises. A good basic book, not overly complicated or simplified. Read more.

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Description - The Book of Shiatsu is beautifully detailed with nearly 300 clear photographs and illustrations.

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