

Shiatsu College

DUBLIN



www.shiatsu.ie



ENERGY RELEASE MASSAGE FOR FIBROMYALGIA

Fibromyalgia (FM) is characterised by chronic widespread pain. Its exact cause is unknown but is believed to involve psychological, genetic, neurobiological and environmental factors. Other symptoms include debilitating fatigue, sleep disturbance, and stiffness. Some patients also report difficulty with swallowing, bowel and bladder abnormalities, numbness and tingling, and cognitive dysfunction.

Shiatsu College Dublin runs a workshop specifically aimed at therapists working with FM clients. The workshop is run over 2 days with the emphasis on 'working with fascia through lightness, soft touch & energy release'.

Workshop Outline

Day 1 (10am-4pm):

Body Scan
The Mother Hand
Palming; Rocking
Stretching
Kyo & Jitsu,
Energy Release

Day 2: (10am-4pm):

Recap/Questions from day 1
Palming
Gentle rocking
Energy Release
'Tuning In'
Listening' to the body

Upcoming workshop:

17th & 18th November 2018

Cost:

€160 (for 2 days)

To Book: Complete & return booking form, email: helena@shiatsu.ie or call 087 2613355

Shiatsu College

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Booking Form

Energy Release Massage for Fibromyalgia Workshop

Sat & Sun 17th & 18th November 2018

Course Structure:

2 day workshop from 10am – 4pm each day

Course Fee

Cost: €160

Booking Details

Name _____

Address _____

Mobile _____

Email (please print) _____

Please enclose a deposit of € 50, cheque payable to 'Shiatsu College Dublin'
For card payments call 01-6244288. Send this form and deposit to
Shiatsu College Dublin, c/o The Healthy Way, 2 Ralph Square, Leixlip, Co
Kildare.

Email: helena@shiatsu.ie

website: www.shiatsu.ie