



INTRODUCTION TO SHIATSU

Delve into the world of Shiatsu, energy awareness, mindfulness and mediation. This revitalising workshop will give participants an introduction to Shiatsu. Our excellent Shiatsu practitioner Julien will guide you through fundamental principles of Shiatsu in safe and supported space.

The workshop is focused on sensing energy, energy through our own hands and then applying this to others. You will be guided through a wonderful Shiatsu stress release routine and introduced to the different qualities of touch that Shiatsu offers as a therapy.

There will be an exploration of self with movements to raise your energy with fresh, clean, positive Ki alongside short guided meditations in preparation for bringing awareness to your own body.

This weekend will leave you feeling revitalised and give you wonderful insight into the world of Shiatsu which may be helpful for those who are thinking of joining the first year course in Japanese Acupressure in September.

Date: Sat & Sun 7th & 8th April 2018

Time: 10am – 5 pm

Cost: €160

Venue: The Healthy Way, Ralph Square, Leixlip

BOOKING FORM

Introduction to Shiatsu

7th & 8th April 2018

The Healthy Way, Leixlip

Cost: €160 (Deposit €50)

Name.....

Address.....

Phone Num.....

Email.....

Please return to:

Shiatsu College Dublin

The Healthy Way

2 Ralph Square

Leixlip

Co. Kildare

Or email helena@shiatsu.ie

www.shiatsu.ie