

Shiatsu College

DUBLIN



www.shiatsu.ie



INTRODUCTION TO SHIATSU

Delve into the world of Shiatsu, energy awareness, mindfulness and meditation.

The workshop is focused on sensing 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 various qualities of touch that Shiatsu offers as a therapy.

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 Japanese Acupressure course in January.

Date: Sat & Sun 17th & 18th October 2020

Time: 10am – 5 pm

Cost: €160

Venue: The Healthy Way, Ralph Square, Leixlip

Book online: www.shiatsu.ie or Email: helena@shiatsu.ie