

# Shiatsu College

DUBLIN



[www.shiatsu.ie](http://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 September.

**Date: Sat & Sun 7<sup>th</sup> & 8<sup>th</sup> May 2022**

**Time: 10am – 5 pm**

**Cost: €160**

**Venue: The Healthy Way, Ralph Square, Leixlip**

**Book online: [www.shiatsu.ie](http://www.shiatsu.ie) or Email: [helena@shiatsu.ie](mailto:helena@shiatsu.ie)**