

# Shiatsu College

DUBLIN



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



## INTRODUCTION TO SHIATSU

Delve into the world of Shiatsu and energy awareness.

A one-day workshop introducing you to sensing energy, through your own hands and then applying this to others.

You will be guided through a wonderful stress release routine and introduced to the qualities of touch that Shiatsu offers as a therapy.

The day will leave you feeling revitalised and give you a wonderful insight into the world of Shiatsu which may be helpful for those who are thinking of joining the Japanese Acupressure Course.

**Date: Saturday 4<sup>th</sup> February 2023**

**Time: 10am – 5 pm**

**Cost: €150**

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

**Book Online: [www.shiatsu.ie](http://www.shiatsu.ie)**

**Email: [helena@shiatsu.ie](mailto:helena@shiatsu.ie)**

