

Shiatsu College

DUBLIN



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 8th July 2023

Time: 10am – 5 pm

Cost: €150

Venue: The Healthy Hub, Ralph Square, Leixlip

Book Online: www.shiatsu.ie Email: helena@shiatsu.ie

