

Do It Yourself Shiatsu How To Perform The Ancient Japanese Art Of Acupressure

Mosby's Fundamentals of Therapeutic Massage - E-Book
 Yoga Journal
 Pathways of Qi
 A Guide to Self-Care for Common Ailments
 Working Mother
 Working with Death and Loss in Shiatsu Practice
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 Shiatsu
 Do it Yourself Acupressure
 Shiatsu, Japanese Finger Pressure Therapy
 Exercises & Meditations to Guide You Through Your Body's Life Energy Channels
 Atlas of Shiatsu
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 Taoist Foreplay
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 Simple, Effective Techniques for Massaging Away More Than 100 Annoying Ailments
 A Comprehensive Text for the Student and Professional
 Acupressure's Potent Points
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 How to Perform the Ancient Japanese Art of "acupuncture Without Needles"
 Gemstone Reflexology
 Eliminate Wrinkles with the Ultimate Natural Facelift
 Do-it-yourself Shiatsu
 The Illustrated Encyclopedia of Body-mind Disciplines
 Shiatsu Theory and Practice
 The Yoga Face
 A Souls Delight
 The Meridians of Zen Shiatsu
 Touching the Invisible
 How to Harmonize Yin and Yang for Better Health
 How to Perform the Ancient Japanese Art of Acupressure
 Secrets of Touch for Increasing Intimacy
 Japanese Finger Pressure Therapy

*Do It Yourself Shiatsu
 How To Perform The
 Ancient Japanese Art Of
 Acupressure*

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HAIDEN BEATRICE

Mosby's Fundamentals of Therapeutic Massage - E-Book Japan Publications Trading
 Derived from an Eastern healing tradition dating back nearly 5,0000 years, shiatsu, meaning "finger pressure", is a relatively modern therapy that is now gaining popularity in the West. It involves improving energy flow by applying pressure to stretching, or manipulating specific parts of the body. This book explains shiatsu terminology, describes the therapeutic value of the practice, and

gives step-by-step instruction on how to perform shiatsu on yourself and others. Master these complex, often subtle techniques to help treat physical complaints and bring harmony to body and mind.
Yoga Journal Penguin
 Shiatsu, the ancient art of health, is the oldest known form of physical therapy. Together with acupuncture, acupressure it is considered a miraculous way to well-being. This book offers a release from the acute tension syndrome.
Pathways of Qi Hay House Incorporated
 Be prepared to answer certification questions about shiatsu, and develop the skills you'll need to become a successful practitioner! This comprehensive, easy-to-

use textbook covers foundational information and methods, followed by more complex theory and practice. You'll learn how the channels (meridians) affect clients' health, how to conduct assessments, how to maintain proper body mechanics during practice, how to address imbalances in each of the Five Elements, and much more. Workbook-style exercises and questions at the end of each chapter improve your understanding and retention of the material. A title in the Mosby's Massage Career Development Series. Comprehensive textbook introduces you to all the essentials of shiatsu, offering a complete background on the history of shiatsu, relevant Eastern philosophies and Asian bodywork concepts, the channels

(meridians), and proper body mechanics. A separate Theory and Practice section explores various assessment methods and how to evaluate assessment information, techniques and positions to address imbalances in each of the Five Elements, and advanced techniques. Includes all of the helpful learning features you expect from a Mosby's Massage Career Development Series title, such as a vibrant, full-color design, chapter outlines and learning objectives, key terms, workbook sections, and a companion DVD. Authored by a leading expert and certified practitioner with a background in shiatsu education and instruction. DVD packaged with the book contains over 90 minutes of video showing specific applications and techniques performed by the author, such as qigong, basic shiatsu techniques, jitsu and kyo, basic kata, including the hara techniques, and a standard treatment session. Each video clip on the DVD is referenced in the textbook with numbered icons that direct you to particular clips on the DVD. Over 330 full-color illustrations visually represent concepts and techniques. Special quote boxes interspersed throughout each chapter, contain thoughts and proverbs from Buddha, Eleanor Roosevelt, the Dalai Lama, Helen Keller, and many others.

A Guide to Self-Care for Common Ailments Random House

The ancient art of shiatsu provides an easy, practical, and drug-free method of pain relief. Written by a well-known, highly respected shiatsu instructor, this complete and accessible guide teaches readers how to use simple finger pressure techniques to relieve physical symptoms and discomforts.

Working Mother Penguin

Three experienced Shiatsu practitioners share knowledge and insights gained over thirty years of clinical practice and teaching to create a book they themselves would have wanted to provide practical guidance and philosophical perspective on this healing art. The book's central themes are awareness, intuition and intention in the practice of Shiatsu and how this body-mind perspective can influence the wider health debate. A modern rendering of the ancient wisdom underpinning Shiatsu and Oriental medicine, this book goes beyond the technical details of Shiatsu as a specific therapy to the universal principles underlying it. Presenting Shiatsu from different perspectives, ranging from its philosophical underpinnings to the realities of daily practice, this text represents the fruit of the knowledge we apply and continually re-evaluate in our ongoing clinical work. The question and answer

format is based upon classical tradition – the most famous text within traditional Oriental medicine, Huang Di Nei Jing, uses this method to illustrate complex ideas in an easy to read manner. The text is organically formed through questions formulated by our student and fellow practitioner Filippa Freed. These questions, stemming from her training and practice, facilitate a broad discussion that roams freely between technical principles, case studies and informal anecdotes.

Working with Death and Loss in Shiatsu Practice AuthorHouse

The 21st century is the time at of the spiritual as well as that of the body. As Carl Gustav Jung beautifully put it, the body is the soul perceived by the five senses. The body can be defined thanks to its matter, its physical and visible structure, but also thanks to its invisible part or spirit, mind. The western world is slowly becoming more aware of the perception of the body while opening up to the concepts of energy and martial arts coming from Far East. The body/mind duality is not so present anymore. Experimenting with the body allows one to find deeper perspectives in the understanding of oneself. Yoga, qigong or Shiatsu, among other disciplines, will allow the western world to discover the wonderful powers of the human body and its capacity to self-heal. Antoine Di Novi, from his activity in his private practice, his interventions with local associations and the corporate world, will give you some of the keys and secrets of Self Shiatsu and Do in, that are considered as health methods in Japan. Do you want to improve your health, maintain your vitality and help your whole family feel better? Don't wait any longer! Practicing shiatsu when you wake up will help you to boost your day. After lunch it will help you to have a better digestion, before going to bed to sleep better. And it will also help relieve muscular strains in the back, neck, shoulders and even stress-related tensions. Just follow Lian, Sakura, Antoine's students, along with Koturi the bird and Kuma the bear. Exercise yourself at home or at work easily, thanks to Izumi Asano's illustrations and Antoine's instructions.

The Natural Health Guide to Headache Relief Kodansha Amer Incorporated

"People are always asking me, how can I be happy? Or, how can I find the thing I really want to do in life? I tell them: you are standing on your answer. The secrets of your life are written on your body" —Ohashi Ohashi helps you learn these secrets by showing you how to "read your body" to determine both your physical and

spiritual condition as revealed in the physical self. Because, as Ohashi notes, "the body is the physical manifestation of the soul," your posture, your features, and the texture of your skin can tell you who you are. This is not just a book about health and shiatsu; it is a guide to living well. The goal is to find unity of body, mind, and spirit, emphasizing that everyone has strengths and weaknesses and that accommodating one's weaknesses is as important as utilizing one's strengths. Filled with diagrams, drawings, and sample diagnoses, this is not only a practical guidebook—by "reading the body" one can tell what shiatsu techniques apply to the various energy meridians of the body—but also a fascinating meditation on how to live.

Shiatsu Penguin

In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable. Dr. Lipman's seven steps are: 1. Take Responsibility for Your Health and Well-Being 2. Remove Toxins and Decrease Your Total Load 3. Recognize Your Unique Diet 4. Replenish Nutrients and Balance Hormones 5. Release Tension and Relieve Stress 6. Revitalize with a Detox 7. Reconnect to Yourself, Others, and Nature

Do it Yourself Acupressure Bantam

Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the

foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

Shiatsu, Japanese Finger Pressure Therapy Singing Dragon

The magazine that helps career moms balance their personal and professional lives.

Exercises & Meditations to Guide You Through Your Body's Life Energy Channels

Perigee Trade

"In [this book], Tara Stiles introduces readers to ... ways to bring yoga, meditation, and healthy food into their lives"--

Atlas of Shiatsu Outlet

A growing number of Americans are discovering the pleasurable and therapeutic uses of shiatsu, a Japanese method of acupressure. In *Do-It-Yourself Shiatsu*, Ohashi, one of the most knowledgeable and well-known U.S.-based shiatsu experts, offers step-by-step instruction on how to perform shiatsu at home. Ohashi, who has taught and practiced shiatsu for more than thirty years, focuses on common ailments faced here in the West. He provides clear explanations of all technical terms and helpful photographs throughout to illustrate shiatsu techniques and locations of pressure points. Also included are explanations of special shiatsu exercises, designed to keep energy flowing through the body, and a new preface by the author.

Beyond Shiatsu with the Ohashiatsu Method Penguin

Developed from a traditional form of Japanese massage, Shiatsu is based upon the same philosophy and medical theory as acupuncture and other oriental healing methods. Literally translated, Shi-atsu means "finger pressure", but practitioners also use their palms, knees and forearms, and employ stretching techniques. These combine in a simple but effective form of treatment used to promote health and general well-being, as well as to cure illness and prevent future problems. In this straight-forward step-by-step guide, Oliver Cowmeadow introduces us to the ways in which Shiatsu can be beneficial to both the person giving and person receiving.

Shiatsu: A Practical Introduction clearly explains: -The role of energy in Shiatsu - How to give the full body Shiatsu treatment -How to eat an energetically balanced diet to promote health -How to treat simple health problems with Shiatsu - Methods of oriental diagnosis -Common uses of acupressure points -Energy balancing exercises for yourself Oliver Cowmeadow has been teaching Shiatsu for more than 20 years and is the founder and principal of the Devon School of Shiatsu.

Total Renewal Anne Cosse

Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies

Self-shiatsu and dō-in Ivy Press

A Soul's Delight: Your Step-by-Step Higher Self Integration Journey provides information, inspiration, resources, and practical activities designed to help you learn and be Soul Attuned through The Higher Self Integration Process. You will be led through experiences enabling you to consciously design your own Higher/Soul Consciousness Program that fits your individualized Soul's awareness and developmental levels. Everything from prayer to accessing your own Soul's voice, physical healing to Chakra and Kundalini activation, precognition to working with Nature Spirits, spiritual partnership to one's own life tasks, and more are explained in a matter-of-fact and comprehensible manner. It stands unique in how it puts together so many systems and truths about life, providing a complex and holistic, yet realistic and practical guide. You are given the opportunity to understand the multi-levels of life in order to consciously co-create a lovingly prosperous and joyful daily reality.

Love Meridians and Pressure Points Bantam

Line drawings and photographs are used to demonstrate the techniques of a Japanese method of massage that is believed to promote mental and physical well-being.

Do it Yourself Acupressure Ivy Press

With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's*

Potent Points, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

Taoist Foreplay Simon and Schuster

Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, *Taoist Foreplay* guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

Japanese Gardens of the Modern Era Trafford Publishing

Shiatsu, the ancient art of health, is the oldest known form of physical therapy. Together with acupuncture, acupressure it is considered a miraculous way to well-being. This book offers a release from the acute tension syndrome.

Simple, Effective Techniques for Massaging Away More Than 100 Annoying Ailments Simon and Schuster

Secrets of Shiatsu is the ultimate beginner's guide to shiatsu, explaining the history and principles of the therapy, along with an illustrated step-by-step routine, and easy to follow self-treatment remedies. Part of the updated and reformatted Secrets of series, this book explores the secrets of shiatsu, including: Preparing physically and mentally to give shiatsu Basic shiatsu techniques and

terminology An extensive shiatsu routine Shiatsu treatments to try on yourself Derived from an Eastern healing tradition dating back nearly 2000 years, shiatsu, meaning "finger pressure", is a relatively modern therapy that is gaining popularity in the West. It involves improving energy flow by applying pressure to stretching, or manipulating specific parts of the body.

This book explains shiatsu terminology, describes the therapeutic value of the practice, and gives step-by-step instruction on how to perform shiatsu on yourself and others. Master these complex, often subtle techniques to help treat ailments such as anxiety, insomnia and back pain, and bring harmony to body and mind. If you like this, you might also be interested in Secrets of Reiki . . .

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