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# KOU-DO SHIATSU

## A Shiatsu Therapeutic Massage Workshop Japanese Healing Therapy Beginner Level

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Shiatsu is a Japanese healing art in which finger pressure is used on *tsubos* (pressure points) on the body to normalize body function, relieve pain and tension, and increase the function of the body's organs to maintain and improve health. Shiatsu is one of the best health care methods in daily life that can treat and help prevent illness.

### You Will Learn:

- Simple Shiatsu Techniques
- Simple Shiatsu Applications
- Locations of some *tsubos* (pressure points)
- Meridian Stretches (*taiso*)
- Hip, Back, Sciatic Adjustment
- Circulation Rotation Technique
- Shiatsu Self-treatment
- Tsunami Technique to improve circulation
- And More!!



### Shiatsu can relieve symptoms of:

- Arthritis
- Asthma
- Fatigue
- Migraine headaches
- Tight shoulders
- Menopause
- Indigestion
- Lower back pain
- Insomnia
- And many more conditions

Beginner Workshops are presented by Saskatoon's **Shiatsu Master - Yuki Sugimoto** of the Saskatoon Shiatsu Centre and Training Institute (NHPCA-registered). The Saskatoon Shiatsu Massage Training Institute is the only one of its kind in Saskatchewan. Master Sugimoto has more than 20 years experience teaching Shiatsu.

\*Continuing Competency Credits are available for NHPCA and MTAS.

