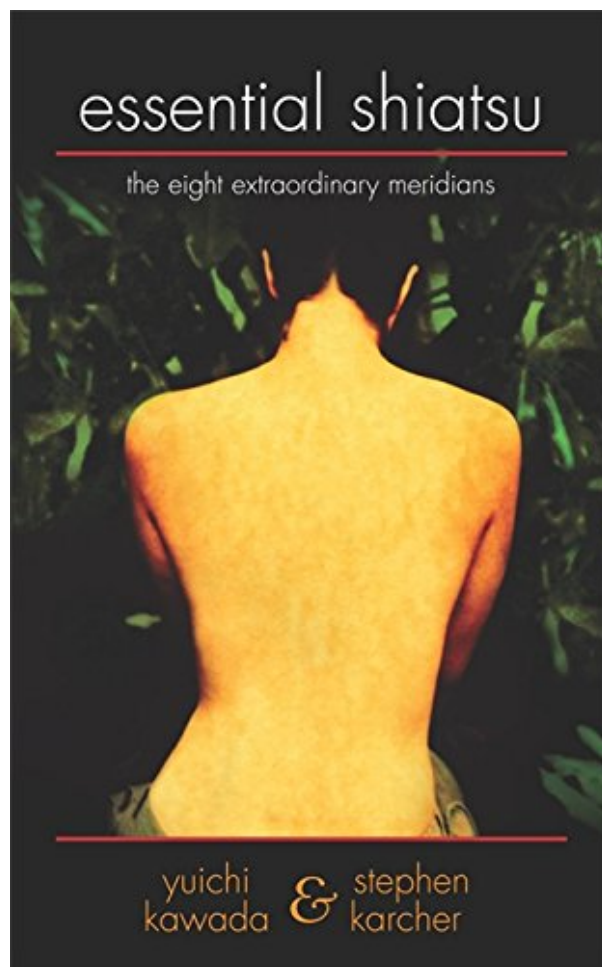


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From the Publisher

Shiatsu, a bodywork therapy that allows the mind and body to work harmoniously, treats ailments and disorders by applying pressure to the meridians (energy channels) of the human body. In *Essential Shiatsu*, master practitioner Yuichi Kawada combines traditional shiatsu and its twelve principal meridians with the crucial role of the “Eight Extraordinary Meridians” as rescue and emergency forces. These eight meridians were known even in ancient times, but no one fully understood their importance in correcting major imbalances. Now Kawada brings this ancient art up to date, explaining and illustrating the first full mapping of the “new” meridians, and offering instruction on how to stimulate them with hand pressure and stretching. The book also includes a comprehensive list of ailments and suggested shiatsu treatments. Yuichi Kawada was formally trained at the Nippon Shiatsu Institute and now lives and practices in Brussels.

About the Author

Yuichi Kawada grew up in a Japanese mountain village and learned Shiatsu from his father. Later he had formal training at the Nippon Shiatsu Institute and now lives in Brussels. Stephen Karcher writes, translates and lectures on myth, divination, depth psychology and religious experience.

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Shiatsu is the ancient Japanese art of finger pressure massage and, just like acupuncture, it aims to identify and treat the eight meridians of the human body by applying pressure and stimulation to treat a wide variety of human ailments and lethargies. In *Essential Shiatsu*, experienced Shiatsu master Yuichi Kawada brings this ancient art up-to-date and fully explains and illustrates the full mapping of the "new" meridians, offers instruction on how to stimulate them with hand pressure and stretching. The psychosomatic connection of illness is explained and the book features a comprehensive list of ailments and suggested Shiatsu treatments. The author also provides reassuring and inspiring case histories which show how the treatment has been effective in treating real life cases.

- Sales Rank: #2103034 in Books
- Published on: 2002-11-01
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.25" w x .75" l, .51 pounds
- Binding: Paperback
- 190 pages

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