

Health Assessment

Gain an understanding of your current health - medical conditions, history, and lifestyle - so the Therapist can tailor this Shiatsu session and the subsequent ones to your specific needs.

() This is different from and does not replace the Medical Screening completed by your GP*

- ✓ One off session (90min)
- ✓ Health Questionnaire
- ✓ Session Feedback and self-reflection
- ✓ Lifestyle Health Recommendations

£75

Health & Wellness Discovery

. Gain a deeper insight of the health and wellness benefits that Shiatsu can offer you.

. Recommended for those who enjoyed the Health Assessment but are not sure yet how many sessions they want to commit to.

. Prerequisite: Completed the Health Assessment session

- ✓ 1 session (60min) on an Ad Hoc Basis
- ✓ Session Feedback and self-reflection
- ✓ Lifestyle Health Recommendations

£60

Body Tension Release

. Release tension and promote flexibility of your body and gain an increased body awareness.

. Recommended for individuals who seek for a gentle yet corrective approach to release muscular-skeletal blockages

. Prerequisite: Completed the Health Assessment session

- ✓ 3 sessions (60min) on Weekly or biweekly Basis
- ✓ Session Feedback and self-reflection
- ✓ Tailored Health Recommendation and Exercise Handouts
- ✓ Access to the Private Zen Shiatsu Therapy Facebook Group

£169

Holistic Health Rehabilitation Programme

. Restore your health through an holistic approach aiming at releasing physical tensions, balancing emotions, calming mind.

. Recommended for individuals with stress-related illnesses or neurological disorders as a support to their regular medical supervision.

. Prerequisite: Completed the Health Assessment session

- ✓ 6 sessions (60min) on Weekly or biweekly Basis
- ✓ Session Feedback and self-reflection
- ✓ Tailored Health Recommendations and Exercise Handouts
- ✓ Guidance in incorporating of a rhythm of self-care in your daily life
- ✓ Follow-up call from your Therapist in between sessions
- ✓ Access to the Private Zen Shiatsu Therapy Facebook Group
- ✓ 5% Discount on Zen Shiatsu Therapy Workshops

£319

Holistic Health Maintenance Programme

. Maintain your physical, emotional and mental balance to support your health on a longer term.

. Recommended for individuals who seek a preventive health self-care

. Prerequisite: Completed either the "Tension Release Pack" or the "Holistics Health Rehabilitation Programme"

- ✓ 8 sessions (60min) every 3 or 4 weeks
- ✓ Session Feedback and self-reflection
- ✓ Tailored Health Recommendations and Exercise Handouts
- ✓ Guidance in incorporating of a rhythm of self-care in your daily life
- ✓ Access to the Private Zen Shiatsu Therapy Facebook Group
- ✓ 5% Discount on Zen Shiatsu Therapy Workshops

£409

Includes ...

