



INFORMATION ABOUT SHIATSU

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1 WHAT IS ZEN SHIATSU?

Originated in Japan from the Traditional Chinese Medicine, with influences from more recent Western therapies, Zen Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. It works on the whole person - not just with the physical body, but also with the psychological, emotional and spiritual aspects of being.

In practice the Zen Shiatsu Therapist uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow.

2 WHAT ARE THE BENEFITS OF ZEN SHIATSU?

Shiatsu moves stagnant energy, removes blockages and creates balance in the body's energy systems. By applying pressure to energy points, the flow of energy is restored. Shiatsu Therapists facilitate this change. The body then begins to repair itself and all major systems begin to improve. The client begins to feel more empowered and more responsible for small changes so, over time, the body feels rejuvenated, calmer and more energized.

Continual stress leads to pain and illness. Ignoring the body's signals for sleep, exercise, good nourishing foods, and equally nurturing relationships, causes more stress and more illness. Clients, who realise the importance of positive change, seek Zen Shiatsu as a framework to help them make changes in their lives.

Regular Zen Shiatsu sessions can make a real difference to your quality of life, physically and emotionally but this is not a substitute for conventional medicine, medical examination or diagnosis.

3 CAN ZEN SHIATSU DO ANY HARM?

The aim of Zen Shiatsu is to shift energy around the body in such a way as to relieve areas of tension and enliven weak areas. This is effectively a collaboration between the therapist and the client's body, which will instinctively want to do the same thing, but may need a little help to get started.

Occasionally clients may have healing reactions after the first few sessions. These reactions occur when toxins have been released during the treatment, and as they work out through the body there may be physical symptoms such as headache, muscle stiffness, stomach upsets or diarrhoea, desire to urinate frequently, or emotional symptoms such as lethargy, low mood, urge to cry. Such symptoms are transitory and soon pass. Drinking water and resting will help, as well as asking the practitioner for advice and reassurance. Emotional releases may take longer to work through, and deep-seated emotional patterns may be uncovered. As it can have profound effects on the patient's life, extra contact between sessions may be necessary to talk through the reactions to treatment.

4 WHAT TO EXPECT IN A ZEN SHIATSU TREATMENT?

4.1 THE INITIAL SESSION LAST 1H30

Initially the therapist asks for details of your current health, any medical conditions, history, and lifestyle. The therapist takes notes and keeps your records safe and confidential.

The treatment itself lasts 60min and is followed by another discussion to get your feedback. This feedback is important for the therapist to assess your experience and important for you to self-reflect your experience.

4.2 THE FOLLOW UP SESSION LAST 1H

Initially the therapist asks for details of your sensations and observations noticed during the days following your previous session and any new signs and symptoms you would like to focus on this session.

The treatment itself lasts 45min and is followed by another discussion to get your feedback.

4.3 RECOMMENDATIONS

The session usually takes place on a padded mat or futon at floor level, although it is possible to receive Zen Shiatsu seated or on a treatment couch depending upon the client physical condition.

Zen Shiatsu can involve rotation and stretches of joints and limbs and you will remain fully clothed at all times. Therefore, it is advised to bring or wear loose, warm, comfortable clothing, preferably cotton, e.g. sweatshirt, tracksuit trousers and cotton socks. A changing space will be made available for you.

Do not eat heavily in the two hours prior to treatment. Do not drink alcohol before or after treatment. After treatment drink plenty of water to smooth the flow of changes through the system. If possible, please avoid strenuous or stressful activities after your session.

Please print the form below, fill it in, sign it and bring it with you at your coming session