

Shiatsu

Shiatsu is based on the Chinese theory of five elements (fire-earth-metal-water-wood) and the system of the meridians. Meridians are pathways in the body through which the vital energy flows from organ to organ, animating and keeping in good function each one of them. They also reflect the psychological state of a person.

The word „shiatsu“ is of Japanese origin and means finger pressure.

Shiatsu is a holistic form of therapy for body and soul. The aim of this method is to activate the client's self-healing power in order to create balance within the person. The essence of Shiatsu is mindful touch. The practitioner uses his hands, fingers, elbows or knees to exert pressure on the acupoints of the receiver's body and other areas that need attention. Rotations of the joints and soft manipulations of the vertebrae in the back open the doors for free circulation and flow of energy. The breathing is calming down and deep relaxation is taking place.

Because our energy level is connected with our emotions, there is also a relieving effect on the emotional level.

A treatment starts with a short diagnostic interview and takes about one hour. The client is comfortably lying on a soft mat (futon) directly on the floor. The receiver is wearing soft cotton clothing while receiving a shiatsu treatment.

Shiatsu is particularly helpful for the following conditions:

- Headache
- neck and shoulder troubles
- backpain
- all stress-related symptoms such as
- general tensions and nervous tenseness
- digestive troubles
- sleeping problems
- psychosomatic pain and pain without any Western medical cause
- depression
- exhaustion

Shiatsu treatments are designed individually according to the client's need and the intuition of the practitioner. They can vary from quiet and gentle touch to very dynamic and quite strong pressure. Shiatsu can sometimes be painful, but it is the kind of pain that creates relief.

Active involvement of the client in the sense of self-perception and self-reflexion is

desirable and of great benefit for a positive effect of the treatments and for initiating a process of change of the actual condition.

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