

## Book Of Shiatsu

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#### The Complete Book of Shiatsu Therapy: Health and Vitality ...

Here is the first detailed, step-by-step guide to the healing are of Shiatsu. The ancient Oriental system used hand, elbow, knee, foot, and whole-body pressure as well as gentle manipulation to alleviate tension, pain, and a wide range of chronic discomforts and minor ailments.

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#### The Complete Book of Shiatsu Therapy: Namikoshi, Toru ...

First published in 1992 as The Book of Shiatsu, it has now been revised and re-edited as "The New Book of Shiatsu", published in England by Gaia/Octopus and in the USA by Simon & Schuster. It has appeared in varous editions and been translated into 15 languages over the last twenty years.

#### The New Book of Shiatsu | Paul Lundberg's Blog

Shiatsu evolved from anma, a Japanese style of massage developed in 1320 by Akashi Kan Ichi. Anma was popularised in the seventeenth century by acupuncturist Sugiyama Waichi, and around the same time the first books on the subject, including Fujibayashi Ryohaku's Anma Tebiki ("Manual of Anma"), appeared.

#### Shiatsu - Wikipedia

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Shiatsu Shin Tai is an instructional shiatsu book by Saul Goodman. With 240 pages of detailed technique directions, excellent photographic instruction, and unique information on touch, evolution, and the role of bodywork in the expansion of human consciousness, this shiatsu book offers every bodywork practitioner a wealth of knowledge and support.

#### Shiatsu Shin Tai Books — Shin Tai International

The Book of Shiatsu is an instructional shiatsu book by Saul Goodman. Shiatsu massage, like acupuncture and herbology, is a natural healing therapy which has been used for thousands of years to...

#### The Book of Shiatsu - Saul Goodman - Google Books

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