

BODYWORK SHIATSU



*Bringing the Art of
Finger Pressure
to the
Massage Table*

CARL DUBITSKY

Bodywork Shiatsu Bringing The Art Of Finger Pressure To The Massage Table

**William H. Frishman, Michael I.
Weintraub, Marc S. Micozzi**

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Books in Print Supplement ,1994 **American Bookseller** ,1989 *Basic Shiatsu: the Ancient Art of Finger-Pressure Massage* Michio Kushi,Edward Esko,1997 *Shiatsu* Tokujiro Namikoshi,1973 **Shiatsu Massage Handbook** ELIAS M. HAKEEM,2025-07-15 Relieve Stress Soothe Pain and Restore Balance Right at Your Fingertips Discover the Healing Power of Shiatsu the Ancient Art of Finger Pressure If you ve ever wished for a simple way to ease headaches loosen tight muscles or unwind from stress without medications or costly therapy Shiatsu may be the solution you ve been looking for Shiatsu Massage Handbook is a practical beginner friendly guide to the Japanese art of healing through finger pressure Using techniques rooted in thousands of years of Eastern wisdom this book teaches you how to target key points along the body s energy channels to relieve discomfort calm the nervous system and restore natural flow right from home Inside you ll discover What Shiatsu is how it works and why it s used for stress and pain Step by step routines to release tension in the neck back shoulders and head Pressure point maps for everyday relief headaches fatigue anxiety and more Self treatment sequences and partner routines for shared healing Breath work and posture tips to enhance the effect of every touch BONUS 5 minute stress reset practices for use at home work or before sleep Whether you re new to bodywork or simply seeking better balance and healing this handbook empowers you to use your own hands to support wellness naturally safely and effectively You don t need a spa Just your fingers focus and the desire to feel better Scroll up and grab your copy now healing is already in your hands **The Book of Shiatsu** Saul Goodman,1990 The Book of Shiatsu is beautifully detailed with nearly 300 clear photographs and illustrations The book provides simple step by step instructions for whole

body shiatsu it points out important acupressure points for specific symptoms and it includes exercises for developing sensitivity and touch The Book of Shiatsu also presents techniques for assessing personal physical condition and methods for improving personal health including dietary suggestions With The Book of Shiatsu close at hand you can experience the many unique qualities and benefits shiatsu has to offer [Shiatsu for Beginners](#) Nigel Dawes,1995 Shiatsu for Beginners introduces American readers to the ancient Japanese system of pressure massage Like acupuncture and acupressure shiatsu is a healing art applied to the body's energy channels meridians resulting in pain relief increased energy and overall vitality

The World's Best Massage Techniques The Complete Illustrated Guide Victoria Stone,2010-12-01 Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety boost immunity and alleviate pain The World's Best Massage Techniques presents the most effective massage and bodywork techniques from around the world many of which have been used for thousands of years to soothe stress and tension alleviate discomfort and give pleasure This beautiful hands on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation stress relief and wellness Swedish Massage Kneading strokes lengthen tense muscles Hot Stone Massage Heated flowing movements penetrate tight knots Thai Yoga Massage Assisted stretches bring the body into alignment Reflexology Focused pressure activates energy meridians Lomi Lomi Sensuous strokes calm the body and mind Tantsu Close body to body contact creates intimacy Polarity Gentle rocking movements loosen muscles and joints Shiatsu Small compressions reduce pain and aid injury recovery Color photography and step by step layout make techniques understandable and immediately applicable With The World's Best Massage Techniques you can use the world's most exciting bodywork techniques in your own home **Essential Shiatsu** Yuichi Kawada,Stephen Karcher,2010-09-15 Shiatsu is the ancient Japanese art of finger pressure massage and just like acupuncture it aims to identify and treat the 8 meridians of the human body by applying pressure and stimulation in order to treat a wide variety of human ailments and lethargies The 8 meridians were known even in ancient times but no one really knew fully their significance in putting right major imbalances In ESSENTIAL SHIATSU experienced Shiatsu master Yuichi Kawada brings this ancient art up to date and fully explains and illustrates the first ever full mapping of the new meridians and offers instruction on how to stimulate them with hand pressure and stretching The psycho somatic 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

Shiatsu Chris Jarmey,Gabriel Mojay,1999 Shiatsu meaning finger pressure is a traditional Japanese massage which can rebalance the body and ease mental and physical tension by applying pressure to the body's energy channels This guide covers all aspects of the ancient art

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