

The Book of Shiatsu

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✓ Verified Book of The Book of Shiatsu

Summary:

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Here is the first detailed, step-by-step guide to the healing art 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. More than 240 color illustrations and photographs demonstrate the simple tools, techniques, and principle of Shiatsu. By learning whole-body and specialized routines, diagnostic techniques, and how to work meridians, you'll be able to help yourself and others. The Book of Shiatsu continues FIRESIDE'S bestselling series of books for mind and body, which includes The Book of Massage, The Sivananda Companion to Yoga, The Book of Stress Survival, and The Way of Energy.

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