

"Hands on workshop Series"

Shiatsu and Zen Shiatsu massage techniques made
easy

Healing - Deep relaxation - Vitality

100% hands on



100% practical

Learn a complete Shiatsu routine



Well-being for yourself and for those you will touch

- * No more headaches
- * Get rid off back pains
- * Painless menstrual cycle
- * Resolve digestion problems
- * Increase your energy level
- * Sleep deeper and wake up refreshed
- * Release your stress, clear your mind and be relaxed

Give yourself a and your dear ones a gift

Understand the basics of 5 element theory, Apply specific Shiatsu & Zen Shiatsu pressure, Useful Acupressure points, Get familiar with restoring balance and harmony to the body, Back sequence (incl. shoulders, back, hips, legs and head)

!!! INVITE **BALANCE** AND **HARMONY** INTO YOUR **LIFE** !!!

Contact Linda Zivnustkova - 0405 673 113

[mail:Linda@forgeyourfuture.com](mailto:Linda@forgeyourfuture.com)

<http://www.linda.forgeyourfuture.com/>

Linda is a qualified Shiatsu therapist and Yoga instructor.

Shiatsu is a form of bodywork and traditional healing art that originated in Traditional Chinese Medicine and the historical massage technique of Japan and re-incorporates western anatomy, physiology and psychology.