

"Hands on workshop"

Shiatsu and Zen Shiatsu massage techniques made easy

Seasonal workshop series



Learn the mechanics about natural cycles in our body, our functions and emotions, as seasons in the nature.

How to get the best out of every season, all year round!!!

Understand and support your own body everyday!

Each season:

- Diet recommendation
- Cleansing procedures
- Strength building practice
- Dealing with the particular seasonal emotions
- Spiritual quest
- Ease yoga postures
- Relaxation/ meditation techniques
- How to use Shiatsu on corresponding pair organs, meridians
- Useful acupressure points

Next workshop: **Winter**

Register via email or phone, \$185 (early bird \$150)

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

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