

Shiatsu Autumn Course

What is Shiatsu?

How can I use basic Shiatsu techniques on my friends and family?

This introductory course offers you a glance at various Shiatsu practices and techniques for your daily personal use. Body exercises such as meridian stretches, breathing and applied pressure will be taught and practiced in a small group.

- Get in tune with the flow of your own body through touch and movement
- Learn basic Shiatsu techniques
- Dive into the principles of chinese medicine focusing on the element of 'metal' that represents autumn time
- what does the metal element stand for? How can my present life benefit from learning about breathing and digestive health?

No prior body work experience necessary!

Dates: (6 week course)

15th & 22nd & 29th April and 6th & 13th & 20th May 2015 (Wednesdays)
(times to be confirmed – 2 hours in the evening)

Cost:

investment of \$150 to be paid with registration

Where:

Autumn Falk Natural Health Clinic – 2/12 Cypress Street, Judea, Tauranga

Register:

Bookings are essential, as is the commitment to attend all the dates of the course in order to have even numbers and together work and learn deeply from one another. The course is limited to a maximum of 8 people.

For more information and to book your place, please contact me:

autumn.naturopath@gmail.com or **027 2931430**

and read more about Shiatsu: [autumn-falk-naturopath.co.nz/shiatsu/what is shiatsu/](http://autumn-falk-naturopath.co.nz/shiatsu/what-is-shiatsu/)

Facebook: www.facebook.com/AutumnFalkNaturopath

