

# Shiatsu Summer 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 'fire' that represents summer time
- Open your heart to the group and to your inner learning

No prior body work experience necessary!

Dates: (6 week course)

11<sup>th</sup> & 18<sup>th</sup> & 25<sup>th</sup> February and 4<sup>th</sup> & 11<sup>th</sup> & 18<sup>th</sup> March 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/)

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