

Strengthen your Winter Body with Shiatsu bodywork

A 6-weeks course for everyone interested in Bodywork and Oriental Medicine

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.

- Learn about the water element in chinese medicine
- Learn to treat it and be able to integrate your knowledge into practice.
- Work on the hara (abdomen) to create a centering that especially benefits us in winter time.
- Help yourself and others during this time of winter to be more balanced and thrive energetically

Treat your friends and family and make changes to your world by diving into the water of winter. This course is limited to 6-8 people and needs booking by the 1st of June 2015.

No prior body work experience necessary!

Dates: (6 week course)

6th, 13th, 20th & 27th July, 3rd & 10th August, Mondays at 7-9pm

Cost:

investment of \$150 to be paid with registration

Where:

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

Register:

Please register by 2nd July 2015.

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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