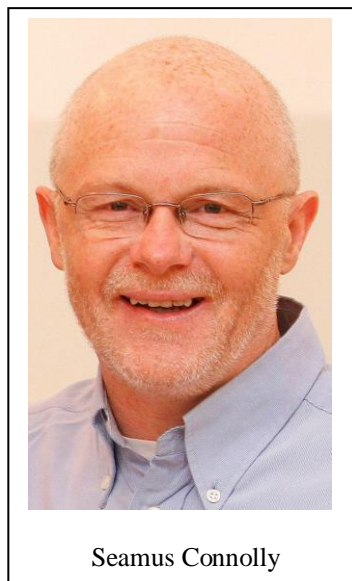


## SHIATSU: THE WHOLE WAY TO HEALTH.

*Troubled times can call on us to take special care of ourselves. Shiatsu nourishes the body, mind and spirit in a deeply relaxing and restoring way. Treatments are given through the clothes in a calm and caring atmosphere. Many clients describe a shiatsu treatment as like being put back together again.*

Cross-European scientific research (Long, A. 2008) proves shiatsu to be safe. It established that shiatsu helps with stress, fatigue, difficulty sleeping, low energy, back and other musculo-skeletal problems, physical injury, digestion problems, reproductive system problems, migraine, anxiety, emotional distress, and many others. The research established that shiatsu supports receivers to make healthy lifestyle changes and can reduce the need for conventional medication. For more see: [www.shiatsuireland.com](http://www.shiatsuireland.com)



Seamus Connolly

### What is Shiatsu?

Shiatsu is a Japanese state-recognised paramedic treatment, sometimes referred to as Japanese physiotherapy. Its basis, like acupuncture, is that vital energy (Ki) flows through energy pathways on the body surface that power the internal organs and bodily systems.

### The Shiatsu experience

A treatment lasts an hour. It is given by applying gentle pressure to the energy channels on the body surface. Recommendations on diet, lifestyle habits, exercise, and life-energy techniques are given.

Some of the things clients say about shiatsu:

*“Shiatsu has affected every area of my life in a positive way”.*

*“ I have more body awareness”;*

*“ I am calmer, more relaxed, energy flow has improved, breathing got better”;*

*“ I managed to change the biggest stress factor”*

### Classes and Workshops.

As well as receiving individual treatments you can learn some of the basic shiatsu techniques to use for yourself and for family and friends in an 8-week class.

**Seamus Connolly B.A. RPSSI (T)** has been in professional practice since 1990. He has been Chairperson of the Shiatsu Society of Ireland and President of the European Shiatsu Federation for 6 years. *To find out more contact: The Novara Centre, 6 Carlton Tce, Bray. 01 2761745. e: [info@thenovaracentre.ie](mailto:info@thenovaracentre.ie) w: [www.thenovaracentre.ie](http://www.thenovaracentre.ie)*