

An *Introduction* to

Shiatsu

Focusing on re-energising

Wednesday 27th August 2014

2pm -5pm

Friends Meeting House, Abbey Walk, Shaftesbury

£25 (£20 concessions)

Often tired? Feel down? Lack energy?

Life stresses often depress our physical and emotional energy.

This workshop shows how Shiatsu can help you to find your natural energy. Come along and enjoy a relaxing and stimulating afternoon giving and receiving Shiatsu. All techniques are ones which can be safely practiced on family and friends....or why not bring your family and friends along so that they can learn to practice them on you too! No experience needed (It's an introduction!)

The afternoon will also include a short talk on Shiatsu.

Numbers limited Booking required

Shiatsu is a relaxation and healing therapy given through light clothing. It shares many qualities of acupuncture but works directly with touch (no needles!) to enhance physical, emotional, mental and spiritual wellbeing.

To ask more about this workshop or to book contact

Sandra

01258 821381 sandy4sjb@gmail.com

I am also available for individual Shiatsu treatments in Marnhull
£10 discount for any first time attendee at my workshop
Normal price £40, negotiable for people requiring frequent treatments.

For more information on shiatsu generally contact me by phone or email or visit

www.shiatusandra.co.uk or www.shiatusociety.org

Shiatsu

Therapeutic clothed bodywork

Treating You

Sandra Barnaby

Shiatsu Practitioner MRSS

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