



Shiatsu

INTRODUCTORY COURSE

2022/01/22-23 - 02/19-20 - 03/19-20
- Stockholm Karlbergsvagen 51a -

Shiatsu is an energy balancing body treatment, based on meridian channels and the Holistic Oriental Medicine System approach.

The regular practice of Shiatsu brings awareness and wellbeing in our daily lives.

An Introductory three weekends course is open to all those who want to experience the basics of Shiatsu technique and acquire initial tools in the mindful discovery of this efficient and beautiful therapeutic method and art.

An introductory course can be followed by a full three years professional training.
IRTE is one of the oldest italian Shiatsu schools since 1979.

www.shiatsuirte.it



The weekends are very practical.

We are going to work with our body posture, our breathing, our self perception and how to bring awareness into the relation with others. And we start to discover that being in good skillful contact with somebody else basically means to be in good contact with ourself. We will talk about meridians, about the meaning of the energy work and will develop some skills to treat ourselves as well. Meridian stretching , Do-IN and more.

You can easily follow the course in english!

Warm Welcome!!

For the information contact:



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