



## The Practice of Shiatsu (Paperback)

By Sandra K. Anderson

Elsevier - Health Sciences Division, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Be prepared to answer certification questions about shiatsu, and develop the skills you ll need to become a successful practitioner! This comprehensive, easy-to-use textbook covers foundational information and methods, followed by more complex theory and practice. You ll learn how the channels (meridians) affect clients health, how to conduct assessments, how to maintain proper body mechanics during practice, how to address imbalances in each of the Five Elements, and much more. The accompanying DVD includes over 90 minutes of video showing specific applications described in the book. Workbook-style exercises and questions at the end of each chapter improve your understanding and retention of the material. A title in the Mosby s Massage Career Development Series. Comprehensive textbook introduces you to all the essentials of shiatsu, offering a complete background on the history of shiatsu, relevant Eastern philosophies and Asian bodywork concepts, the channels (meridians), and proper body mechanics. A separate Theory and Practice section explores various assessment methods and how to evaluate assessment information, techniques and positions to address imbalances in each of the Five Elements, and advanced techniques. Includes all of the helpful learning features...



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