



BARBARA WHITE SEMINARS

Presents

Shiatsu, Parts 1 & 2

Shiatsu utilizes Traditional Chinese Medicine (TCM) Five Element Theory and Meridian work to balance energy pathways of the body. Stretches and Range of Motion are utilized as well as finger pressure (digits, fists, palms, elbows and knees) to release tension patterns and access Qi in the meridians. Qi stagnation and deficiency is balanced to reduce musculoskeletal dysfunctions that are rooted deeper than overuse strain patterns and tend to result from anger, grief, joy, fear and sympathy imbalances. The functioning of organ systems and absence of disease depend on proper balance of Qi. Body, Mind and Spirit are all three addressed in this class. There are 12 primary meridians and 2 extraordinary meridians that are characteristic of TCM and Shiatsu sessions. Shiatsu is traditionally provided fully clothed on a floor mat but may be adapted for the massage table. Theory, TCM anatomical position, terminology, body mechanics, and hand techniques will be covered. This class is 90% hands-on training.

Shiatsu Part 1: Bladder 1 & 2, Kidney, Lung & Large Intestine. Governing & Conception Vessels will be discussed

Friday, June 28, 2013 6:00-10:00

Saturday, June 29, 2013 8:00-5:00

12 CE hours \$245

Shiatsu Part 2: Liver, Gallbladder, Stomach and Spleen, Heart, Small Intestine, Pericardium and Triple Warmer

Sunday, June 30, 2013 8:00-5:00

Monday, July 1, 2013 8:00-5:00

16 CE hours \$325

Please select your preferred method of registration:

1. **Online** at barbarawhitmassage.com using PayPal.
2. Call to register **by phone** at (409) 626-1811 to use a credit card
3. **U.S. mail** to 2528 Merriman Street, Port Neches, TX 77651 by check or money order. Please make all checks out to Barbara White.

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