



Table Shiatsu for Massage Therapists

Date: March 10 & 11, 2012

Time: 10:00 am—5:00 pm daily

Location: GotYourBack

Instructor: Sue Wood

Cost: \$250

CE Hours: 12



Workshop Description

Shiatsu is a form of Japanese bodywork that has its roots in Traditional Chinese Medicine. It helps the body maintain homeostasis through the smooth flow of qi through the meridians. This two day course is designed to teach massage therapists a basic shiatsu sequence. Today Lomi Temple Style is one of the most popular and intriguing massages to facilitate and receive. Profoundly relaxing, Lomi Temple Style regenerates vitality, releases tensions, clarifies mind and emotions, restores body awareness and self acceptance.

What you will learn:

- Learn to locate and treat the 12 meridians
- Learn to assess the condition of Yin and Yang in the body
- Introduction to basic Qi Gong exercises to help the flow of Qi in your own body
- Full Body Shiatsu Treatment

What to Bring

- Wear loose, comfortable clothing
- 1 set of sheets
- 1 Blanket
- Pen and paper

Sue Wood is a PA licensed massage therapist and an AOBTA certified shiatsu practitioner. She is also a graduate of the shiatsu Instructor's Training Program at the *Meridian Shiatsu Institute* in Wayne, Pennsylvania. Sue has served in the Wellness industry as both a teacher, department supervisor, and advisory board member in massage programs in Philadelphia and the surrounding region. Sue has maintained her private practice since 1998. Her clientele include the elderly, individuals diagnosed with Multiple Sclerosis, and clients affected by migraines, TMJ, back pain and hormonal imbalances. She is currently working with the HIV positive community at *Siloam Wellness Center* in Philadelphia, Pennsylvania.

