



Shiatsu Theory and Practice: A Comprehensive Text for the Student and Professional, 1e

Carola Beresford-Cooke BA LicAc MRSS

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As a non-invasive therapy, interest in massage is growing amongst Traditional Chinese Medicine (TCM) practitioners. This textbook of shiatsu (Japanese massage) provides serious students of shiatsu with detailed coverage of the techniques, tools and treatment routines that can be adopted. The text gives a full review and explanation of Traditional Chinese Medicine and Zen shiatsu theory, including methods of diagnosis, and attempts to integrate the two. It then offers a "how to" approach, with detailed chapters on diagnostic and treatment techniques, shiatsu treatment routines in four positions and detailed locations and treatment procedures for each meridian.

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