

Do It Yourself Shiatsu How To Perform The Ancient Japanese Art Of Acupressure

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1. Place your hands below the edge of your rib cage. Apply moderate pressure for three seconds. Rest. 2. Move your hands in a straight line downward half way between the previous pressure point and the waist. Repeat using... 3. Move down to the point located at the midpoint between the waist and ...

Relieving shiatsu - Pressure points, Do-it-yourself ...

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Do-It-Yourself Shiatsu - Zen Shiatsu Chicago

One of the healing arts I did not know anything about was the Japanese art of Shiatsu. I saw this 144 page soft cover book (Do-It-Yourself Shiatsu: How to perform the ancient Japanese art of acupressure by Ohashi: founder of the Ohashi Institute, edited by Vicki Lindner) on Amazon for a bargain price and purchased it.

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