

Shiatsu - about your treatment

Shiatsu, Japanese “finger pressure” therapy is a natural healing discipline springing from the same Oriental principles as Acupuncture. Like Acupuncture, Shiatsu works by stimulating the body’s vital energy flow (known as ‘Ki’ in Japanese and ‘Chi’ or ‘Qi’ in Chinese) in order to promote good health. The therapist applies appropriate pressure and stretching to the energy lines known as ‘meridians’. Physically, this has the effect of stimulating the circulation and flow of lymphatic fluid, working on both divisions of the autonomic nervous system, helping to release toxins and deep seated tension from the muscles and stimulating the hormone system.

On a more subtle energetic level, Shiatsu allows the receiver to relax deeply and get in touch with her/his own body’s healing abilities. Treatment usually leaves a lasting feeling of calmness and well being, of being more connected.

Response to Treatment

After Shiatsu you will probably feel invigorated yet relaxed. Sometimes the first benefits to occur do not improve the main complaint, but rather overall health. For example the body’s eliminative functions may have to be improved before specific pain can be relieved. The duration and frequency of treatment will vary from person to person as will the total number of sessions. *Most people have two opposing tendencies operating which is important to acknowledge: one, the wish to regain health and freedom: the other to remain attached to old behaviour patterns which reinforce the sickness.*

NB: While patients generally experience increased well being, there may be temporary ‘healing reactions’ as toxins and negative emotions are released: these may take the form of a headache, nausea, or flu-like symptoms for up to 24 hours. In such cases contact your therapist who will reassure you. This would generally only happen when there is chronic imbalance and should not occur after subsequent treatments. Shiatsu affects all levels of being, physical emotional psychological and spiritual.

Treatment is attuned to the individual’s personal development of total health and character. The therapist may give advice on diet exercise and lifestyle, encouraging self-understanding and greater independence in health matters. This in turn leads to improved self-confidence and lasting peace of mind for the receiver.

Self-Care After Treatment

- ✓ After your session increase your water intake to the level of eight glasses per day, this helps to flush waste products and to re-hydrate muscles.
- ✓ For maximum benefit it is helpful to schedule time for rest after your treatment.
- ✓ It is not recommended to take a hot bath or shower immediately after treatment, however, after resting, later in the evening, soaking in an epsom salts bath will help remove waste products from your body via sweat: Add two pounds of a combination of epsom salts (magnesium sulphate), sea-salt and bicarbonate of soda (baking soda) in the ratio 2-1-1:including essential oil of lavender will enhance the experience. Follow up with a lukewarm shower. (after a hot soak there is often a feeling of weakness and this will cool you down).
- ✓ Between treatments, practice any stretches or movements that have been assigned as ‘homework’, this will enhance the positive effects and keep momentum going in a healthful direction

Shiatsu Massage

"When I first came for Shiatsu, I had been virtually crippled with back and knee pain for five years. My doctor recommended surgery, but after four sessions, I was walking again as normal and the pain was almost gone. It is so good to have found a natural relief - I never dreamt to feel this good again!" - Val, theatre publicity manager

What is it like to receive Shiatsu?

Shiatsu is a deeply relaxing yet invigorating treatment. Clients have often described feeling wonderful, energized, in harmony, and more relaxed after their session, with pain and tension greatly alleviated.

Your Shiatsu treatments

You can enjoy Shiatsu as a one-off, or even better, book a series of treatments to ensure continued benefits.

***Note:** For first visits a 90 minute session is highly recommended. This will give you the opportunity to discuss your health and wellbeing issues, and identify what you would like to achieve through your sessions.



How to prepare for your Shiatsu treatment

Shiatsu is performed fully clothed, and you will need to wear loose, warm and comfortable clothing, preferably non-synthetic.

It's better not to eat a large meal or use any drugs or alcohol before your Shiatsu session. You are also advised to rest and have an early night after your treatment, so as to maximize the beneficial effects of the Shiatsu.

ROBIN GRANT ~ Zen Shiatsu, Qi Gong, Relaxation Techniques, Movement Meditations

Robin is a Registered Shiatsu Therapist and has worked in the field of energy medicine for over twenty years. He served as the Vancouver island representative of the Shiatsu Therapy Association of B.C. and for six years was a faculty member of the Canadian Acupressure College in Victoria B.C. During that period he also interned with author Dr Michael Greenwood MD at the multi-disciplinary Victoria Pain Clinic.

In addition to Shiatsu, Robin has training in Soto Zen and Vipassana meditation, and has experience in numerous therapeutic modalities, including Reiki, Healing Touch, Breema™ bodywork, Emotional Release bodywork, Breathwork, Lay-counselling, infant massage instructor training, and has undertaken advanced Post Graduate Shiatsu studies with Tetsuro Saito, Canada's "father" of Shiatsu.

Robin has an extensive background in Tai Chi and Qi Gong (Chi Kung), having studied in London, England, Aberdeen and Edinburgh, Scotland (his native land), and Taiwan. Robin has facilitated many classes in Qi Gong* at Royal Jubilee Hospital and at recreation and fitness centres in the Victoria B.C. area.

" It is my joy to serve others by facilitating increased awareness of the energetics of health. I believe that open communication and an atmosphere of non-judgment are essential in creating a safe and nurturing environment in which true relaxation and healing can occur."

*Qi Gong (Chi Kung) is the science and art of cultivating this vital life force energy. Developing awareness of the flow of Chi in the body has powerful implications in the prevention, and healing of dis-ease of body and mind. The particular form I teach is based on the Tai Chi form. The movements are easy to learn, yet profound in their effect, helping to combat stress, prevent disease and promote optimum health and fitness. This is very satisfying way to exercise the body while simultaneously relaxing the mind, enhancing performance in work and leisure.

Zen Shiatsu ~ (Therapeutic, balancing, integrating)

Shiatsu is a traditional Asian hands-on healing art focused specifically on restoring the balance of energy related to the function of the organs. It can be helpful in a wide range of conditions, from specific injuries to more general symptoms of 'dis-ease'. Shiatsu is a therapy that works on the individual as a complete being – not just the physical body, but also on an emotional and mental level. The philosophy underlying Shiatsu is that vital energy (known as Chi in China or Ki in Japan) flows throughout the body in a network of channels called meridians. Stress can stop the free flow of Chi and this then produces a symptom. Varying degrees of pressure along the meridians primarily using the hands, but sometimes carefully controlled pressure, using the knee or elbow are applied with dynamic joint rotations and passive stretches designed to un-wind and open the pathways. This is a full body treatment that will be personalized according to your unique and individual condition. Regular treatments help to prevent the build-up of stress in our lives.

Common results are very deep relaxation yet increased energy and an overall feeling of lightness and well being.