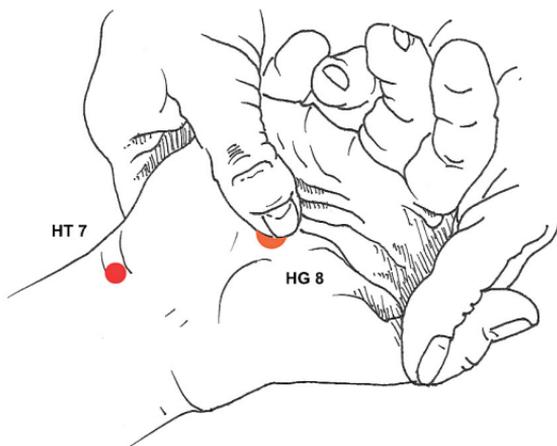


# February is Shiatsu Awareness Month 2021

## Receiving Shiatsu during coronavirus restrictions



Like our Facebook page and follow on Insta so you don't miss the socials we're releasing throughout SAM



### #ShiatsuAwarenessMonth

I am taking part in this year's Shiatsu Awareness Month alongside other Members of the Shiatsu Society UK. Did you know that Shiatsu can be enjoyed in the comfort of your home, just like yoga or workout classes?

## Contact me to find out what I'm offering!



*You can work the acupressure points above on your own hand or someone else's. HT7 & HP8: both calm the mind and reduce anxiety*



*Touch for Life during Shiatsu Awareness Month*

# “Touch for Life during SAM”

Touch for Life is your opportunity to learn about and experience Shiatsu, self-Shiatsu and Shiatsu-based practices to add to your ‘wellness survival kit’.

With many of us now restricted to our homes, this is a perfect time to get online and be guided by a Shiatsu Society Member, from the comfort of your home.

There is the everyday touch we receive from others which can be calming and soothing - a reassuring hand on another's, a gentle stroke on the back or touch of the arm. Then there is ‘Shiatsu touch’ which is more deep and stationary, focused on touching yourself or another with mindful and compassionate awareness.

## What are the benefits of Shiatsu?

Feeling stressed, anxious, suffering from insomnia or low mood? Shiatsu and allied practices can help to bring relief to mind, body and soul.

In addition to receiving Shiatsu in-person, you can experience Shiatsu online, guided by a Practitioner. The session could be one-to-one, your opportunity to address your specific needs and get to the root cause of any symptoms you're experiencing, just like an in-person session.

Alternatively, you could join an online session as part of a group, to take part in Shiatsu-based practices like stretching, meditation or Qi Gong. You might also learn some acupressure points and receive dietary recommendations based on the season.

## Examples of Shiatsu-based practices you can enjoy at home



Alternate nostril breathing - this technique activates the part of the nervous system that supports relaxation.



Mindful walking - Walk barefoot around the house; focus on different parts of the foot as you transfer weight from heel to toes.

*Take a look at the other resources we've produced as part of our Touch for Life campaign on the [Shiatsu Society website](#).*



### The Shiatsu Society UK

As the largest professional association for Shiatsu in the UK, the Shiatsu Society works to promote Shiatsu for all.