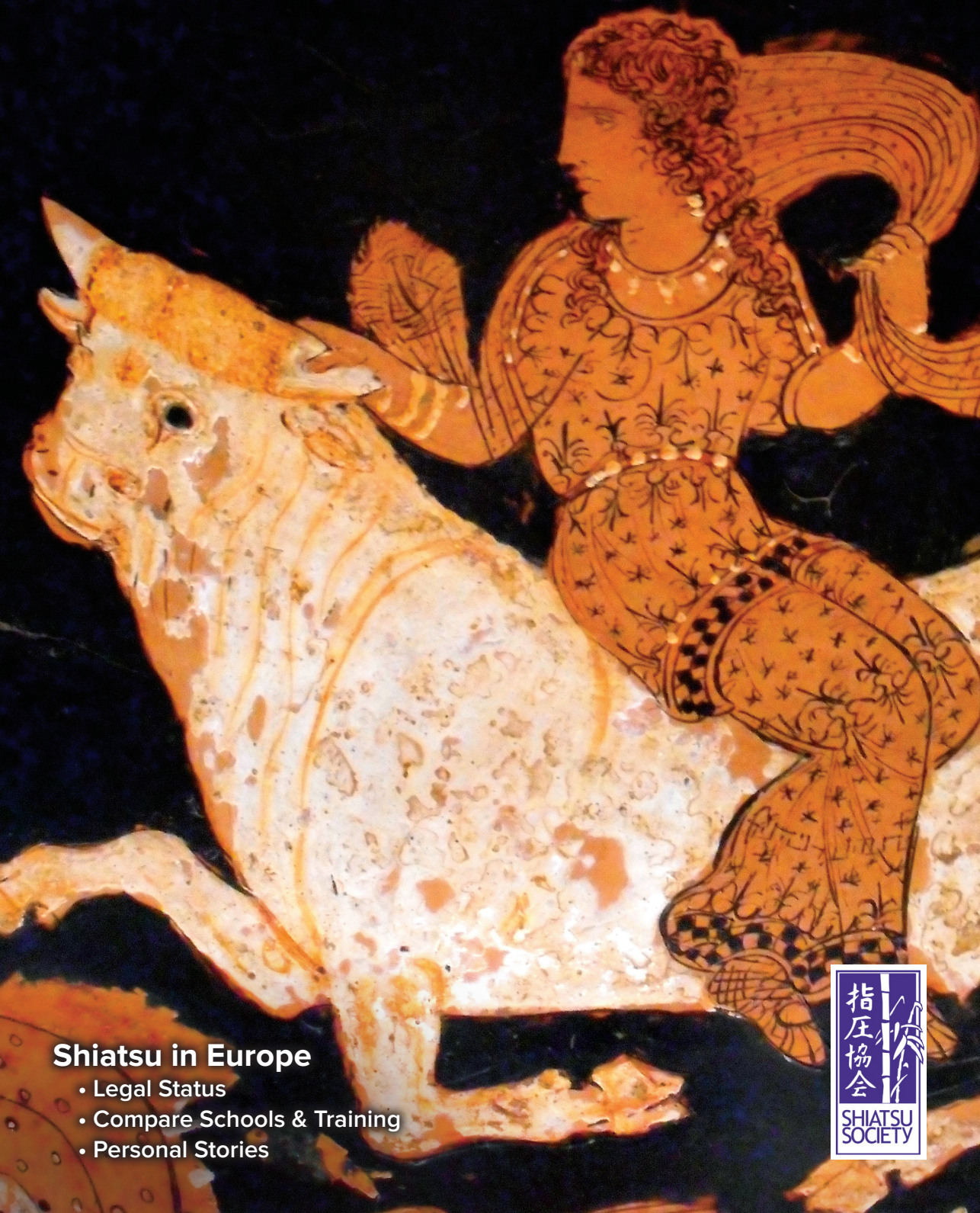


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shiatsu society journal



Shiatsu in Europe

- Legal Status
- Compare Schools & Training
- Personal Stories





From the Editor



This Summer edition of the Shiatsu Society Journal is full to the brim with information about Shiatsu in Europe. I invited practitioners and teachers to write about Shiatsu in their country - about schools, individual practice and post-graduate training.

For many years the Shiatsu Society (UK) was the largest member of the European Shiatsu Federation (ESF), however in 2016 the decision was taken to leave (for financial and other reasons). That same year, just over half the British people who answered the referendum question, 'Should the United Kingdom remain a member of the European Union or leave the European Union?' voted 'Leave'. Since that time I have been travelling from country to country meeting Shiatsu practitioners and others who are honestly baffled by these outcomes and have quizzed me about the reasons. It has been hard to explain because it seems illogical to them and me. They ask: 'Why did that happen when we have so much in common', 'Surely we are all interested in Shiatsu being part of European legislation', 'What is wrong with open borders and free exchange?' I have always leaned towards sharing, communicating and networking, and so the theme for this Journal was born.

I would like to see more, not less, understanding between people in what I think of as OUR Shiatsu community. Being amongst the 500 strong attendees of the Viennese European Shiatsu Congress in September 2017, I was strengthened and excited by the commonality and our sheer numbers.

In these pages you will read practitioners' personal stories from the Czech Republic, Croatia and Italy; how the approach to teaching Shiatsu varies in Germany and Austria; the burgeoning Shiatsu scene in France

Above, the European Shiatsu Congress team 2018

and Germany, and how Spain, Greece and Norway organise themselves, finding strength in working together. Underlying this is the increasing Europe-wide contraction amongst the medical community who are unsure of the public's embrace of our healing art. I have compiled a brief list of contacts from the countries who are not represented here in more detail, but it needs to be added to if it is going to be in any way comprehensive - it's a start!

English is not the first language of most of these writers and I would like to acknowledge the time and care they took in writing for us.

We have a lot to learn from each other and we have much to share. I hope that you will be inspired and stimulated to reach into Europe, showing and receiving solidarity and inspiration through making connections with our counterparts there.

We also have obituaries of Katherine Hall and Igg Welthy, both respected practitioners, and we are bringing you up to date with the sterling work of our very own Board, elected by us and working tirelessly on our behalf. Thanks, as ever, to them.



Tamsin Grainger
FwSS

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Cover - Europa, Greek goddess.
The Godmother of a whole continent.

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EUROPEAN SHIATSU CONGRESS AMSTERDAM

The 6th European Shiatsu Congress will be in Amsterdam, The Netherlands, on 4, 5 and 6 September 2020

The organisers are aiming for 500+ Shiatsu therapists and students over the 3 days - a mix of nationalities, and a range of female and male teachers representing different styles - both local celebrities and international stars, some recognised and some new talent! The entire Congress will be in English.

The theme for the Congress is Positive Health

The ESC 2020 theme is Positive Health. It encompasses a broad view of health, one which is no longer considered as a static condition, but rather as the dynamic ability to adapt and to manage one's own wellbeing, including how to cope, adapt and self-manage. In addition to medical conditions, ailments and disabilities, the concept of Positive Health also covers dimensions such as social participation, quality of life and daily functioning. Machteld Huber, the Dutch creator of this definition, explains what she means by Positive

Health in a video which can be found on YouTube (Search New Concept On Health).

Their goals are:

- To celebrate Shiatsu together
- To professionalise Shiatsu
 - technical skills and Shiatsu knowledge
 - entrepreneurship
 - ability to communicate what Shiatsu is and has to offer
- To increase the visibility & recognition of Shiatsu within (Dutch) society
 - general public
 - public health care organisations
 - complementary health care organisations

Member Letter

Grassroots Shiatsu Workshops and Working in Hospitals

Hi, I'm a member of the Shiatsu Society and am starting to run some Grassroots Shiatsu Workshops, open to the public. The next one is at the Positivity Centre on 7 July in Burnham, near Slough. I would be very grateful if as many people as possible could help me publicise this.

I have been working at the Royal Berkshire Hospital in Reading for about 3 years, offering Shiatsu to staff. It's a great arrangement and has widened my client base - I see

a lot of people I would never see in my private practice. I would love to extend this into some kind of clinical trial working on 'pre op' patients (like the work Diego Sanchez does). I have a friend who works for NHS Trust and she is trying to help me. I am more than happy to share my experiences about working in hospitals with other Shiatsu Society members. Can anyone support me with this?

Fiona Carlson. ficarson@gmail.com
07958543320

CPD challenge:

In your opinion, what is the significance of a European organisation and a common European curriculum for Shiatsu?

Dr. Eduard Tripp and
Chris McAlister



Shiatsu in Austria

The Beginnings, the Present and the European Dimension

By Dr. Eduard Tripp and Chris McAlister



The beginnings of Shiatsu in Austria date back to the late 1970s, and at that time training courses were less extensive and less structured. It was not until the autumn of 1993 with the foundation of the Austrian Shiatsu Association (ÖDS), that professionalism, in the current sense, emerged. Seven training providers came together to create

binding structures within this joint foundation. Eduard Tripp, co-author of this text, was one of them.

The basic training was two and a half years long with at least 300 face-to-face hours, and because of the different styles, the curriculum was designed with an eye to commonalities as well as the preservation of individual differences. At the time, all the providers were more or less influenced by Masunaga, but there was still a wide range of content, from strongly TCM-influenced to almost TCM-free. The above principle also became the defining characteristic for the curriculum designed by the European Shiatsu Federation (ESF), which was co-founded by the Austrian Shiatsu association in 1994. (The ÖDS is still a member.)

Although Shiatsu in Austria was initially practised in a kind of 'grey zone', around the turn of the millennium it became established as an autonomous profession, practised commercially within the massage trade. Austria thus became the first country in Europe in which Shiatsu was not only tolerated, but also an independent, legally defined and protected profession.

The ESF played a significant, albeit indirect role in this development: Shiatsu was regulated on a pan-European basis and was included in the list of recommended Complementary and Alternative Medicine (CAM) therapies in the Lannoye-Report¹ – a direct result of its lobbying. This in turn significantly strengthened the position of the Austrian association in its negotiations.

Funnily enough, it seemed more realistic then than it does today that Shiatsu would find its way directly into the health sector of the EU. The reason for this optimism was that the EU's understanding of health was seen to be comparatively modern and not stuck in the conventional understanding in which doctors are the sole specialists in matters of health and disease. In some areas, EU health policies have indeed been revolutionary, and with campaigns such as 'Health in all Policies'² they have had an impact on thinking in the member states. This has also raised hopes here in Austria that CAM modalities would enter into and develop more fully within the official health care system.

However, these hopes have not yet been fulfilled in the current health system in Austria. On the contrary, things generally seem to have become more restrictive, especially with the call for 'evidence-based medicine'. This trend was demonstrated very clearly by the last draft of the law on physicians, which in autumn 2018 sought to establish doctors as exclusive users and arbitrators of CAM in Austria.



Dr. Eduard Tripp is a psychotherapist and Director of Shiatsu Austria in Vienna. He is the Professional and ESF Representative in the Austrian Shiatsu Federation (ÖDS)



Chris McAlister is a Shiatsu and acupuncture practitioner, director of Isshin Gakkai School for Energy Studies in Sweden, and the ESF President. isshein-gakkai.eu



The ESF is now pursuing a new path...towards the fundamental right to work for Shiatsu and other CAM practitioners

Due to these social developments in Austria and other European countries, as well as in the European Union itself, the ESF is now pursuing a new path. The shift in its strategy has led away from direct recognition within the health sector and towards the fundamental right to work for Shiatsu and other CAM practitioners.

According to the founding charters of the EU, the right to exercise one's trade across the entire geographic area of the European Community is recorded as a sacrosanct principle. The fact is however, that these fundamental principles have never been enacted into specific laws, at least as regards the practice of CAM. This means that, while in principle Shiatsu practitioners should be able to move to any country within the EU and freely practice their profession, this is simply not the case. The main reason for this is the persistence of restrictions on different types of health practices in the EU, which in most countries amounts to a monopoly of the 'classical' medical professions - where there is no freedom for complementary methods.

Shiatsu is recognised as a profession in a few European countries (Austria, as mentioned above, Switzerland and to some extent in France), however, this recognition has different bases. While Shiatsu in Switzerland is officially anchored in the health sector as a complementary therapeutic method, the situation in Austria is legally speaking that Shiatsu only serves to maintain health and wellbeing. The treatment of sick people to regain their health is not permitted by law. In France it is even more delicately phrased.

This means that in almost all of Europe, sick people do not have free access to Shiatsu treatments and cannot benefit from our support. This is due to the medical monopoly on the one hand, and on the other,



Chris McAlister performing Shiatsu

the costs they have to pay out of their own pocket. Moreover, information about our treatments and their potential benefits is barely accessible to EU citizens. As mentioned above, it is as a result of this situation that the ESF has formulated its current strategy. It calls on the Ministry of Trade (and others) to make provision for the recognition of a specific right to work for CAM practitioners across the EU, and to make our services freely available to its citizens.

Returning to the situation in Austria: While Shiatsu was still quite unknown at the turn of the millennium, its establishment as an independent profession triggered substantial hype, and training centres experienced a distinct boom. Courses were often booked out for months in advance and the training to become a Shiatsu practitioner became so well known in certain circles that even cabaret artists used the topic in their acts!

During the peak period, there were up to 18 schools in Austria, 10 of them

in Vienna alone. This represented a very high density, considering that Austria had less than 9 million inhabitants and Vienna nearly 2 million.

This hype and the large number of training courses on offer ultimately had two distinct effects. On the one hand, the number of 'full-time Shiatsu practitioners' able to live exclusively from their work with Shiatsu, increased, and population groups were reached who had hitherto never been in contact with Shiatsu. On the other hand, the demand for the many training providers gradually declined, as other methods that promised a shorter training period for professional practice entered the market, such as Nuad, the traditional Thai massage. As a result, some schools had to close their doors and today there are 14 schools, including only four of the original founding institutions.

Even though Shiatsu has become established, the professional self-

image and security of the profession are still issues that cause Austrian Shiatsu practitioners and their association some concern. So long as Shiatsu is not established throughout Europe, the domestic professional position remains fragile.

The fact that Shiatsu practitioners care about their legal and professional position is demonstrated by the steadily increasing number of ÖDS members, which recently crossed the 1000 mark. Since the departure of the SS(UK), Austria is now the Shiatsu organisation with the largest number of members in the ESF.

This is important because the number of members in each national Shiatsu organisation is critical for the level of resources available to the ESF. Put simply, the more members, the more resources are available to successfully implement the chosen strategy. This involves contacting EU officials, MEPs, other CAM organisations, key people in NGOs as well as attendance at meetings both in Brussels and elsewhere.

There are, of course, two other major areas of ESF activity – education and research. Both require time and energy, but the topic of research is the one that most urgently raises the question of funding for the purposes of realising substantial research projects in Europe. At the moment, no other topic gets Shiatsu practitioners as excited as research, especially in view of the increasing demand for evidence-based data in the political arena.

The commercial status implies that only healthy people could formally receive Shiatsu, whereas in practice many people come for Shiatsu precisely because of their health complaints

Legally and professionally, Shiatsu in Austria is currently assigned to commercial massage, a status that some practitioners dislike, because they do not see themselves as masseurs. What is more, this commercial status implies that only healthy people could formally receive Shiatsu, whereas in practice many people come for Shiatsu precisely because of their health complaints.

Austrian Shiatsu practitioners and the ÖDS are thus forced to maintain a balancing act and argue that people are supported in their recovery, but that illnesses are not treated (this is reserved for medical personnel within the health system). This requires cooperation with open-minded doctors, encouraging them to see Shiatsu treatments as a complement and support, rather than as competition. At the same time, this situation also poses a challenge to the training centres who have to prepare their students for the scope and limits dictated by these specific circumstances.

With all of this in mind, in June this year the ÖDS is organising its annual 'ÖDS-Tage' ('ÖDS days'). Within this event, one of the highlights will be the formal implementation of a research study by Achim Schrievers, which is scheduled to take place in Austria, Germany and Switzerland. This is part two of a study monitoring the effects of Shiatsu in Mindfulness practice. As part of the event, a special workshop will be held for practitioners who wish to participate in the study.

Parallel with this, a host of international and Austrian teachers will present short seminars on a range of topics over three days. These will be available to all ÖDS members for a nominal fee. There will also be an international, round-table discussion featuring those with a special interest in research. Conducted in English, it will be in available to all Shiatsu practitioners in Europe via direct transmission on Okitalk internet radio³. A Youtube clip will appear after the event, for which the ESF has provided funding.

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1. Lannoye Report www.efcam.eu/cam-regulation/eu-policy-on-cam
2. Health in All Policies Report www.phi.org/resources/?resource=hiapguide
3. Okitalk internet radio www.okitalk.com



Dr. Eduard Tripp practising Shiatsu



The International Hara Academy

An example of an Austrian Shiatsu school

By Mike Mandl



Mike Mandl was born into a medical family and grew up immersed in a world of health, illness and healing. An early interest and study of alternative treatments brought Mike Mandl to the International Academy for Hara Shiatsu in 1993, where his great love for Shiatsu began. Intensive engagement with the subject matter, extensive clinical practice with Shiatsu (in the areas of geriatrics, rehabilitation, child psychosomatic illnesses, psychiatry, gynaecology and burn out) and close personal collaboration with Tomas Nelissen made Mike Mandl one of the youngest Shiatsu teachers with Senior Qualified Teacher status in Austria. In 2017 he headed the European Shiatsu Congress in Vienna.

The International Academy for Hara Shiatsu (IAHS) is one of the oldest and largest schools in Vienna.

Founded by Tomas Nelissen in 1985, it is now led by Mike Mandl, Wolfgang Löffler, Susanne Schiller and Georg Bogner, who took over the Academy in 2017.

Tomas was a direct disciple of Shizutuo Masunaga and worked very closely with him in Tokyo, and it was

Masunaga who inspired Tomas to continue with the evolution of Shiatsu and its possibilities. In the early years, the Academy became internationally recognised through his pioneering work, particularly taking Shiatsu into hospitals in 1995. The idea was to build a bridge between eastern and western medicine and to find out where they can work together to the clients' benefit. The other reason for working in hospitals was for Shiatsu to prove itself in demanding circumstances. If you work with doctors in a clinical setting, you have to deliver, you have to come up with results, and you have to be able to explain what led to these results. This was quite a test for Shiatsu. The Academy had to adapt and to improve, and it had to be able to work with serious health conditions. The roots of the Academy style can be found in this approach.



After over 30 years we have stuck to it, although this does not mean that we only focus on the treatment of illness and symptoms, just that we want to be able to do so if necessary. We are constantly trying to evolve our understanding of Shiatsu and continue with the work that Masunaga started. For example, Masunaga integrated aspects of TCM in Shiatsu, and in the search for Shiatsu's roots, we have found other aspects of TCM that go along very well with the Hara Shiatsu style and they are now the foundation of our curriculum. One is, that a good practitioner should be able to apply the three different branches of spirituality; there's the medicine for heaven, meaning that you accompany your client in her / his search for destiny. This medicine is about self-development and spirituality; there's the medicine for earth, meaning that you are able to treat illnesses or symptoms. For example, if a client has symptoms that are very painful, it will be hard for her or him to focus on the heaven, so it is our responsibility to be able to cope with illnesses or symptoms too; finally, it is true that you need a strong constitution to pursue your personal quest. This is the medicine of men and women - to build up a strong constitution to be able to walk your path all the way, despite hindrances and challenges. The Academy has the philosophy to choose the right medicine for the right person in the right moment, according to the individual needs and goals.

The Academy is not only Shiatsu, it is based on the five branches of TCM: Manual therapy (Shiatsu), movement (Qigong, Tai Chi, Yoga, plus meditation and energy work), nutrition, herbs (western) and acupuncture (acupressure). Each applied medicine (heaven, earth, human) integrates these five branches. Despite the trend of not doing diagnosis in Shiatsu, the Academy sees a clear and sharp energetic diagnosis as the heart of the Shiatsu process and therefore it plays a crucial role in our training. Yes, the client knows, but only in the framework of his energetic patterns. Yes, he might be able to explore, but it will take him a long time to find out that Damp Heat is the cause of his chronic headache and what kind of acupuncture

points, herbs and diet could be used to get rid of it. We want our students to be experts in energetic medicine, and we think Shiatsu can become one of the leading therapies of the future because of its holistic approach which covers lifestyle issues, serious health problems, and personal or spiritual development.

In Austria, Shiatsu is an official profession, so the minimum training consists of 650 hours over three years. Our curriculum has 1073 hours over three years, including clinical work under supervision. We have a continuous training system, which means that we start with one class and go with this same group all the way to the end. The main courses are at the weekends, but we see each class at least every second week for three hours in the afternoon as well, to work and practice intensively together.

Our core focus is the practical approach and the continuity of the process - only by continuous repetition can the development of Qi and the understanding of the method unfold on a deeper level,

Only by continuous repetition can the development of Qi and the understanding of the method unfold on a deeper level, so that personal transformation happens.

so that transformation happens. In addition to the courses, we ask our students to do a minimum of 300 documented sessions during the time of their training; 150 to be done in the final year. In this way, our students build up their own little *Dojo* and in most cases, they have enough clients to start their professional practice immediately following the final examination. The experience with clinical work allows them to make easier connections with doctors, medical institutions and other therapists, as they have already gained knowledge in certain fields like rehabilitation, the infant psychosomatic unit, gynaecology, and burn out. Our goal is to give our students the tools to make a living from this profession. We think that it is important to have as many practitioners on the market

as possible, to establish Shiatsu and give it an important role in society. Shiatsu deserves that!

We have an average of 45 - 50 new students starting the full training each year. Most of the students come to us through word of mouth, but activities like the 5th European Shiatsu Congress and regular appearances on social media play a very important role too. In total we have a team of around 20 people working in and with the Academy.

In times of experimental education, openness in the learning process, diversity in the interpretation of Shiatsu, and integration of many other methods, our approach might seem pragmatic and traditional, but we think Shiatsu already has it all. It is our love for the beauty and the depth of this healing art that keeps our focus tight.



European Shiatsu Congress 2020



Shiatsu Touch in Croatia

The space where soul finds its peace and true home

By Svetlana Maksimović



My name is Svetlana. This name has Slavic origins - it is the Russian version of the Greek saint's name Photini, meaning enlightened. I was born in Rijeka, in 1984, a port on the Northern Adriatic, but I grew up in Čabar, a small town in a mountainous region of Croatia. I was in the very heart of nature, taking it in, feeling it and surrendering to it moment by moment. Today, I am a Shiatsu practitioner in the process of registering a private practice. My profession is my life and passion, and even though I am blind, I live life to the fullest.

CPD challenge:

Is now the time to be touched by life and discover your passion? All you have to decide is what to do with the time that has been given to you, listen to the voice of your heart calling, and follow your many dreams and visions.

This is a story of both my Shiatsu and life journey, which happen to be intertwined by little threads of coincidences and synchronicities. When I look back upon it at times, I am left speechless - life truly is magical, full of little surprises and everyday lessons!



Ten years ago, just about to turn 25, I graduated from Shiatsu School in Croatia with a group of friends whose support meant the world to me. My first experience with the magical touch of Shiatsu happened nearly ten years earlier at the age of 16, around the time when my mum, Eva, a school professor of physics and mathematics, had decided to start her own Shiatsu journey. I had had some backache and was coping with allergies. Mum always trusted nature and looked for alternative ways to sort out problems. She took me to a Shiatsu practitioner in Rijeka who also ran her own school at the time. She was Sonja Pulin, a wonderful woman, a great practitioner and my first ever Shiatsu teacher. After one session I felt as if I could fly like a bird, I smiled all day long and told my mum, 'this is the real thing!'

'Choose a job you like, you will never have to work in your life again.'

Confucius

Wanting to see the world and improve my English, at the age of 18, I went to England as an au pair, to experience independence and life in a different culture. Upon arriving back home in Rijeka I was diagnosed with a brain thrombosis and had to stay in hospital for some time. During that period of being on heparin therapy 24/7 I lost my sight, all of a sudden stepping into the unknown, into a world of darkness.

In the autumn of 2004, at the age of 20, I found myself *seiza*, on the floor in a circle with a group of people, starting my very own Shiatsu journey for real. That very first day I told the teacher Sonja and the group of people surrounding me, of my life vision: to be free and fly like a bird again, one whose sky has no limits. Thus, I started a new era in the dance of my life. Where was the music? All around me, inside me and playing right through me.

After completing Level 1, a new possibility opened up: I met two amazing people, a true *witch and wizard*: Marina Linčir and Zlatko Pavlinic. The latter was to be my mentor for the final exam a few years later. We met at one of the school presentations they gave in Rijeka. As spring turned into summer and summer into autumn, I found myself in Zagreb after saying 'yes' to continuing my Shiatsu education, sitting once again in *seiza*, in a totally different group of people. Now this was the real thing! Marina spoke of positioning clients, techniques and Masunaga's meridian system with such joy, love and passion that I wanted to go straight back to Zagreb as soon as I got home from a weekend seminar!



End of Level 2 brought yet another *wizard* into my life, Christian Schnabl from Graz, Austria, founder of the International Shiatsu School there. With the voice and energy of an ancient Shaman he spoke of inner peace and courage which the Water element and its spirit Tchen represents. He spoke of the life-death-life spiral and many more interesting things. After that sunny March in 2006, I had the honour of being his student a few more times, each time leaving the lectures feeling awed and in gratitude..

That very Spring, after leaving Level 2, I paid yet another visit to the hospital, this time having to undergo a difficult surgery which dealt with an Arnold-Chiari malformation. While I was recovering and still in hospital, Marina payed me a visit and gave me one of the best Shiatsu sessions I have ever had the pleasure to receive... she was sitting by my bed, holding my hand for two straight hours. I told her I wouldn't be able to continue with education just then, as I felt weak, exhausted and aware of the fact I would need a long, long recovery. She just smiled and told me: 'See you at Level 3'. And so it was - on painkillers, but feeling brave and invincible, I sat down on the floor with my friends again, ready for new adventures.

With the assistance of many amazing teachers from Graz and our own teachers from Croatia, Level

3 revealed the world of priorities, fascia, structural alignment and even more profound energy work. More emphasis was put on a professional approach to Shiatsu, deep self-care techniques and, what was most important and crucial for me, taking responsibility for my decisions, choices and life as a whole. As time went by, I realised that this was the main message of our Shiatsu school. The interesting thing for me was how I really felt as if I got my sight back. Each day I felt stronger within, moved with greater ease, and a new vision was starting to form in my mind, of being a professional Shiatsu practitioner, supporting people on their life journey.

'The interesting thing for me was how, as time went by, I really felt as if I got my sight back.'

During my Shiatsu education I not only learned the necessary tools and skills to be a practitioner, but changed my attitude to life in general. Studying Shiatsu as a blind person became a benefit as I was able to perceive the world, and people who came to me for support, in a different light. Not being able to see came to me as a blessing, a true gift, as I realised that I could feel fine energies moving through people and the space between us all.

I must admit that being blind wasn't so bad when it came to learning skills either - I was used by my teachers as a guinea pig! To Thomas Prett from Graz, I take my hat off for teaching me how to do deep Hara work. I often go down memory lane during sessions with clients and feel his hand massaging my Hara. Having had that first-hand experience, my Hara work is much more effective.

After completing Level 4, the time had come for the group to take yet another challenge and approach



Svetlana giving Shiatsu to her daughter, Hana

the final exam. The vision which had been forming in my mind for some time became clearer as the time approached and I set my intention on realizing it in the near future.

Barely a year after I graduated, I discovered Suzanne Yates and went to study with her. My mum, who had always played such a supportive role during my Shiatsu education, was the one who accompanied me on my journey to Bristol and later helped me to collect my notes and thoughts. My vision was to register my own practise and specialise in pregnancy, postpartum and baby Shiatsu. I started off well, practising at home and working with many pregnant women, but I did not know that life had yet another surprise for me.

Near the end of my Shiatsu education Marijan came to me for support, and he is now my husband and our daughter Hana's loving dad. Hana is six and a half, and like most children she is playful and on the move all day long. Going out with her to the playpark or even carrying out a simple task like shopping for groceries calls for maximum focus and presence. On the other hand, having a blind mum makes her look at the world through a different lens.

Through Shiatsu touch and life's initiation, I am grateful to say my soul has woken me up, and I have reconnected with myself again.





Shiatsu in the Czech Republic

By Darja Havelkova



Darja Havelkova is the founder and main teacher of the DarJa Shiatsu School (est. 1997), the DarJa Healing School (est. 2006) and the Aquahealing Institute (est. 2013). She is an Instructor of the World Aquatic Bodywork Association for Watsu® and Water Dance which she teaches around the world and a registration mark holder for Aquahealing®. She attended the European Shiatsu School (UK 1993-96), and has studied Healing according to B.A. Brennan, including Bioenergetics – character structures (France 1997-2001). She also studied Craniosacral Therapy with the Upledger Institute. Darja is the author of Shiatsu Cesta ke zdraví a spokojenosti (Czech edition only, 2001) and godmother of the Czech version of Carola Beresford-Cooke's 'Shiatsu Theory and Practice'. Darja was founder of the Czech Shiatsu Association.

My name is Darja. Dar means 'gift or present' and Ja means 'I'. This is the aim of our DarJa Shiatsu School (DSS), to help people find their unique gifts and talents. I graduated in the early 1990s at the European Shiatsu School in the UK under the guidance of Chris Jarmey.



Afterwards, I went twice to Goa, India for postgraduate seminars, and it was there that I started to feel meridians and a connection with the mother hand - a changing point in my Shiatsu experience.

In the late 90s, I travelled all over the world to taste different kinds of Shiatsu: Namikoshi style, Ohashiatsu, macrobiotic Shiatsu, and I received some treatments in Japan. For me, the best was Zen Shiatsu, with Masunaga's extensions, feeling Kyo and Jitsu throughout the body and meridians, and the Hara and back diagnostics. That was the foundation for teaching my future students!

Each Shiatsu training at the DSS starts with a Foundation course of five days or two weekends as a taster, so that people know if Shiatsu and our team suit them, whether we are the best choice for them. Over 1650 students have completed the DSS Foundation course during its 21 years, and there have been about 600 graduates from the 3-year programme. We have a team of five teachers (one male, two medical doctors, two massage and Shiatsu specialists, one who studied Traditional Chinese Medicine (TCM) and me - I teach all subjects except modern medicine).

Up until recently we offered two versions of the professional training: either a three year format with weekends in Prague (10 weekends per year); or the equivalent over two years with residential of five days every 2 months. Recently we have begun a combination of these with two residential modules and 5 weekends per year over 2.5 years. Each format has a minimum of 510 hours.

Twenty years ago we started Transformative Learning. This is where students can choose if they attend for self-development and transformation or if they want to take a professional path to becoming a Shiatsu practitioner. Both take the same path, except that future practitioners must fulfil additional requirements: written homework, exams at the end of each year, 100 written client case notes and, at the end they undertake diploma work and have ten hours of practice in the rehabilitation unit of a hospital as supervised practice.

In the Czech republic there are several Shiatsu courses or schools, but only one which currently offers professional training, the others have less hours, just a few weekends.



After graduating, the former Shiatsu students can be divided into four categories:

- Full time practitioners - usually self-employed
- Shiatsu practitioners with a part-time job - either in a completely different area or in a similar realm, like being a yoga teacher or combining Shiatsu with other kinds of bodywork therapies
- Those who practice Shiatsu with family and friends - they practice occasionally, perhaps once a month
- People who went through the whole 3-year course for their own self development

During our Shiatsu training we concentrate on these required themes and subjects: basic TCM and 5 Elements, Shiatsu techniques and the Classical and Masunaga meridians, knowing and feeling, anatomy, physiology and pathology, moxibustion, cupping, tiger-thermi, and some Thai stretches. Students also learn tongue, face, back and Hara diagnosis.

Every morning we have meditation or exercises for tuning into the themes we will be going through that day: quiet or dynamic meditation, dancing, yoga, Qi Gong, breathing, Kum Nye, Makko-Ho in pairs, alignment exercises, to name a few!

Our uniqueness is that we concentrate on feeling and experiencing each element and meridian and its qualities and themes. We are trying to find way to a core essence, to find our unique gifts and talents both for Shiatsu and life.

During the 2nd and 3rd years we speak about character structures according to Wilhelm Reich and Alexander Lowen, to understand ourselves, our clients and our family. It helps students to understand which kind of language to use and how to listen to a client; which meridians need the practitioner's attention and why; and what the tasks and treasures are of each of the types.



Darja Havelkova stretching the GB meridian

The 2nd Year speciality is phonophorese: working with a tuning fork over the meridians, zones, chakras or stuck body parts.

In the 3rd year we take Shiatsu into the water element for a direct experience of Watsu® Here, we work with quality of touch, tune into the inner rhythms, dive deep into our fears, and find the trust both in ourselves and in the flow of life itself.

In 2002, a Czech Shiatsu Association (ČAS) was established for students of all the schools, and in 2003 ČAS joined the European Shiatsu Federation. Through DSS and/or ČAS we provide courses in Shin Tai, Seiki, and some other styles of Shiatsu including Watsu in warm water. In the Czech republic, Shiatsu legally belongs to the area of Sports and Therapeutic Massage and is therefore outside mainstream public health. The DarJa Shiatsu School used to hold accreditation for Shiatsu massage as a special qualification for Masseurs (1998 – 2011), but then any other kinds of massage which were from Sports and Regenerative (they are not allowed to use the word therapeutic as it belongs to the medical profession) were put aside and now there is no official training supported with State acknowledgement.

Right now the Government is preparing a law 'against healers', so that there is regulation in Complementary and Alternative Medicine practices. We are unsure if Shiatsu is going to be part of that new law or outside it. TCM is definitely going to be regulated by the state. So, nobody knows where the future is going to take us.

Shiatsu has been my life for 25 years. It is impossible to separate or detach it from teaching or practicing Shiatsu - it is all unified into one package, a whole. This, I think, is the greatest gift of Shiatsu. It makes a huge impact on anybody who crosses its path, if they have a devoted teacher. Mind, body, emotions, spirit and soul form an inseparable entity where one cannot exist without the other. If we manage to see it from the centre, from our Hara, along with a compassionate open heart. If we approach people from that neutral and open position, find their border and connect there, then our relationships and world view will be authentic, true, joyful and powerful. Shiatsu is not about teaching techniques. It is not about giving students some kind of tuition or knowledge, it is a way of life. As such it is magnificent, respectful, connected, centred, open, trustful, nurturing and heartfelt.

DSS website: www.shiatsu.cz

DarJa Shiatsu School was established in 1997 and has taught over 1,650 students.



Obituaries

Ian (Igg) Welthy (1946 - 2019)

By Sarah Churcher FwSS

I first met Igg in 1994. I was in my second year of Shiatsu training at the Bristol School of Shiatsu. This guy who practiced Shiatsu in Herefordshire came highly recommended. He was unique and well worth the drive up (two and a half hours each way). I was keen to experience as much Shiatsu as I could with different practitioners, and needed to receive treatments with Shiatsu Society registered practitioners as part of my qualifications, so of course I went.

I felt immediately at ease with him, a grounded, gentle man who listened deeply with care and had a great laugh and a no-messing-about sense of humour. Wearing a light blue Gi, he greeted me with sparkling blue eyes and a Zen monk-like manner. I would arrive at his Herefordshire cottage to find him engaged in his morning Qi exercises, in his hand-built wooden dojo which he built and practiced in. He would always focus on the light coming in before a Shiatsu session, grounding it within his body, the room, and holding the space for us clients.

Igg was always very present: his breath in the moment, his heart and Hara unmistakably in the room, as though anchoring energy, a skill that arrived through years of practice. He would lean back into the Qi, and this was very much felt in the skill of his touch. His Shiatsu took me on a journey over the years, of deepening and opening, that I treasure deeply.

His Shiatsu was beautiful - twenty minutes could pass and he could still be working with my Hara, and yet somehow the work was done! He would laugh and say, "Ah, I better do



your arms and legs now, so you feel you've had a treatment", but really the work was already done. A treatment always began with Hara and ended with Hara, and the change that arrived, in the letting go, the surrender and the connection to the energy in the body, to a new flow always felt so good. Like me, people would drive miles to receive a Shiatsu session with Igg. He loved all his clients dearly and they him, he somehow had a magic in his presence and his practice that he held for over 40 years. He met you with such love and honour as you arrived at his door.

Igg originally trained in the 1980's with Sonia Moriceau, who became his very close friend and colleague. During treatments when appropriate, he would chat to me about times spent with Sonia and her loved ones. He would share stories of his time in Japan where he was welcomed into

families as a guest, by teachers of Shiatsu, T'ai chi / sword form and the healing arts, and he became and remained dear friends with them until his passing. They became family to him and he to them. He was a humble man who stayed in the present moment, and I know his friends around the world will be saddened to hear of his passing. I feel as though all the beautiful stories he shared with me are like history now fading in the winds of time.

He developed a love for his own practice of Hitsuzendo, sharing much of his beloved art with his students. His beautiful work would be hanging on the walls on long thin paper torn from a roll, each with one skilled brush stroke in black that told a story from beginning to end - about presence, the lightness of touch and the depth of steadiness from Hara and breath. The flow, twists and turns, held in each picture, radiated out an aliveness, and the quality could be felt clearly. It was always an honour to stand for a moment or two and hear what each picture's story was. Igg was a storyteller and his teachings were beautiful and precious.

He is dancing with Sonia now perhaps, making jokes in the way only they did. "Because of you", were the words he would say when his hands left your body at the end of a treatment.

He leaves behind his wife, son and grandson, and my heart goes out to them at this time. Rest well dear friend, I shall think of you in the cherry blossom on the trees and floating in the breeze, at one with the rivers and seas you loved so much.

Katharine Hall FwSS (1963 - 2019)

We were shocked and saddened to learn recently of the death of long-term Society member, practitioner and teacher Katharine Hall.

Katharine graduated from the Shiatsu College in 1990 and for some years she practised in London's prestigious Harley St, alongside mainstream medical practitioners. She became something of the 'public face of Shiatsu' in the UK, with her portrait gracing the pages of the Society's website and promotional materials for many years. She appeared on London TV and 'This Morning' and was featured in Vogue magazine and several national newspapers.

But it wasn't all gloss and glamour – Katharine was a dedicated practitioner, a champion for the Shiatsu Society, passionate about our work and the potential of its role in integrated healthcare, the importance of raising its profile and, in particular, its special value for supporting those with mental health issues. She worked for a long time at the Maudsley Hospital and their Senior Administrator, Störm Janssen, kindly shared these words with us:

'Katharine was a wonderful woman with a passion for working with people experiencing severe and enduring mental illnesses. She fundraised tirelessly in order to provide sessions for service users, carers and staff at the Maudsley Hospital. She had the ability to put the most anxious people at ease thanks to her calming nature, as well as her friendly and beautiful spirit... This is a very sad loss for all who had the pleasure of knowing Katharine and we would like thank her for the joy she brought to our lives.'



Fellow Shiatsu practitioner Karen Livesey wrote:

...I was deeply touched by the depth of Katharine's heartfelt empathy for the people she worked with - it was profound... What stays with me are the little details of love and care she took, the dab of essential oil on a tissue, the deep listening, the twinkle of her smiling eyes. She worked and loved with a reckless abandon...

On her website, Katharine herself wrote: 'The Chinese written character representing crisis is made up of the characters for danger and opportunity. This is how I see illness...I offer insights to clients on their physical and emotional condition which can rekindle hope and inspiration.'

After London, she moved back to Northamptonshire, where she married and continued to practise for many years – including for the NHS in Psychiatric Intensive Care Units and Recovery Wards.

She represented the Society in liaising with the Complementary and Natural Healthcare Council (CNHC) and their Chief Executive Margaret Coats wrote: *'Katharine had been a pioneer of integrated healthcare for many years and a strong supporter of CNHC, always committed to the highest standards and to doing the very best for her patients.'*

Katharine had a real zest for life. She loved her dogs, her country life and her many friends and family connections. In 2017 she was delighted to be accepted on to the Fine Art Degree course at Northampton University.

Our final words are from Terésa Hadland, fellow practitioner and teacher, also from Northamptonshire:

'Katharine Hall was a shining light in her commitment to working with Shiatsu in the field of mental health, both in her own private practice and in the NHS. As a practitioner and teacher, she shared her deep insights into the human condition, had a jovial, no-nonsense attitude, and a beautiful, crystalline presence. In her work she embodied the art of 'just quietly being present and really listening to somebody's life'. She will be very much missed.'



Shiatsu in France

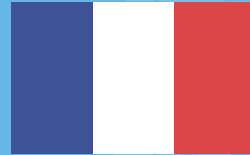
A silent revolution

By Bernard Bouheret



Bernard Bouheret has been practising martial arts since he was 12 and he began his Shiatsu training with Okuyama Shizan. He is a physiotherapist and went to Japan in 1981 to study the practice of Shiatsu and martial arts in the school of Okuyama sensei (School of the 8th Light). When he returned to France he continued his training with several courses in Chinese Medicine. He is the Director-Founder of the École de Shiatsu Thérapeutique de Paris and the President of the UFPST (Union Francophone des Professionnels de Shiatsu Thérapeutique).

Some say that the world today is in distress and that dark forces are invading the planet and dominating our spirit. In France, as is well known, every Saturday war is declared and each person is persuaded he holds the truth. The French love revolution and acts of protest!



I would like to temper this vision and say here that I foresee the dawning of a new world. Another, silent, revolution is already on the way even if the colossus of the old world is still standing.

History

I began to practise Shiatsu in 1977 and at that time it was little known. No one knew about this discipline except in certain well-informed circles, but, there was already a waft of perfumed air from the 'Orient' with all its related disciplines: yoga, meditation, martial arts, Ayurvedic and Chinese medicine. The wind continued to blow, so that today something has truly changed and it seems to have won over the heart of our society.

It appears that the attraction of 'The Way' has passed from the east to the west. In their time, the Tibetan masters were astonished by the fervour and thirst for knowledge of the young westerners who wanted to follow the teachings of Buddha, and it is the same with the 'Way of Shiatsu' that Europeans wish to follow now. In Japan the discipline has become a medical one and has forgotten its roots and its beautiful founding texts. In the west the appetite for these texts, and the spirituality which emanates from them, is great.

Who trains in Shiatsu?

I was very surprised at the extent of this at the beginning, but not now. In our school of Shiatsu (Ecole de Shiatsu Thérapeutique), when the group presents itself during the first class of the year, we are struck by the diversity of the people to be found. It is with great joy that we note the presence of all ages and professions: computer technicians, nurses, martial arts experts, Human Resources directors, airplane pilots, taxi drivers, head cooks, university and secondary school students, retired people, dancers, actors, musicians, and social workers. Some people decide to change jobs and thus lose material security. Young people of 17 or 18 years (sometimes even younger) come with their parents to test the waters, to sit in on the classes, and the following year they enroll. Their youth and enthusiasm are such a pleasure to behold. They are all there, and there are many of them! United by the same inspiration, to learn Shiatsu, they can get a sense to life. They are conscious that they will have to kneel on the ground and attune their hands to a rhythm and melody which will nourish life - revitalise, re-centre, re-enchant.



If you want to awaken humanity in its totality then wake yourself up completely. If you want to banish suffering from the world, then eliminate all which is dark and negative in you. In truth the biggest gift you can give to the world is your own transformation.

Hua Hu ching



Students practising Shiatsu in Paris

Many aspects of the training have changed since those famous 70s: requirements and standards are stricter, as is the desire to 'do the job'. It became necessary to create structures, and in France (and throughout Europe) federations, syndicates and unions were formed, with all their qualities and defects which, given human nature could not be otherwise. Many schools were been established, each with their own style, offering a wealth of diversity, but only those which have been able to maintain a high degree of rigour have been able to survive

the intense competition surrounding body work today. Why choose Shiatsu when there are so many other manual and bodywork disciplines available? The reason is that Japan is there in the seated position of 'seiza', China is present with the Taoist school of thought, and the breath (Qi-Ki) is present in the entire being. To practise a discipline whose texts go back 3,000 years is rather special.

Influences and additions to the basic curriculum

We have delved into Chinese medicine and raised the level of our

studies, invited noted acupuncturists, and worked on our bodies through the practise of martial arts, Qigong and Yoga. We have now opened up to other eastern and western influences which have come to further nourish and enrich our knowledge: Qi Nei Zang, Seiki and Seitai, for example. Because sitting in morning peace is necessary for the interior stability of a practitioner, different meditation styles such as Zen, Chan and Tibetan have been introduced. Other modalities like EMDR (eye movement desensitization and reprocessing) and psycho-genealogy





are at our service to nourish and stabilise the psyche. Certain British schools have made the link with body work techniques such as BMC (Body Mind Centering) and Feldenkrais, and we will very soon be inviting the founder of Movement Shiatsu, Bill Palmer, to join the UFPST (Union Francophone des Professionnels de Shiatsu Thérapeutique: Union of French-speaking therapeutic Shiatsu Practitioners).

Where do we work?

As for our group of Shiatsu (Sei Shiatsu Dô) in France, we have been working in hospitals for the past 15 years in partnership with the medical profession, and it has been a great success. A practitioner who trained in our school has been hired on a monthly salary to practise Shiatsu in the hospital of Verdun in the east of France, and here in Paris we are present in eight of the most well-known ones including La Pitié, Cochin, and Necker. There is movement in the provinces too, with opportunities opening up in Montpellier in the south, and in many other French cities. More than 6,000 Shiatsu sessions are given each year and although we practitioners are numerous and enthusiastic, we are now obliged to refuse new opportunities, given the number of demands we receive. Each time the result is the same: guaranteed contentment, re-found humanity, shared joy.

Certain students have been able to base their end-of-training dissertations on their work in hospital settings (palliative care units), addiction treatment centres and even in geriatric cancer centres. At the Hôpital La Pitié in Paris, adolescents in the department led by Dr. Cohen receive Shiatsu sessions every week and this has been shown on French television. Three other hospitals are on the waiting list for September, and a new project is being prepared for the cancer department of Hospital St Louis in the 10th arrondissement in Paris. The medical world is asking for help and Shiatsu is welcomed with open arms, with eloquent and moving

testimonies. What joy to take care of the care takers!

We have been invited to a special high school for troubled adolescents and, armed with the experience gained in hospitals, we have been able to intervene with very convincing results. The bodies touched by Shiatsu become calm, relaxed, and traumas assuaged. It is amazing how much a benevolent hand can do to relieve someone who is suffering!

Indeed there is a growing Shiatsu presence in hospitals around Europe: Kawada sensei is in an oncology department in Brussels; in Italy hospital workers are also numerous and the numbers increasing. In Berlin one of our new graduates has joined a medical team to work on cases of fibromyalgia. The head doctor said, "It's funny - here is a Frenchwoman bringing Chinese and Japanese medicine to Germany!"

The time of Shiatsu has come because this discipline is remarkably well adapted to the deleterious

consequences of modern life: stress, burnout, lack of sleep, inactivity, and fast food.

It is clear that the largest clientele (or 'patientele') can be found in the business world. In France contracts have been signed with certain health insurance companies, La Poste (the Post Office), and certain retirement homes. Very recently our school signed a contract with the Prefecture of Police in Paris for Qigong classes, and it is a great success.

In France at least twelve health insurance companies now reimburse a part of the cost of Shiatsu sessions, and in Switzerland and Germany the procedure is even more efficient since the state pays for the sessions directly. We are active in Peru, India, Benin, Senegal, and Madagascar. In Spain a Franciscan brotherhood in Grenada has asked us to teach the medical personnel who work within its community. What could be more simple than Shiatsu - a mat on the floor, a cushion under our knees, and off we go!

We wanted to communicate all of this in the DVD and associated book whose title could only be, 'The Way of Shiatsu'. Why not help each other to translate it since it testifies to the universality of the discipline, including all the different styles?

**'Nothing is stronger
than an idea whose
time has come.'**

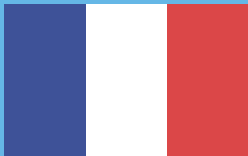
Victor Hugo



Members of 'Atelier Shiatsu' focusing on the body

A journey into French Shiatsu - Focusing on the body

By Catherine Dompas



I am a Belgian Shiatsu and Seiki practitioner and I have been surfing through the French Shiatsu world and its many Shiatsu federations, styles, schools and teachers since I moved here, five years ago.



Catherine Dompas lives and works in Montpellier, France. She graduated in 2007 as a Shiatsu practitioner from the Yoseido Shiatsu Academy having trained with Master Yuichi Kawada in Brussels. She now works as a Shiatsu and Seiki practitioner and workshop organiser both in Montpellier and Paris. She is also a Waraku teacher and in-company trainer and coach.

When I arrived in Paris, I was very excited to see how the Shiatsu landscape looked, and to become part of the big French Shiatsu family, but I quickly found out that it was not as simple as it seemed! There were many schools with different styles and focuses: ranging from the Traditional Chinese Medicine inspired Shiatsu and the acupuncture of Namikoshi, to Masunaga and Zen-influenced Shiatsu - with everything in between. There were also a lot of teachers creating their own mixes, and a great deal of competition between the schools - which is probably one of the reasons why France has three Shiatsu associations: FFST (Federation of French Traditional Shiatsu), SPS (The Union of Shiatsu Professionals), UFPST (French Union of Shiatsu Professionals), and at least as many therapist directory sites listing Shiatsu therapists. I decided not to be part of any of them so that I could explore without any limitations and be open to every way, experience and exchange.

‘1000 Monks, 1000 Shinto’

From ‘The Essence of Shinto - Japan’s Spiritual Heart’ by Motorise Yamakage

At the end of the 1960s, and early 70s, Shiatsu was flourishing and it was an exciting time for French people to get direct teaching from Japanese masters who were both visiting and resident in Paris. They were introduced to Japanese culture: *budo*, *Zen*, martial arts and healing arts, by people like Deshimaru (*Soto-Zen*), Noro (*Aikido*, *Kinomichi*), Nakazono (*Aikido*, *Kototama*), Tsuda (*Aikido*, *Seitai*), Kawada (*Shiatsu*), Kishi (*Shiatsu*, *Seiki*), and many more. These teachers encouraged and inspired some brave people to further practise and study with the Masters, both in France and Japan.

After some time of talking and exchanging with many practitioners who graduated from different schools and whom I have had the chance to meet during the Seiki workshops I have been organising, it has become clear that the genuine roots seem now almost to have been forgotten, despite the country’s rich historical connection with Japanese culture and with various Senseis. Chinese Traditional Medicine, Qigong and Tai Chi, Chinese concepts, acupuncture points and diagnostics have become almost more familiar to Shiatsu students in France than the genuine Japanese concepts, basics and specific Ki exercises, the importance of macrobiotics, Hara work, touch and the roots of Shinto culture in Shiatsu. Of course, some schools and teachers do know, but, in general, not many practise or teach it.





The diagram below is from 'Seiki, the Secret Art of Shiatsu' by Akinobu Kishi and Alice Whieldon (Singing Dragon press). It summarises the Japanese healing arts and the roots and connections with Shiatsu. Shiatsu practitioners who were looking for something more in their Shiatsu practice have reported that they have found it in this book.

I believe it is good that there are many teachers and schools who follow their own style in France, that it might be very positive for the further study of Shiatsu as a continuously evolving discipline. This spread gives space to diversity and creativity, where everyone can find what they need and can continue to evolve with an open mind, while, at the same time

respecting the roots of Shiatsu and the Japanese healing arts.

www.suuu.fr

www.seiki.paris

www.waraku.fr

www.happy-mondays.fr

Contact:

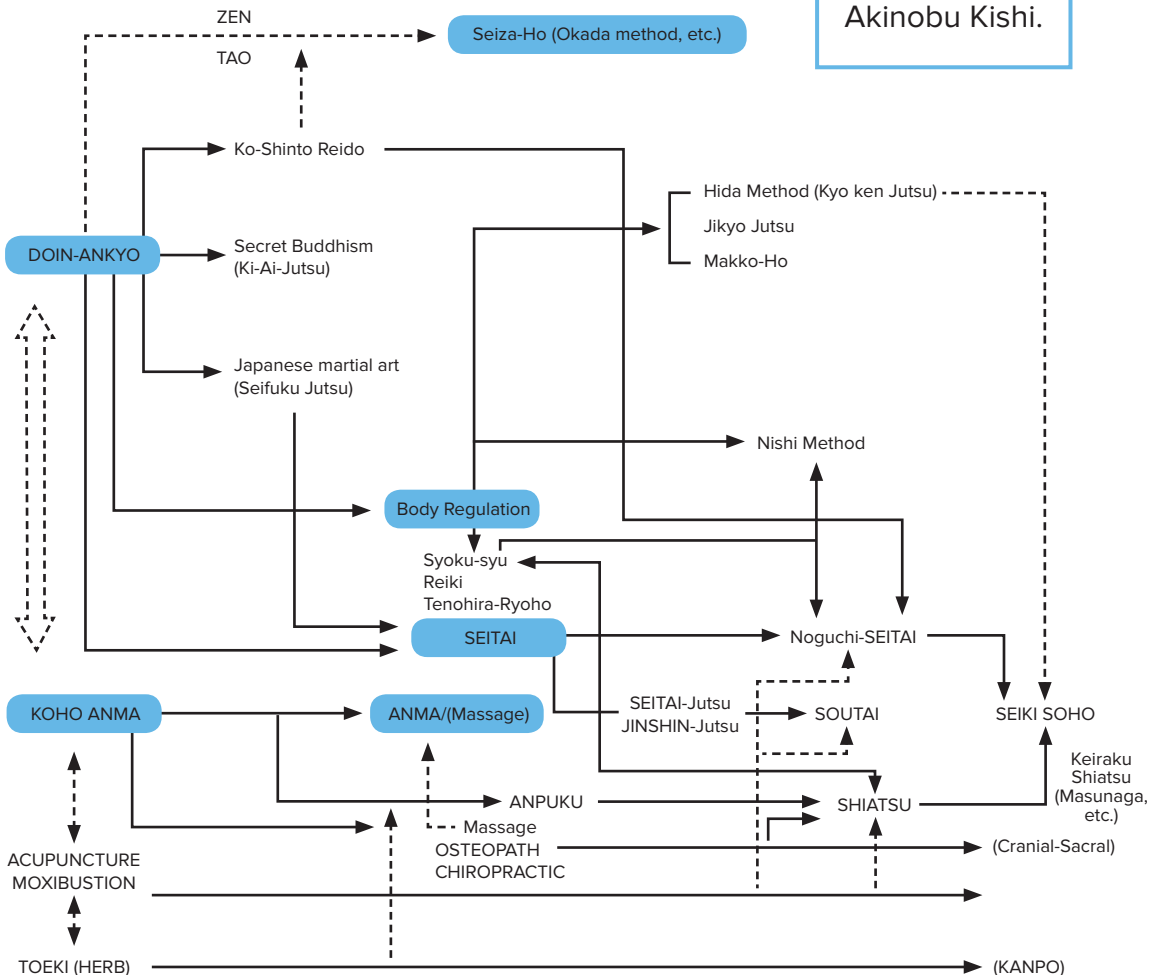
catherine.dompas@gmail.com

Diagramme de l'histoire de la médecine ancestrale et traditionnelle japonaise

(p166, du livre 'The secret art of shiatsu, Sei-Ki, Life in Resonance',
Akinobu Kishi et Alice Whieldon, edition Singing Dragon)

Légende

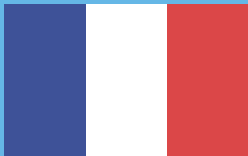
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Shiatsu in France

Focusing on the body

By Alain Tauch



Over the past ten years Shiatsu has been developing here in France, growing bigger and bigger, as have many other fields linked to alternative ways of being and consuming. Shiatsu has followed the same flow as yoga, organic food, ecotourism, and the development of a social and cooperative economy. This new interest in Shiatsu

has allowed more exchanges, recognition, opportunities, and diversity. However, it has also opened the Shiatsu doors to a wider audience and changed its spirit. This small world is now joining the mainstream with business-plans, competition, lobbying and 'uberisation'.

What we can witness now in Shiatsu schools is a reflection of the society we live in: a profusion of intellectual work, a race for competitiveness and influence. Consciousness and perceptions are becoming intellectual concepts and are not lived in the body any longer. Practical work is losing weight in the curriculum and most schools keep adding theory instead (TCM, anatomy, physiology...), maybe looking for more recognition from society: administration and students likewise. Heads are getting full, but totally disconnected from the body, its flesh and emotions. The left brain has definitely taken over from the right brain!

The beginner's spirit – shoshin 初心 – has slowly faded away, and pride has got hold of us. Diplomas came with self-sufficiency, and students believe the world ends there. Schools and teachers – sometimes promising the holy grail after just one year of intensive training – are probably the first to blame. I am always pleased and amazed to see the modesty of teachers in the UK when attending seminars, trying to make the most of their colleagues' lessons. Politeness and respect prevail, leaving habits and status aside. I miss it here.

**'It is all about humans being touched,
in the most simple way, and how we
reconnect to the physical matter.'**

Of course, once you know where to look, you can find little gems and safe harbours, estimable teachers and students, human-sized courses, passionate practitioners, and places to meet and exchange for the beauty of it. A great thing about Shiatsu is that the human body is an infinite source of knowledge and sensations. The more we get into it, the wider its world appears to us; the more we share it, the more we discover about ourselves, and then the more we – mutually – take care of ourselves. It is all about humans being touched, in the most simple way, and how we reconnect to the physical matter.



Alain Tauch founded Atelier Shiatsu in 2011 and leads workshops, seminars and regular Shiatsu classes as part of this group. He first studied Sei Shiatsu in Paris, then met Zen Shiatsu and kept learning with the Shiatsu School Edinburgh and East West Shiatsu School Scotland. Being an Aikido practitioner and teacher, he actively tried to build connections between his different practices, especially by the means of postural work. His meeting with Manabu Watanabe in 2013 was revelatory and this collaboration led to the creation of Shyuyou Shiatsu a few years later.



During these last ten years I've kept on learning, growing, meeting new teachers and students. From these encounters quickly emerged a working group in Paris which has been about setting up a safe space for learning and evolving all together. We named it 'Atelier Shiatsu'. Groups are just as alive as the human body is, and are full of challenges, lessons and emotions. We evolve more as a family than as a company, and we open our doors based on our gut feelings, trying to keep our spirit alive, and to provide mutual support.

As we have developed, we have used the group's strength to fulfill our needs. We started by setting up clinics for experience and

allow people in need to receive treatments for basically nothing. For this, we chose places where and with whom we had specific bonds and interests, working with artists, hackers, dancers, autistic people and performers, although we were always open to everyone. We set up regular meetings to mutually take care of ourselves through Shiatsu, by sharing our ways, knowledge and questionings with fellow practitioners. We experienced working as a group of therapists instead of being isolated on our own; sharing means, and providing support to beginners. We kept on inviting teachers to work on the topics that interested us and when we felt we were ready for it, we started running courses for the

public as well as for our own group members, focused on bodywork, sensations and intuition.

As we spread, and we now reach different places in France such as Rennes, Nancy and Lyon, we are facing new challenges while trying to keep the same spirit alive. We are experiencing novel ways to live and grow together. We weave links with practitioners and teachers in Europe and Japan, building a human-hearted and vibrant community. We keep evolving and learning, through Shiatsu.

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Manabu Watanabe teaching in Paris

Board News

Elaine Liechti FwSS, Director for Education & Membership

Preparation, preparation, preparation...

This seems to be the key to creating positive progress - and certainly this last quarter has seen plenty of that for the Board.

Prior to the Teachers' Meeting, Annie produced a lengthy document outlining our proposals to change the Teacher Training procedures and she also prepared an overview of her vision to create a Shiatsu Diploma to go on the Qualifications and Credits Framework. Both of these projects were well received at our meeting on April 11th. The new Teacher Training procedures will now be included within School Ratification, with alternative routes for trainees who are not attached to Schools. Please ask the Education Sub-committee if you'd like more details. There was agreement in principle to go ahead with the Shiatsu Diploma but we realise that there is an enormous amount of work required to achieve this. The Teachers felt that an externally accredited and verified

qualification would do much to help establish what we do – after all you can get an accredited qualification in practically every Complementary therapy except Shiatsu!

I have been involved in preparing for the Holistic Health Show in Birmingham. We have a new leaflet to give out and new posters to decorate our stand - following a photoshoot. Another recent project has been to make an application to the London Special Treatments Group (LSTG) for members on the Society's new 'Register of Wellbeing Practitioners' to have exemption from licensing if practising from commercial premises in London Boroughs. Those on the professional Register are already exempt. We hope that all the amending and collating of documentation for this will be successful when we make a presentation to the LSTG in June.

Elaine W has been preparing the accounts and financial reports. New and clearer protocols for payments to Directors have been put to the Audit Sub-committee.

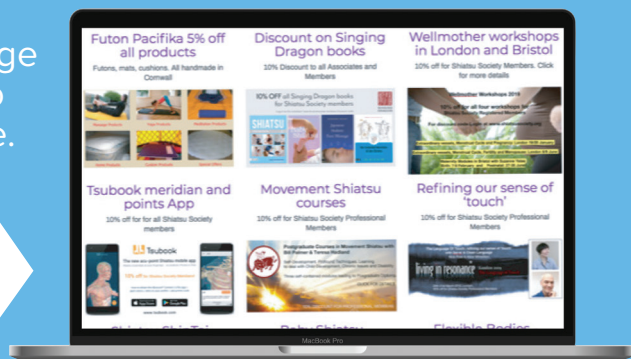
Phil's vital preparation, with the aid of legal expertise, is in reviewing our Company Memorandum & Articles and Rules & Regulations - to give us protocols to run the Society as an efficient business with a clear strategy. What we currently hold are complex documents, some including contradictions, and we need to have a robust and coherent package which can serve us properly and effectively.

Phil is also just at the beginnings of some more exciting projects. He has a vision of the Society launching a Global Shiatsu Network - as a not for-profit cooperative organisation which seeks to make links between professional Shiatsu bodies and their members in all corners of the world. The aim is to share resources and work together to evolve Shiatsu globally, as well as supporting practitioners working internationally. He has also been in talks with Cliff Andrews about a possible UK bid to host the 2026 European Shiatsu Congress.

Have you logged in to the Members' Area of the website where you can gain access to all the fantastic discounts shown below?

Go to the All Discounts page and click on an advert to reveal the Discount Code.

Some of the discounts currently on offer.





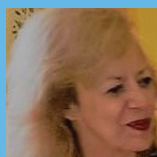
Shiatsu in Greece

By Panayiota Polychroni-Giannino and Kyriaki Frantzi



Panayiota Polychroni-Giannino has a BA in psychology, and is a Seiki-Shiatsu practitioner.

She is an ex Chair and Secretary of the Hellenic Shiatsu Society.



Kyriaki Frantzi has studied Shiatsu in Greece and Australia (Dip. Zen Shiatsu and Japanese Yoga), and has been practicing since 2007.

She has also trained in Tai chi, Qi gong and Body-Centered Gestalt Therapy.

Formerly a teacher, she holds a PhD in History of Education (Women in Science).

The history of Shiatsu in Greece is very recent, as it is in the rest of Europe - only five decades - or should I say, it already amounts to five decades! No one could doubt the great achievements that have been accomplished under very adverse conditions. Although Shiatsu is not very well known, it is true that it is much more visible nowadays than it was ten years ago.



Important phases of Shiatsu growth and development in Greece:



In the 70s: Maria Charlet, a physiotherapist from Belgium, introduced Shiatsu in Athens



In the '80s: a period of both social change and relative affluence fostered the emergence of various alternative healing practices in the country and generated a broad interest in improving quality of life



In the 90s: The first professional Shiatsu training was launched. This was when Panayiota heard the word Shiatsu for the first time and had her first treatment.



In the decade of 2000: The first generation of practitioners graduated from the school in Athens. Passionate and inspired colleagues created the Hellenic Shiatsu Society (www.shiatsugr.gr) (ELES), a not-for-profit organization for the promotion of Shiatsu. ELES aims to promote and recognise Shiatsu as a complementary health practice amongst agencies of state, scientific bodies and the public. These days, ELES is a member of the European Shiatsu Federation and has about 100 registered (certified and probationary) members



In the decade of 2010: Shiatsu was a victim of the most catastrophic economic and financial crisis that Greece had faced since WWII, which, consequently, affected its expansion and practitioners. Despite the unfavorable circumstances which resulted in the reduction of the training programmes and a shortage of students, Shiatsu managed to survive. The Hellenic Shiatsu Society transformed itself into a vessel of creative communication among its members, and provided the context for people to meet and share their experiences, questions, dreams and visions.



Now: Inspired and motivated colleagues offer treatments for free on a volunteer basis in Pain Management clinics in public hospitals for outpatients.



The Hellenic Shiatsu Society two-day conference, January 2019



Shiatsu Awareness Month is held every October

January 2019

The Hellenic Shiatsu Society held a two-day conference: 'Shiatsu in Greece today: quests, challenges, perspectives' took place. This was the result of the hard work by the Shiatsu practitioners and teachers in Greece who were, and are trained by inspired and committed teachers from Europe and beyond. Participation is now encouraged at Shiatsu congresses and continuing education outside the country.

Shiatsu in Greece is an urban practice, both in terms of training and employment. Several private schools offer short Shiatsu courses with about five of them providing full (at least 3-year) training, mostly in Athens, and also in Thessaloniki and Crete. These are usually affiliated with relevant foreign institutions, mainly in Europe (UK and Italy), and China. Training is both theory and practice oriented, and graduates are often trained or qualified in a variety of other complementary and alternative therapy (CAM) techniques, in addition to Shiatsu. These range from acupuncture, Reiki, other types of energy healing and Rejuvenance (a natural method of facial therapy), to Yoga, T'ai chi and psychotherapy / counselling.

According to the initial results of a survey amongst ELESJ members at the 2-day conference the typical Greek Shiatsu practitioner is female, middle-aged, at times with a university degree, usually fully trained in Zen Shiatsu and working in private settings. Shiatsu practice appeals to middle class people with a more or less steady income, and is largely promoted by the practitioners themselves, mainly through word of mouth via their network of clients. Interestingly, for more than half of the participants in the survey mentioned above, their Shiatsu is combined with another full or part-time job. On first reading, this could be related to a number of external factors such as changes in working conditions or overall income reduction in southern Europe during the last decade as a result of the financial crisis. It also points to an increasing need for local institutional and legal recognition of Shiatsu as a profession which enhances health and well-being in its own right.

Despite these challenges, many people in Greece are increasingly familiar with, and attracted to Shiatsu. A Shiatsu Awareness Month has been established every October, and a number of Shiatsu sessions are now open to the broader community, especially to socially vulnerable groups.

In Greece we have professionally trained Shiatsu practitioners and teachers who are spreading the word, and we have the potential to face the new era with a clearer BodyMind, agreed motives and objectives, and goodwill. Although Shiatsu is not recognized as a profession, and it is far from being integrated into the Greek medical system and its public and private sectors, individual practitioners are seeking to expand Shiatsu and make it better known to the public.

Most importantly, there is a flow of mutual information regarding policies for establishing Shiatsu as a full professional practice at a European level. The journey is long, but, as an old Greek proverb says "Ο καλός ο καπετάνιος στη φουρτούνα φαίνεται (Ο kalo's o kapeta'nios sti fourtou'na fe'nete) – The skill of the captain shows in the storm".

More than ever before, touch, the main tool of Shiatsu, is appreciated for its healing benefits and effects. Research confirms how important human contact are for the survival of humankind and so the wind is on our side!

Hellenic Shiatsu Society
www.shiatsugr.gr



Shiatsu in Spain

A spirit of unity and a diversity of approach

By Brian Carling



Brian Carling is the Director and Founder of the Escuela Europea de Shiatsu and lives in Ojén, Málaga. He has more than 20 years of experience as a teacher and Shiatsu therapist. In addition, he has extensive training in acupuncture, martial arts, yoga and Qi Gong. He has been secretary and president of APSE, and was president of the Spanish Shiatsu Federation for seven years.

I am English and have been practicing and teaching Shiatsu in Spain for the last 30 years. The school I run 'Escuela Europea de Shiatsu', is an autonomous branch of the European Shiatsu School founded by the late Chris Jarmey.



We run courses in Andalucía in southern Spain, Pais Vasco in the north, and in the Canary Islands. I cannot say that Shiatsu is having its most popular moment, groups are small, but we keep going.

In Spain we have a national association APSE (Asociación de Profesionales de Shiatsu en España) to which the majority of Shiatsu schools belong. I was one of the founding members of the association about 25 years ago, along with two other schools from Madrid and Barcelona. Over the years the number of schools has grown, some have come and gone, but the originals are still there.

One important thing for me is that within APSE we have maintained a spirit of unity and an enthusiasm for what we like doing - Shiatsu! There is a diversity of approaches amongst the schools, but they all offer the Shiatsu Practitioner training over three years with a minimum of 500 hours of class time and 250 hours of additional practice, which is in line with the program agreed by the European Shiatsu Federation (ESF).



Pedro Fdez Jabalera (www.shensations.es) speaking at the APSE Congress, Palais des congrès de Peñíscola 2019



Gabriella Poli (www.gabriellapoli.com) teaching for APSE, Spain 2019

The annual meeting of APSE always contains workshops and the opportunity to meet and share Shiatsu with people from other schools and other parts of the country. The association also runs an annual workshop for members with an invited teacher from outside Spain. The most recent one was given by Gabriella Poli from Italy and was enthusiastically rated by the participants. I know this from the large Shiatsu Whatsapp group created by Pedro Jabalera the current APSE President, a great idea that really serves to keep the Shiatsu community in touch.

The ESF was a tremendous support for us

APSE has been a member of the European Shiatsu Federation since its beginnings and especially at first the ESF was a tremendous support for us and we continue to play an active part. The contact with Shiatsu in other countries is very enriching and supporting. One of the objectives

of APSE, apart from getting us all together to have a good time, is to work for the official recognition of Shiatsu as a profession. In common with most European countries we are currently in a bit of a limbo, we can work and pay our taxes, but there is no legal recognition of our qualifications.

The political situation for our profession in Spain is currently difficult. All alternative therapies are under attack from the socialist government who have labelled absolutely every Complementary and Alternative Medicine (CAM) modality as "pseudo science". So far we have not been banned from practicing, and luckily the Spanish government's approach is totally against the consensus in Europe, however we have a fight on our hands.

One positive result of the attack has been that the many and various associations within CAM have united in a common platform. Something which before had proved practically

impossible. APSE is actively participating in this group and the support of the ESF which works at a European Political level is also very important in this.

Is Shiatsu pseudo-science?

With the recent elections in Spain, the Socialist government (PSOE) has been returned to power, although not with an absolute majority, and we shall have to see how they proceed with their crusade against "pseudo science".

So basically I think I can say for the majority of people practicing Shiatsu in Spain that it is not easy, however we struggle on, maintained by our passion for what we do, and by the mutual support we get through our Association.

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Shiatsu in Italy

A path for inner evolution

By Serena Cellini



Serena Cellini lives and works in Tuscany, Italy. She began to cultivate an interest in Tibetan medicine at a very early age.

When she was 20, she met Yeshe Dhonden in Dharamsala (India), the personal physician of HH the Dalai Lama Tenzin Gyatso, who helped her recover from a serious infection, contracted during her travels.

This chance encounter left its mark on Serena: a tiny seed was planted, and later it germinated, first in the study of Shiatsu and then of Traditional Chinese Medicine.

Shiatsu entered my life in the nineties with power and effectiveness and radically changed it; I should probably say that it has radically changed 'ME'!

I was a career woman in a deep crisis: the sole purpose of my my profession at that time was to create illusory needs for the public and satisfy them in order to gain money. There is nothing more sterile than this. I was totally unsatisfied and looking for a purpose.

Nothing happens by chance: my old profession led me often to travel through the East Asian countries where I frequently came in touch with Traditional Chinese Medicine. I was fascinated by it, even though at the time I could never imagine it would become the basis for my new profession.

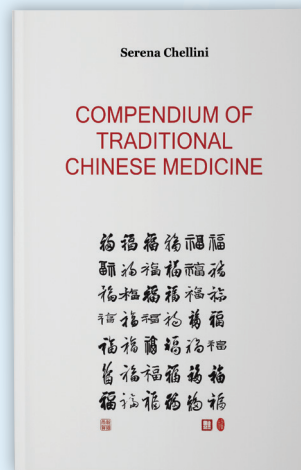
Ever since the first Shiatsu treatment I received, I felt a great affinity with its quality of energy and after only a few sessions the changes I perceived in and outside me were significant. I was clear that I wanted to deepen my knowledge of this practice.

At that time Shiatsu was almost unknown in Italy and very few schools offered a complete training program. However, those same schools were very attentive to quality teaching and were quite demanding. It was evident to me that my interest had become a real passion, therefore I abandoned, with joy and relief, the sterile profession in which I was employed and became a full-time student on the three-year training course at the Shiatsu Ki School in Florence.



"Each chapter has precious gems of information; the chapter on The Extraordinary Organs is particularly interesting and the many pages on the Extraordinary Vessels, their points and uses, is especially fascinating. There are lots of useful suggestions and snippets of information that have helped clarify many things that previously had never been very clear to me. It is a very readable book. It can be read from start to finish or flicked through and the chapters read in any order. The layout is inviting too; the print is clear and the pages not overcrowded. I also had the pleasure of meeting Serena Chellini when we spent a few days together at her home in Tuscany going through the translation. She is a peaceful, gentle woman and her Shen radiates from her eyes and warmed my soul."

*Iolanda Foschetti, translator of the
Compendium of Traditional Chinese Medicine*





Serena Cellini treating Sofia de Barros

Nowadays, with almost fifteen years experience I can confidently say that training never ends, that it is fundamental to practice a lot and keep studying continuously. One of the most important aspects is presence, so I introduced Meditation and Mindfulness into my everyday life. It is essential to develop deep listening and avoid following rigid protocols, and, with harmonious movements, create a sort of dance that connects us to the receiver, dissolving any limits.

As a Shiatsu practitioner, I realised that it is essential to cultivate a state of stillness and to constantly attend to and care for that on a daily basis. Deep listening must happen - through the fingertips, hands and the whole body - and it is also necessary, even essential, to develop affection, empathy and compassion.

Although Shiatsu in Italy is still little known and practiced, I have never advertised: word of mouth has been effective and in my small studio the requests for treatments have never dried up.

CPD questions:

1. Do you practice presence or mindfulness? How does your heart respond?
2. Do you bring care and attention to your inner state before starting a treatment? How do you do this?

During all these years I have studied with great teachers (Gioacchino Allasia, Franco Bottalo, Carola Beresford-Cooke, Patrizia Stefanini, Rex Lassalle...), absorbing their teachings as lifeblood and interpreting them with my personal sensibility. I have now written down as much as I could on paper, precious notes which I collected, and I have published them in a Compendium of Traditional Chinese Medicine. After about fifteen years in this profession it seemed logical and natural to me to make all that I had learned available for other students, practitioners and teachers, and I hope that this will be helpful and beneficial to anyone who is interested.

www.serenachellini.it



Shiatsu in Germany

Between tradition and modernity

By Dr. Andrea Kleinau, CEO, European Shiatsu Institut, Berlin



Andrea Kleinau has been active in business communications for 13 years active and has lead the European Shiatsu Institute Berlin (ESI) for 11. Her training as a Shiatsu practitioner began in 2000. In 2014 she completed her PhD 'Shiatsu as a transcultural aspect of the health economy – a metaanalysis and review'.

The Professional Association of Shiatsu in Germany (GSD) designates Shiatsu as an independent system of energetic bodywork and life skills which is rooted in Far Eastern philosophy and health.⁽¹⁾



Shiatsu has been legal in Japan since 1995.

The Japanese Government describes Shiatsu as a treatment method that has developed from judo, Do In and Anma. Newer influences in Shiatsu have come from the United States, rooted in the American Therapies of chiropractic and osteopathy. Shiatsu is now strongly established in Europe and its roots have gone deeper in the past 95 years. In the last year alone, I have counted over 30 Shiatsu associations, which, it must be noted, are almost all located in industrialised nations.

In Germany there are about 30,000 recognised vocational activities without government approval, and Shiatsu is one of them. Around a thousand practitioners are practicing despite this, even though there is no official term for us. It is because of this that the Professional Society for Shiatsu in Germany (GSD www.shiatsu-gsd.de) was founded in 1992. It currently has over 1000 members, and represents Shiatsu across the country. Over the past 20 years, its main aim has been to monitor quality, to ensure safety for clients and practitioners, and to promote an understanding of its Japanese origins and its consequent diversity. It ensures a high level of practice and training with quality standards and accepted criteria aiming for continuous development. The GSD recognises Shiatsu educational institutions which are well-founded, practical, with clear learning outcomes and which are connected to Eastern Shiatsu training with accompanying modern western dialectics. There are currently 15 Shiatsu education and training schools in Germany.⁽²⁾

In 1997, Shiatsu was mentioned in the Collins Report of the European Union as one of eight complementary medical disciplines alongside homeopathy, acupuncture and reflexology. The Collins report responded to a statistical survey in which 30% of the population in member states were found to be involved in complementary or alternative healing methods (CAM).⁽³⁾ Programs 5 - 7 point to the fact that there is no singular research institute for CAM.⁽⁴⁾

The legal situation in Germany is that one must be a qualified doctor or authorised naturopath in order to practise Shiatsu in cases of illness. Shiatsu for the purpose of promoting health can be practised freely and without a naturopath's certificate. As there are no immediate health hazards associated with Shiatsu, it is not considered to be a Medical Practice as defined in § 1 para. 2 of the Naturopaths Act.⁽⁵⁾ This is underpinned by a Communication from the Ministry of Health, Emancipation, Care and Age of the state of North Rhine-Westphalia in 2012.

The Board of the GSD had a ministerial decree from the year 2000 scrutinised, which stated that Shiatsu treatments, according to Section 1 [2] of the Naturopaths Act are in fact subject to medical science, and therefore need a healing permit. In the document, the GSD was of the opinion that Shiatsu practitioners who practice Shiatsu to promote health, require no naturopathic certificate. In the Ministry's reply it was stated, among other things, that to give Shiatsu to well people for the purposes of promoting good health does not represent a practice of medicine subject to authorisation under the Heilpraktikergesetz (the law defining naturopathic practitioners and how they may practise).



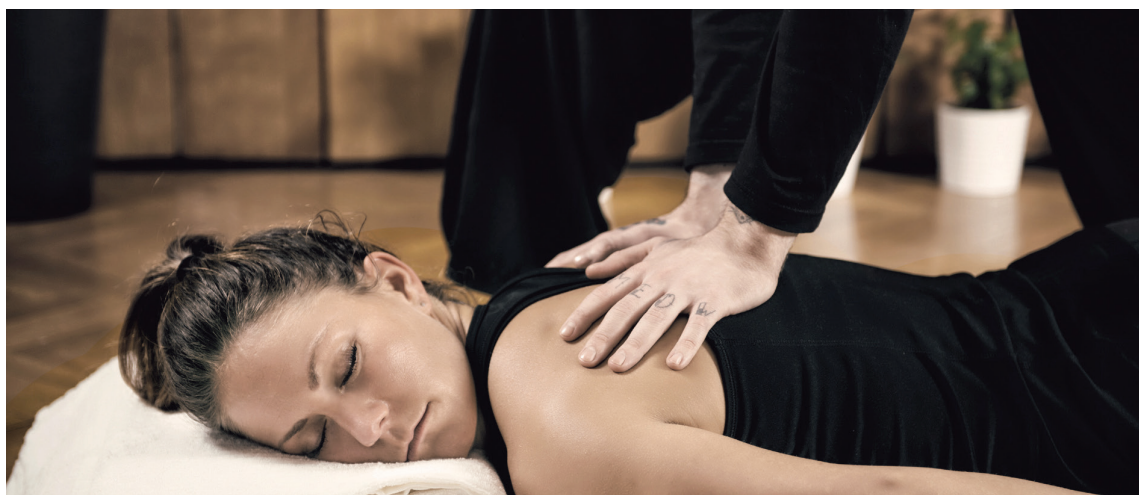
French Shiatsu students practising Shiatsu

In order to protect those being treated, a sign must be clearly displayed in each clinic or practice, stating that Shiatsu does not replace necessary medical treatment. The Ministry emphasizes that the legal situation is different if Shiatsu practitioners make claims like, 'Shiatsu for back pain', 'Shiatsu for colds' or 'Shiatsu for headaches'. For this a General Medical Practitioner permit is required.

Basically, the question of whether unauthorized medicine (as defined by the Heilpraktikergesetz) is being practiced, is tested and judged on a case-by-case basis by the competent authority of each German State. It remains to be

seen if the above assessment also has relevance for the way Shiatsu is understood in other Federal states.

We cannot make a meaningful assessment of, or reliable statements about Shiatsu in other Federal states without research into the safety and effectiveness of Shiatsu. There are no noteworthy randomised Shiatsu studies since 1998, which look at the safety of our therapy. (In the case of pregnancy, the symptoms of stress, menopause and fibromyalgia, as well as for some psychosocial factors in cancer therapy, there are some small studies available. (See, for example: Argash, 2008 / Field, 2002 / Ingram, 2005 / Kul, 2011 / Lucini, 2009 / Yuan, 2013).



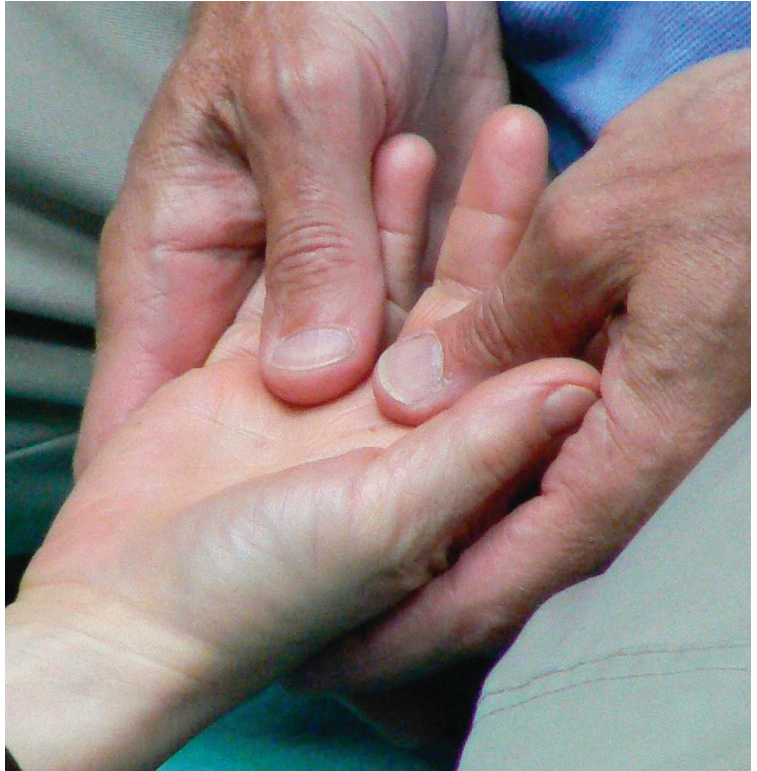
Shiatsu offers many benefits

Shiatsu stimulates life energy and promotes health. In Germany it is offered and integrated in many areas and fields of life:

- Health promotion (in the sense of salutogenesis which is the focus on health and wellbeing rather than on disease and illness) in self-employed, freelance work; clinics; birth preparation; factories (in the workplace)
- Healing practice / therapy in the doctor's office, in naturopathic practice, in hospitals, welfare centers
- Relaxation, stress reduction / prophylaxis, wellness treatments in hotels, holiday clubs, sports and fitness studios
- Personality Development / Spiritual growth in independent, freelance work
- Education and parenting in clubs; in educational institutions, adult education centers, kindergartens, schools
- Social support and support in counselling centres, nursing homes, in the hospice

In Europe there are two international Associations, acting both as networks and addressing the interface with the EU. The European Shiatsu Association (ESF) and the International Shiatsu Network (ISN www.shiatsunetwork.org) which represents Germany, France, Italy, Switzerland and Namilkoshi in Europe. (In the US, Shiatsu is regulated by The American Organization for Bodywork Therapies of Asia (AOBTA www.aobta.org); in Canada by the Shiatsu Society of Canada (SSC www.shiatsupractor.org); and in Australia through the Shiatsu Therapy Association of Australia (STAA www.staa.org.au).

In order for Shiatsu to be practiced in all its potency and without causing doubt; for it to become recognised and brought out of a shadowy existence into the light; it needs to be compliant with the law, embedded in the German health system, and



Shiatsu therapy (photo from B Bouheret)

have a stronger political focus on research. Switzerland is a good example because it has had a vocational qualification in complementary therapy since 2008. In Germany, Shiatsu has existed outside the existing healthcare system for 35 years and remained privately funded. Thus it is only available to those who can afford it, and who are able to find out about it.⁽⁶⁾

Finally, this brings me to the question of whether recognition and funding for Shiatsu, by the health insurance companies, is desirable. Shiatsu is holistic. With only a limited budget, it is tempting to focus on symptomatic treatment, but if health insurance opened up to it, a whole new market would develop and people would take note. This would then result in surveys and desktop research and a potential increase in economic benefits for Shiatsu.

References:

- 1 www.shiatsu-gsd.de
- 2 www.shiatsu-gsd.de/sites/default/files/GSD_Flyer_Schulen_web_2011.pdf
- 3 Vgl. European Parliament: *The Collins Report* (1997)
- 4 Vgl. *European Union* (2006) S. 12
- 5 *Heilpraktiker-Gesetz § 1 Abs. (2): Ausübung der Heilkunde im Sinne dieses Gesetzes ist jede berufs- oder gewerbsmäßig vorgenommene Tätigkeit zur Feststellung, Heilung oder Linderung von Krankheiten, Leiden oder Körperschäden bei Menschen, auch wenn sie im Dienste von anderen ausgeübt wird.*
- 6 vgl. Sedlin, Christoph, *Dissertation Shiatsu*, S. 119, (2012)

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Shiatsu in Norway

Plenty of room for potential

By Ane Grimseth



In the last few years Shiatsu has become better known in Norway. Although a wide range of Complementary and Alternative Medicine (CAM) methods were being practised before in this country, Shiatsu had never been widespread. One reason for this might be that there was not, until recently, a school or institution offering practitioner education. Some shorter courses had been offered and a handful of practitioners who had been educated in other countries could be found.

In 2010 I held an introductory course in Shiatsu directed towards a more professional 3-year training. Having been a Shiatsu practitioner and teacher for many years, but not practising in Norway, I really felt the time had come to initiate something in my home country. I was determined to go through with it even if the numbers were low, but as it turned out, seven people took the course and a new development began. This little group of students embraced the art fully, and all embarked on the first three year course which followed the European standards for Shiatsu education. In short, it was they who became the founders of the Norwegian Shiatsu Society.

With this, the word about Shiatsu as a healthcare method spread a little and Shiatsu established a small place on the rather big map of complementary treatments offered in Norway. What can be understood from this short introduction, is that there is great potential for being a Shiatsu practitioner as there are so few practising at the moment, whereas on the other hand, it is a big challenge to make Shiatsu better known to the wider public so that it is a possible choice for those with ailments. It should be mentioned that established spas are now offering Shiatsu treatments, however, there is a lot of work that needs to be done in order to make it as well known as in the UK, for example. We need to be creative in continuing this work and in finding new ways to tell people about it.

There are no postgraduate courses offered in Norway, but some extracurricular courses have been organized. At the moment Shiatsu advertising is being spread by word of mouth, personal initiative websites, small articles in local papers etc. A lot more should and can be done.

On a public and political level, CAM methods are practised rather freely in Norway. One should register officially as a practitioner of complementary healthcare methods, and one should not advertise or claim that what one offers is within the medical or health profession. There is no regulatory board as such for Shiatsu. There is, though, a big umbrella organisation named Norske Naturterapeuters Hovedorganisasjon (nnh.no). For the moment, the Norwegian Shiatsu Society has chosen to mature further before aiming to be included in this group. One can, on an individual level, become a member of this organisation, but

for the Society there are other requirements to fulfil.

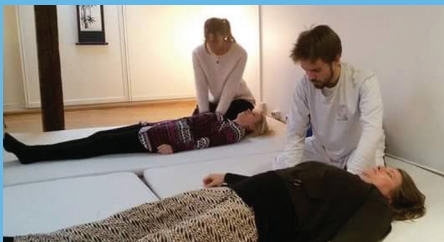
This sums up the picture of the state of Shiatsu in Norway in 2019. It holds many challenges, but also great potential, and I am excited to be part of the further development of this art.

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www.facebook.com/ShiatsuNorge



Ane Grimseth is a Norwegian Shiatsu practitioner and teacher. She trained in Aikido (martial arts) for 13 years, and was fortunate to be introduced to Shiatsu by her teacher. She studied Zen Shiatsu at the European Shiatsu School in the UK in 1990 and then took their Teacher Training course, becoming certified in 1994. Since then she has worked as a practitioner and teacher in both Greece and Norway. She is currently running Shiatsu courses on Crete, in Athens and in Oslo, where she has set up a small Shiatsu school, Shiatsu Norge (Norway). She has a great passion for, and feels herself fortunate to be able to practice, Shiatsu.



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Shiatsu Society UK

The Shiatsu Society is the UK's leading professional Shiatsu organisation. Shiatsu is a unique stand-alone complementary therapy which supports health and wellbeing. We are committed to the spirit and ethos of Shiatsu and the development of integrated and accessible healthcare.

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