

Events Listing

AUTUMN COURSES IN WALES

On September 9th and 10th I will be teaching "The Roots of Shiatsu".

Although we all know that Shiatsu is an "ancient art", we may not know how far back its lineage stretches, nor how it has evolved up to the present day. This is a PRACTICAL and EXPERIENTIAL workshop in which we will actually discover the history of Shiatsu through our touch. For example, how would it feel to receive Shiatsu to our "flood-like Qi" which was believed to flow downwards from Heaven before the meridian system was established? Or imagine the inward-turning development that occurred in Shiatsu when Japan closed itself to outside influences for 200 years? What was "koho anma", a precursor of the Shiatsu we know now, and how did it differ from the anma of the bath houses? We will know all this and more through feeling, experience and investigation. At the end of the workshop, we will surely have gained respect for our wonderful practice through exploring its long and varied past.

Cost: £90 Place: Church Hall, Llangrannog, Ceredigion, Wales

On October 14th and 15th I will be teaching "Joints".

A simple title for a complex and important subject. Our joints express our being in subtle ways, they are storehouses of Ki ready to be put into action. But so often they are treated mechanically, like moving parts of a machine instead of vital parts of our Ki system. On the first day of the workshop we will explore ways of treating the joints in general, the kinds of techniques we can choose and how to work subtly with the Ki of the joints. On the second day we will be working on individual joints in various ways. This should be a joyful pooling of our shared experience, we can all contribute.

Cost: £90 Place: Church Hall, Llangrannog, Ceredigion, Wales

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Each workshop costs £90, each will run from 10 till 6 on Saturday and 10 till 4 on Sunday with an hour and a half for lunch on Saturday and an hour on Sunday. The courses will be held in the Church Hall, Llangrannog, Ceredigion, Wales, my home village. It's a beautiful place by the sea; if you haven't been already you will love it! Anybody who is interested, please contact me for more information about booking, transport, accommodation, etc.

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