

# Intro to Shiatsu



# Lesson Plan: Intro to Shiatsu

## ☞ “A” class

30 minutes: Lecture on Shiatsu – definitions of important terms

30 minutes: Demo of traditional Shiatsu on the floor

## “B” class

30 minutes: Guide through some key pressure points

30 minutes: Demo of pressure point work on the table

120 minutes Exchanges of pressure point work at the tables

# Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

*You will receive one verbal warning, then you'll have to leave the room.*

# Intro to Shiatsu



# Shiatsu – Key Concepts & Definitions

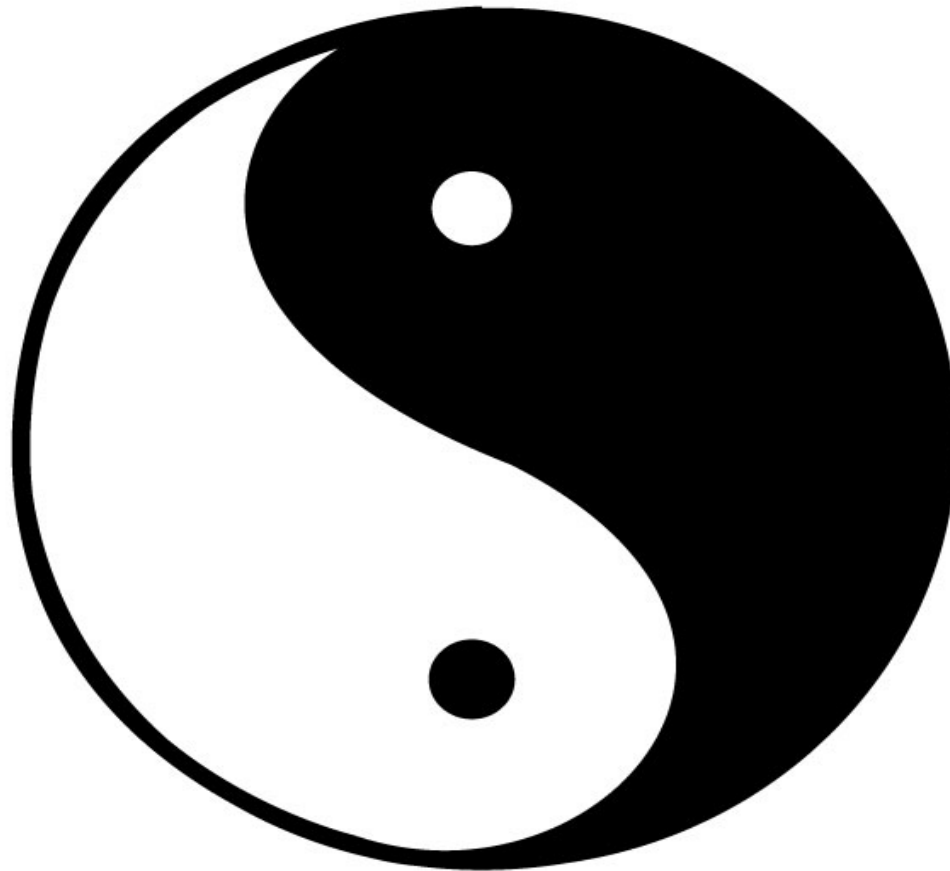


# Chi – “Energy”

Defined as life force, the element that creates and binds together all things and phenomena in the universe

This includes everything that manifests physically in nature and in the human body as well as emotions, thoughts and spirit.

# Yin and Yang



# Yin and Yang

**Yin** – “dark side of the hill”

Feminine, dark, cold, interior, earth, moon,  
storing, conserving, concave, contraction

**Yang** – “light side of the hill

Masculine, light, hot, exterior, heaven, sun,  
transforming, changing, convex, expansion



# Channels/Meridians

## **Pathways of energy and vessels**

Move the vital substances (chi, essence, blood, body fluids, and spirit)

Connections of the material body to the nonmaterial body (for example, the energy field surrounding the body)

Distribute, balance, and connect the chi of the interior organs with the surface and exterior of the body.

# Tsubos

**Specific points along the channels at which energy concentrates.**

☞ “acupressure/acupuncture points” – identified with name of the channel and numbers in order from the channel’s origin to its end.

☞ For example – “Gall Bladder 21”, “Kidney 27”, “Stomach 36”, etc.

# Five Phases/Elements

☞ **Metal** -Autumn, white, structure, communication, harvest, grief, the afternoon, bringing in and letting go. Organs- Lungs and large intestine. Dry, worry, nose, hair,,skin, pungent/spicy

☞ **Water** - Winter, black, night, emotions, body fluids, fear, cold, conserving resources.  
Organs-kidneys and bladder, salty

☞ **Wood** – Springtime, green, birth, morning, developing goals, will power, anger. Organs – liver and gall bladder, sour taste

☞ **Earth** - Late summer (Indian summer),balanced, rounded, yellow, sympathy, nourishment, introspection, and the home. Organs –stomach and spleen. sweet flavor

☞ **Fire** -Summer, Red color. joy, laughter, vitality, growth. Organs –heart, small intestine, pericardium, triple warmer. bitter flavor

# Shiatsu

- ∞ An ancient and modern Japanese Asian bodywork therapy, using pressure and stretches along energy pathways called channels or meridians to restore, maintain, or balance the harmonic flow of energy throughout the body-mind-spirit.
- ∞ Literally means “finger pressure”.

# Hara

- ☞ Japanese word to describe lower abdomen.
- ☞ Center of balance in body.
- ☞ A point in the hara called the Dan Tien – located three finger widths below the navel – also called “sea of chi” – traditionally described as the center of focused power and action where all body movement originates.
- ☞ Moving from the hara means the practitioner’s bodymindspirit is connected to earth and that he/she works from a grounded sense of self.

# Key Acupressure Points



# Key Tsubos 1

1. Drilling Bamboo B2 - Relieves sinus pain, headaches, foggy vision and hay fever.; clears the sinuses and brightens the eyes.
2. Welcoming Perfume LI 20 - relieves stuffy nose, sinus pain, and nasal congestion; .clears the nose and sinuses.
3. Jaw Chariot St6-relieves TMJ problems, toothaches,,stress, and sore throats; relieves jaw and tooth pain
4. Letting Go Lu 1-relieves difficult breathing, asthma, fatigue, confusion, and irritability; clears the chest and emotions and strengthens the lungs.
5. Joining the valley LI4- ( Hoku, Great eliminator)- Relieves frontal headaches, constipation, and depression; alleviates pain and balances the gastrointestinal system.

## Key Tsubos 2

6. Three Mile Point St 36- relieves fatigue, stomach disorders, and nausea. benefits digestion and restores the immune system.
7. Bigger Rushing Lv3- arthritis, cramps, headaches, tired eyes, and hangovers ; invigorates, transforms and clears the system.
8. Heavenly Pillar B10- anxiety,,stress ,burnout, overexertion,and insomnia; opens the sensory organs and relaxes the body.
9. Shoulder Well GB 21- nervousness, irritability, fatigue, and shoulder pain; benefits the shoulders and softens hard, tense muscles.
10. Vital Diaphragm-B38- relieves breathing difficulties, anxiety, and hypertension, calms the emotions and promotes relaxation.



## Key Tsubos 3

11. Sea of Vitality B23, B 47- relieves lower back ache, fatigue, and impotency, fortifies the digestive organs ,kidneys and the immune system
12. Sacral points B27-B34- relieves lumbago, labor pain, pelvic constrictions, and sciatica, strengthens the reproductive organs and expedites labor.
13. Supporting Mountain B57-relieves cramps, stomach ache,s,leg pain, and swelling; relaxes the calf muscles and strengthens the lower back
14. Bubbling Springs K1- remedies impotency, fainting, hot flashes, and epilepsy; stimulates the kidneys and rejuvenates the spirit.