



Basic Shiatsu Acupressure: *Achieving Relaxation and Healing in a Stressful World* – PEMS2674

This course serves as an introduction to the ancient healing art of Shiatsu Acupressure. In Japanese, “Shi” – means finger and –“atsu” means pressure. Shiatsu is a way of healing and balancing, working with the system of energy pathways that flow through our body. In this seminar participants will learn to give and receive a basic Shiatsu Acupressure treatment for the release of stress and the achievement of relaxation and healing, using gentle finger pressure along specific meridians or energy pathways in the body. Participants remain fully clothed. Please bring a large thick blanket or pad and a towel and wear comfortable clothing.

Topics:

- Energy - meridian pathways
- Shiatsu theory
- Simple diagnostic tools
- How to detect and use vital energy for healing purposes

Learning Outcomes:

- Learn to give and receive a basic shiatsu treatment
- Learning to sense and use energy flow
- Greater well-being

Facilitator: Usha Haywood holds a degree in Nursing, is a registered Massage Therapist, Shiatsu Therapist and has certificates in psychotherapy, Jungian psychotherapy, alternative medicine, yoga and yoga therapy. In the past, Usha lived and worked in Europe, Australia, the West Indies and Asia. Usha co-founded and was a director of, the Center for Health and Stress Management in Ontario, where she worked as a therapist and workshop and seminar facilitator. She taught at the University of Guelph, Conestoga College, Homewood Sanatorium, Community Resources and Initiatives and others. Usha is a resident of the interfaith Sky Valley Contemplative Community on Salt Spring Island.

Length: 2 days

Date: Sat, Apr 28 & May 5, 2012

Times: 10am - 4pm

Cost: \$165 + applicable taxes

Best to Register By: Sat, Apr 14, 2012

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2**.