

## Zen Shiatsu Workshop

October 26<sup>th</sup>, 2013

### 1. Morning Program

- A. Schedule outline: by Roy Miyahara
- B. Introduction of the presenter:
  - a. Master Nobuyuki Fujisaki and his wife Masami Fujisaki
- C. Introduction of participants:
  - a. Self introduction
- D. Introducing the Meridian Shiatsu:
  - a. Demonstration by Master Fujisaki and Masami Fujisaki
- E. Explanation of basic structure on Meridian Shiatsu - Three basic rules
- F. Basic Pressure – Basic manipulation techniques
  - 1. Three basic rules of Shiatsu – Explanation
  - 2. Basic pressure – Demonstration
  - 3. Basic pressure – Technique practice in pair
  - 4. Basic pressure application – Demonstration in two hands
  - 5. Basic pressure application – Practice in pair
  - 6. Thumb pressure – Explanation
  - 7. Thumb pressure – Practice in pair
- G. Grasping pressure
  - 1. Your style – pair up and show each other
  - 2. Meridian Shiatsu style – Demonstration
  - 3. Grasping hands – Explanation of proper grasping hand
  - 4. Grasping pressure – Practice in pair
  - 5. Work with both hands – Practice in pair
  - 6. Two points pressure – Explanation
  - 7. Two points pressure – practice in pair
- H. Review (only if we have time) – Demonstration of the Shiatsu showing the pressures explained above.

## 2. Afternoon Program

### I. Experiencing the Meridian:

1. Principle – Explanation of the “comfortable feelings”
2. Actual touch and feel – Demonstration of the Meridian
3. Method of tracing the lines – Explanation
4. Practice of tracing the lines – Demonstration / practice
5. Tracing – Draw the lines on the body using tape

### J. Meridian treatment - Theory

1. Utilizing the “Two Points Pressure” – Demonstration
  2. Knowing the changes of the “feeling/senses “-Explanation
  3. Pain control by “Two Points Pressure” – Demonstration
  4. General concept about the treatment – Explanation
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5. Meridian treatment for Shoulder problem – Explanation
  6. Meridian treatment for Shoulder problem – Demonstration
  7. Meridian treatment for Shoulder problem – Practice in pair
  8. Application of Meridian treatment – Explanation
  9. Application of Meridian treatment – Practice in pair

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### K. Meridian treatment – Therapy/Treatment

1. Treatment example for Injury - Explanation
2. Treatment example for Injury - Practice in pair

### L. Special topic about Meridian Shiatsu – Diagnostic by Meridian Shiatsu , Life force resonance

### M. Demonstration of Meridian Shiatsu(Only if we have time)- for participant who has specific issue/problem

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