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ISTE empowered the organization to develop global skills qualifications in the emerging markets. She manages advocacy issues, new technology for photo editing, publishing and content promotion.

Center for Wellness is a new generation accredited, digital, spa academy that has been verified by IAO and other reputed Experts.

It provides external consultancy and training services for International organizations and Academies.

ABOUT THE AUTHOR

Malini Chaudhri is based on a rich Chinese cultural experience as a Foreign expert at south China Normal university in 1987-90. She pursued systematic studies in Taoism, energetic therapies as Tai chi, five element theory and Chi gong, and auricular acupuncture/acupressure. In 1994 she obtained a Ph.D in laser therapy and in 2000 she obtained an international license from WHO , China to practice outside of China.

She developed skills in Zen Shiatsu, based also on classical texts and principles derived from the Yellow Emperors Classic of Medicine. In 2003 she was sponsored privately to Westport in the US as a Shiatsu and laser therapist to an American. Here she pursued continuing education courses.

Shiatsu was her first major venture in manual therapies in Asian Bodywork. She worked with golf, her own clinic and hospitals, including brief terms at KMPSC with neurosurgeons and Spinal Injuries Center. She introduced Shiatsu in some palace spas.

She managed training and execution of SOPS for many famous palace spas of Mewar royalty in Rajasthan, Khimsar in Jodhpur and also in Myrah spa in Mumbai. She has imparted training in award winning spas as Myrah spa and Clinic dermatech

In 2008 she verified the HABIA India Academy and Qualification fom UK government based on National Occupational Standards.

In 2010 she merged with ISTE and obtained empowerment in the national mission in Skills development within the Spa/ Cam sector

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SHIATSU SKILLS ARISE FROM THE INNER EXPERIENCE OF ZEN

"True knowledge cannot be imparted by words. The Zen mind, enlightened and disciplined, is able to rise above mere technique and go straight to the core of being...to reach the soul... the essence." --Japanese Ink-Painting. Ryukyu Saito



SHIATSU COMPETENCY MAP

GLOBAL COMPETENCIES AND SKILLS

Manage Ki and Internal healing energy protocols	Manage physical, emotional and mental imbalances
---	--

- Manage self development and self care
- Manage SOAP and Informed consent
- Follow the teachings of the Classics
- Manage internal and external healing practices
- Manage Hara diagnostics
- Manages techniques
- Manage workspace
- Manage tsubos

Center for Wellness

PREFACE

This manual is based on my original and early skills as a therapist of Shiatsu, Tuina and acupuncture, as learnt from my years in China as a teacher. The innate knowledge, wisdom, and energy systems belonging to classics and tradition was interesting for its cultural experience and also for its transcendental potential.

The shiatsu skills is based on healing onself first, following the latent energy in the body belonging to the organ systems, Jing and Shen, also known to have the potential to immortality.

Shiatsu is a therapeutic form that moves a destiny forward when cultivated and applied correctly from its highest level for energetic transition. The skills to exist mindfully, respect, and maintain discipline, and live fully in the moment, is fundamental to mature practise.

The Yellow Emperor, Huang Di, gave up his wealth and riches, to beg his master for the wisdom of eternal life. The secret knowledge of alchemy was based on merging Jing and Shen energies and streams to experience a higher level of cosmic consciousness.

The massage practices listed in this manual, attempt to convey the cultural, grand ancient wisdom and tradition for the modern student and therapist.

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CONCLUSION	

SKILLS TO LEARN

Know the tradition culturally

Know the Internal energy principle

Know the meridians

Know the tsubos

Know application techniques

Know five element correspondences

Know consultation

Know how to plan a treatment

Arrange your workplace with applicable standards for giving treatment

Remain focused and energized throughout the treatment whilst assessing the kyo- jitsu and giving a smooth session



SHIATSU IN SPA FRAMEWORK

OVERVIEW

This competency is about providing Shiatsu treatment to clients in a specialized Spa.

Shiatsu is a touch based therapy that applies pressure to areas of the surface of the body for the purpose of correcting imbalances, and maintaining and promoting health.

Shiatsu is a Japanese word that literally means finger pressure.

Shiatsu derives its theoretical and practical roots from the ancient traditions of Oriental medicine. Today it is an autonomous treatment method influenced by Chinese, Japanese and Western knowledge. An aim of Shiatsu is to promote the flow of Ki.

Users of this competence will need to ensure that practice reflects up to date information and policies.

• TERMINOLOGY

Ki, a Japanese word (Chinese, Qi or Chi) used to describe the life force said to flow through the body, sometimes described as bio-electro-magnetic energy.

Meridian, a term used in Shiatsu to mean the channels said to exist in the body through which the Ki flows.

Tsubo, a Japanese word meaning 'pressure point'.

Hara, a Japanese word literally meaning belly, in Japanese and Chinese tradition houses the life force. The center of the Hara, the tan-den, is the body's center of gravity.

KNOWLEDGE AND UNDERSTANDING

This manual will provide knowledge and understanding of

Principles of Shiatsu

Relevant principles (e.g. relating to pressure) and concepts such as Ki, meridians and tsubos.

Theoretical frameworks relevant to the safe and appropriate delivery of Shiatsu

Shiatsu assessment and planning

The relevant assessment techniques

How to recognize conditions for which Shiatsu is appropriate/inappropriate and

How the results of the assessment inform treatment planning.

Shiatsu treatment

The application of Shiatsu to meet clients' needs.

The Shiatsu treatment options and methods, including:
relevant principles of working such as: maintaining contact, stretching, and sensitivity of application, working from hara, tsubo and/or meridian contact.

The clients' potential responses during the treatment, including:

physical

mental/emotional

no response

intensifying/reduction of symptoms



IMAGES OF ANCIENT JAPANESE MASSAGE ARE BASED
ALSO ON CHINESE CLASSICS AND SCRIPTURES. PICTURES
AND NOTES OVERLAP AS FAR AS CLASSICS AND
PRACTICES OF CHINA AND JAPAN ARE CONNECTED



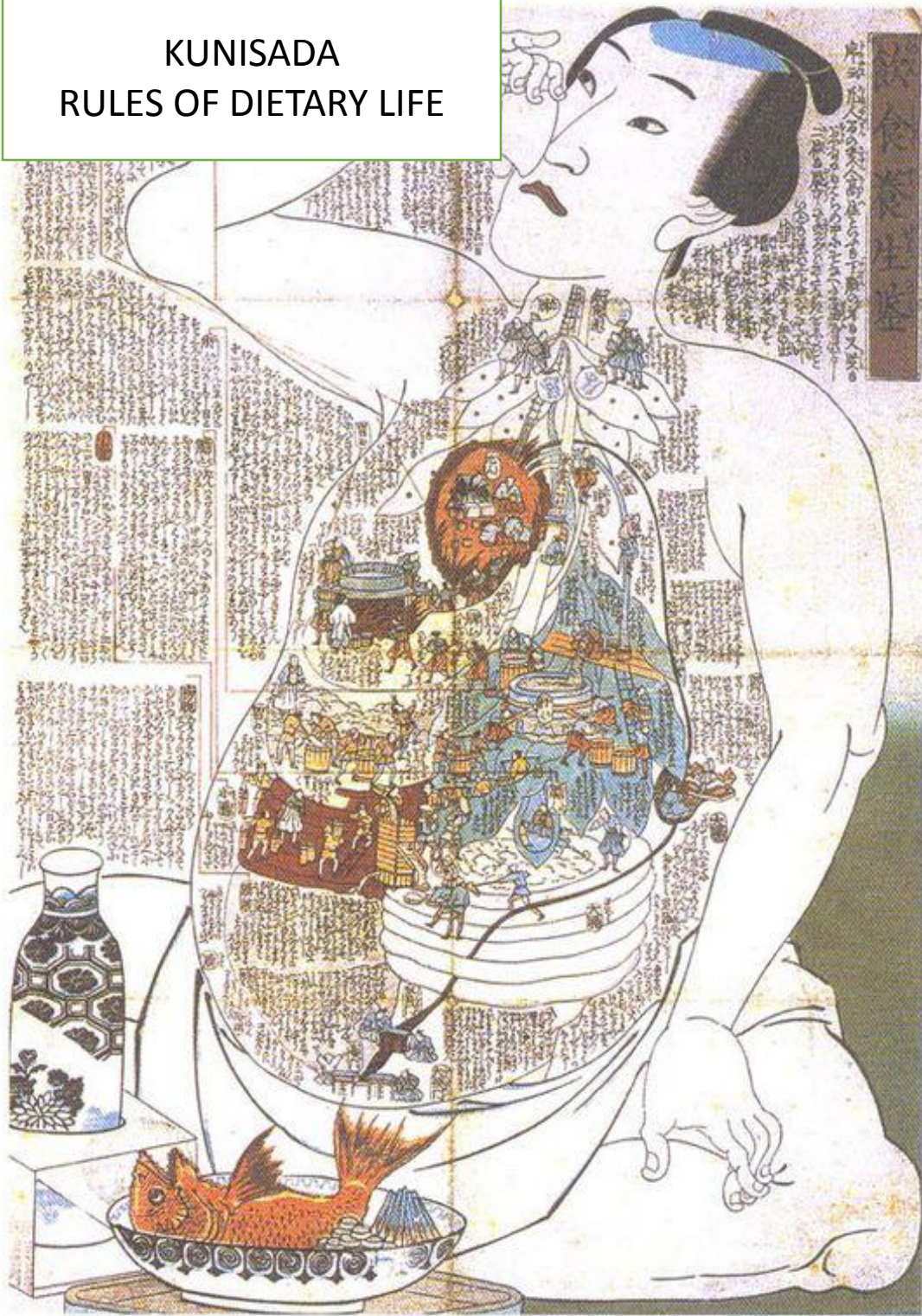
佗髡雖有五卻枉
貴陽屬各不通婚
然昔矯悍輕生所
謂打牙犯髡者玄
將嫁則去門牙恐
妨夫云



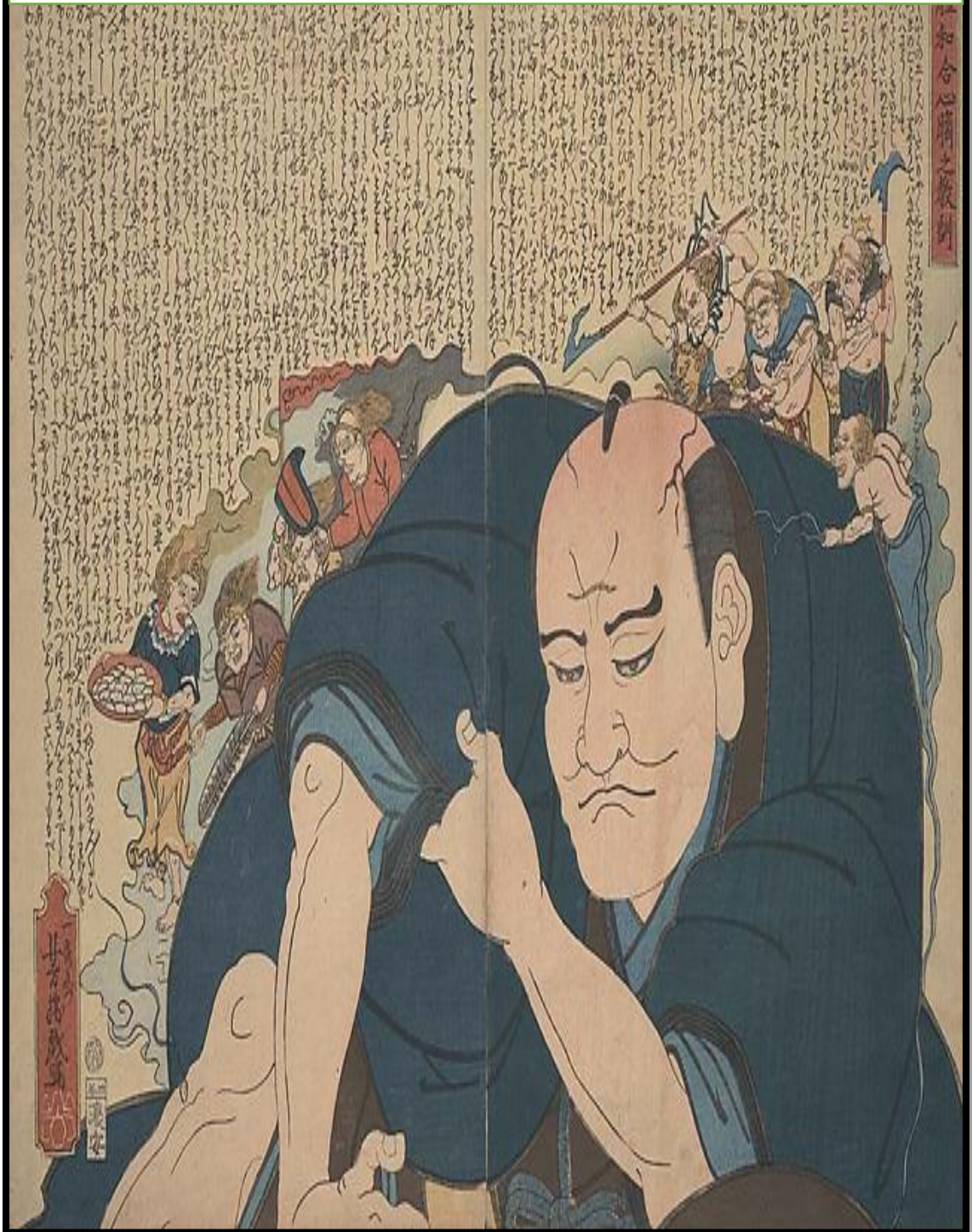




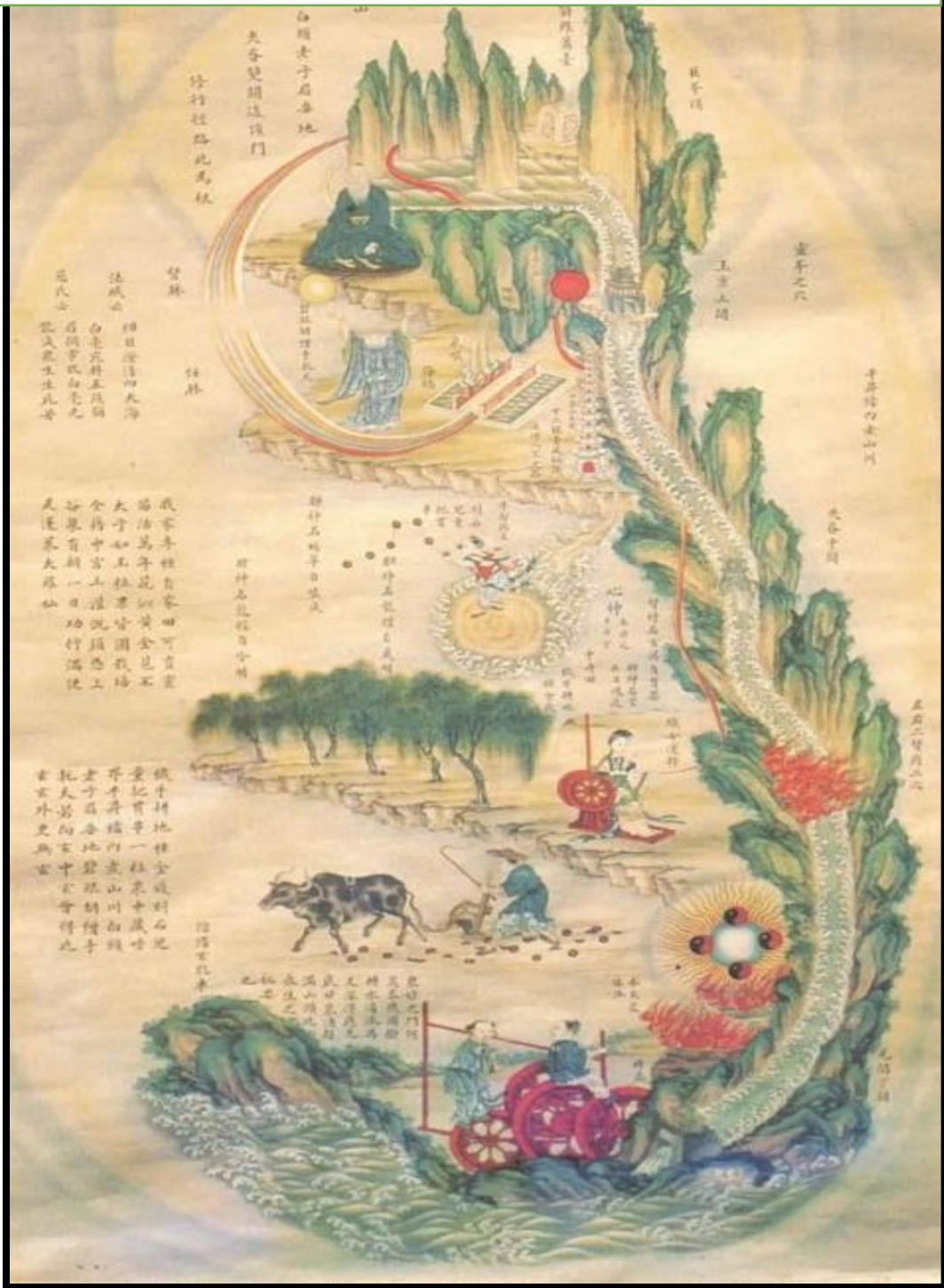
KUNISADA RULES OF DIETARY LIFE



Teaching of harmonious body and mind



Correspondences within the body to elements, seasons, colors and related



Saruma. Travelled from India to China to Japan. Was the founder of Zen



Tongue Diagnosis



YANG channel. Du and
Bladder meridians

八壽

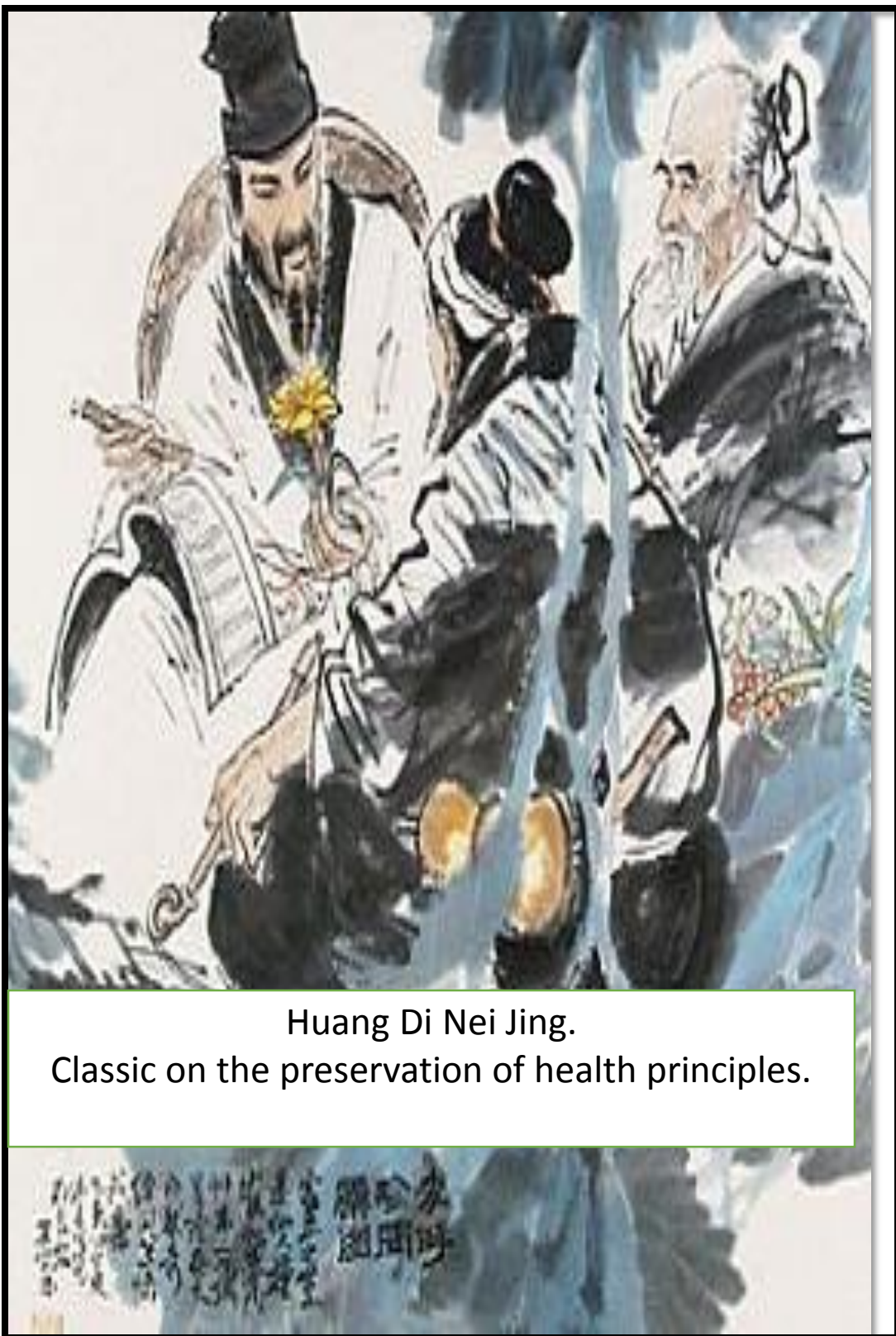
不是玄門消息深

時時既灌常教玉
樹氣回根
日日栽培不使金
花精脫帶





Pulse diagnosis



Huang Di Nei Jing.
Classic on the preservation of health principles.



The ten realms within the body

Supernatural powers cultivation. Ancient Chinese medicine. Divination for health.



The research and skills acquisition of higher stages of healing through Shiatsu and Zen energetic practices borders transcendental awareness and elevated human consciousness, divination and mysticism. This may take years of devoted practice and meditation as per the scriptures. It essentially requires a trained Zen master.

The ancient practices of China are based on the path to longevity and even immortality, inherent in the body and its scope for transcending boundaries. Shiatsu practices supported monks and Samurai on the Zen path to realization.

Balance on the physical level is an elementary level. The wonder of Shiatsu therapy may be discovered further through research, practice and understanding.

1 . PHILOSOPHY AND PRINCIPLES OF MERIDIAN SHIATSU

Shiatsu refers generally to a Japanese pressure therapy used to relieve a variety of problems including back pain, neck and shoulder problems, stress, insomnia, digestive problems, and fatigue. It is based on traditional Chinese medicine techniques, particularly massage therapy that has been recommended since ancient times, with certain Japanese innovations. Shiatsu acquired its name with the publication of Tenpaku Tamai's book *Shiatsu Ho* (Shiatsu Method) in 1919. As a technique separate from other manual therapies, such as Anma (which had been developed in Japan during the 17th century), Shiatsu was officially recognized by the Japanese government with a series of laws passed during the period 1955-1964. Its recognition and spread resulted mainly from the efforts of Tokujiro Namikoshi, the founder of modern shiatsu

Zen is one of the sects of Buddhism; it involves training the mind through meditation. The fundamental purpose of Zen is to achieve total enlightenment through the discovery of one's basic nature. Its principles and approaches can be applied to numerous human endeavors. Many aspects of Japanese culture have been influenced by Zen, including archery, aikido, judo and other martial arts, gardening and architecture, tea ceremony, calligraphy, and haiku (Japanese poetry). In this case, it is applied to massage therapy.

Zen Shiatsu was established by a Shizuto Masunaga , who was born into a family of Shiatsu practitioners. After studying psychology, he decided to pursue shiatsu as well. While reading the classic medical texts, he investigated the practical clinical aspects of shiatsu. Masunaga became a professor of psychology at Tokyo University and, at the same time, he taught psychology at the Japan Shiatsu School.

Zen Shiatsu is a form of bodywork administered by thumbs, fingers, palms and elbows, feet and knees. It depends for its success on a meditative activity of the practitioner, aimed especially at detecting the body responses to the treatment, which influences the subsequent treatment step by step. Pressure is applied to all parts of the body along specific pathways (meridians). These are essentially the same meridians that are used in traditional Chinese medicine for acupuncture, though modified and extended by Masunaga (so they are sometimes called Masunaga Meridians; It is understood that this technique stimulates the natural healing powers of the body, wherefore symptoms of disease lessen and vitality is regained.



Masunaga.
Founder of Shiatsu



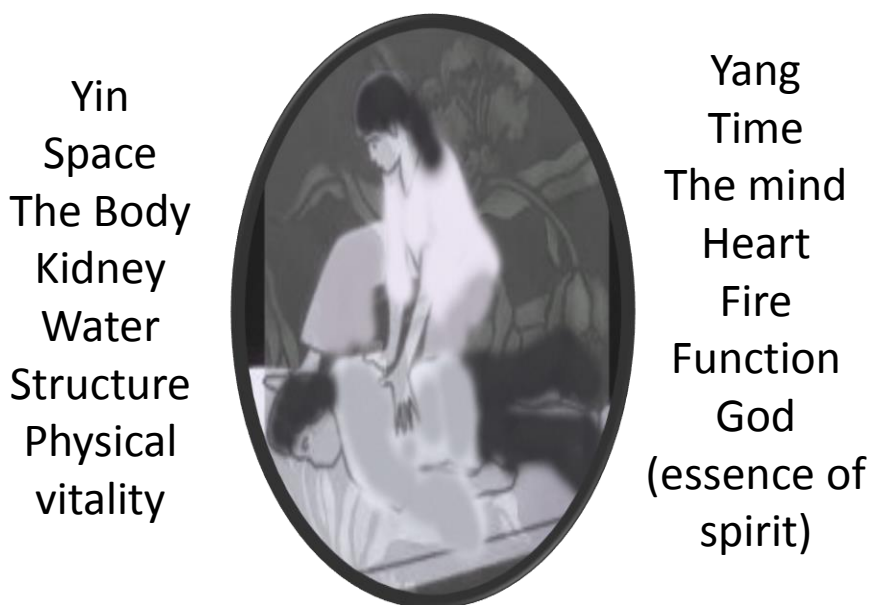
禪



CALMING, REFLECTING,
BALANCING

2. SHIATSU. THE PRESSURE AND THE POINT

‘Shi’ means the application of finger, and ‘atsu’ means pressure. When managed in the therapeutic tradition, it re-conditions the musculoskeletal framework of the body, and reflexes to internal organ or nervous system disorders, mental, emotional or energetic imbalances.



Shiatsu healing forms initially were developed as forms of self-healing. ‘Physicians heal thyself’ becomes a mandatory paradigm for those who seek to help others. Therapists must restore and maintain the balance of KI in oneself as a necessary precondition to healing others. This restoration may take an endless number of forms, as self-massage, breathing techniques, meditation, exercise, prayers and development of internal healing energy.

3. INTERRELATED. ORGANS, ELEMENTS AND SENSES.

The philosophy of shiatsu stems from Traditional Chinese medicine which is charted below

	Wood	Fire	Earth	Metal	Water
Zang or Yin Organ	Liver	Heart Pericardium	Spleen	Lung	Kidney
Fu or Yang Organ	Gall Bladder	Small Intestine. Triple heater.	Stomach	Large Intestine	Bladder
Tissues	Tendons, Nails, muscles	Tendons, muscles	Flesh, connective tissue	Skin, body, hair	Bone. Hair, Marrow
Liquid Emitted	Tear	Sweat	Saliva	Phlegm	Urine
Sense Commanded	Sight, eyes	Speech Tongue	Taste, lips	Smell , nose	Hearing
Body Smell	Oily, rancid	Roasted, scorched	Fragrant, Baking	Rotten. Raw fish	Putrid, decaying
Motion	Clenched fists	Suffering	Hiccup, stuttering	Cough	Tremble. Stress
Sound of Voice	Shout	Laugh, weep	Sing, groan	Complain	Snore
Time of day	Morning	Noon	Late afternoon	Evening	Night
Direction	East	South	Center	West	North
Activity	Birth	Extension	Transform	Reap	Store

4. BALANCE FOR HEALTH

Relationships with tissues

There are energetic/functional relationships between organs and their corresponding tissue, therefore the health of tissues can be seen through the health of the corresponding.

Heart controls blood vessels and shows its health on the facial complexion

Liver controls the sinews (tendons) and shows its health on the nails

Lungs control the skin and show their health on the body hair

Spleen controls the muscles and shows its health on the lips

Kidneys control the bones and show their health on the hair on the head

Relationships to the sensory organs

The health and wellness of sensory organs rely on the care and nourishment of its corresponding Heart controls the tongue and taste

Liver controls the eyes and sight

Lungs control the nose and smell

Spleen controls the mouth and taste

Kidneys control the ears and hearing

Relationships with the emotions

Qi, the basis for all physiological activities of the body is also responsible for the emotional processes. This concept of emotions directly linked to functioning as an integral whole is of utmost importance to Traditional Chinese medical theory. The health of the organs will effect the emotions, and the emotions will effect the health of the organs when they are excessive and occurs for long periods of time. Treatment of organs therefore can help emotional health, and the treatment of emotions can improve the health of internal organs.

Heart relates to joy

Liver relates to anger

Lungs relate to sadness & worry

Spleen relates to thinking and worry

Kidneys relate to fear

Relationships to climate and environment

Different climactic factors effect different organ function. Excessive weather conditions for prolonged periods of time can adversely effect internal organ processes.

Heart is effected by heat

Liver is effected by wind

Lungs are effected by dryness

Spleen is effected by dampness

Kidneys are effected by cold





5. THE ESSENCE OF SHIATSU

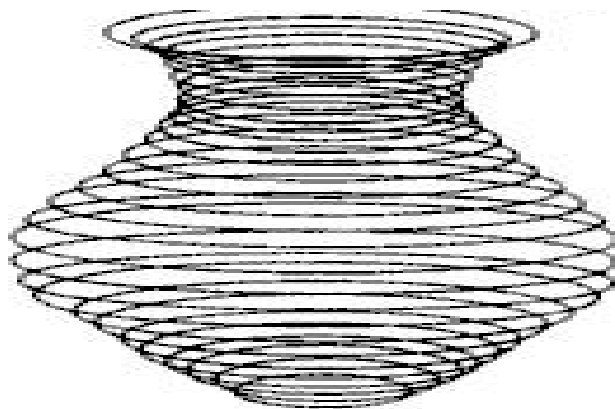
The essence of a shiatsu session is to help the persons Ki re-establish strength and a more harmonious free flowing state through the skilled and aware application of physical contact to the body surface, thus bringing all aspects of the body/mind into greater harmony

TSUBOS (Pressure Points)

At specific locations along the KI channels, there are 'gateways' or cavities where ki can open up on the surface. These gateways are known in Shiatsu as tsubos, and are points where Ki can:

- 1) Access the channel from outside the body
- 2) Leave the channel to connect with external energetics
- 3) Express disorders through pain or surface symptoms in the mind-body balance, and manage restoration through external support as pressure, needle, moxa or laser light.

Occasionally the therapist may notice resistance or barriers around the tsubo. Even when deficient in Ki. This is a physiological defence mechanism to protect a vulnerable tsubo. Therefore the tsubo is never forced and the Hara must be assessed or corrected before meridian massage is performed.



THE TSUBO VORTEX

The Ki matrix of the bodymind, which is made up of the Ki channels instructively strives for balance. It wants a smooth flow of Ki and a trouble free existence.

Desires, work and lifestyle work against the normal balance in Ki. Yet Ki operates to seek its own balance and comfort level. When situations are extreme and disorder is perpetuated, Shiatsu can restore balance to the energetics. The points condition the mindset, the desires and outward flow into a calm internalized medium for rest and recovery. The assessment of energetics on Kyo or jitsu state has to be performed and techniques applied to restore the medium.

6. KI AND THE THERAPISTS INNER SPACE

According to the Gaia hypothesis, earth and life (all life, not only human life) form a single, connected, self-regulating unit. The connector is what is called **ki** in Japanese. The constant, universal movement of **ki** affects and unites all organic existence. In other words, at the deepest level of existence, heart, mind, body, and matter are one.

Therapy is based on the therapists attainment of the KI WORLD. The transfer of Ki from the naval, with therapeutic intention, can be mastered early in practise. However the higher stages of healing involve meditation and detachment with compassion.



Witnessing the Ki of the patient, and applying corrective measures, begins with the textbook, but may emerge in stages as a transcendental and internal process for the therapist, which includes his own overcoming duality and his subsequent existential merging with the universal flux.

7. THE HARA AND ITS ENERGETICS FROM THE CLASSICS

The Yellow Emperor asked “ The pulse can be normal, yet sometimes people die, why is this?”

Qi Bo answered, “Each of the twelve meridians has a relationship to the source of the vital energies (the living qi). The source of the vital energies is the root origin of the twelve meridians, it is the moving qi between the kidneys. This means that the source of the vital energies is fundamental to the five yin and six yang organs, the root of the twelve meridians, the gate of breathing. It is the source of the tripple warmer. Another name for it is the Shen which protects against evil; therefore qi is the root of the person. This is why if the root is dying, the stems and branches (meridians and organs) will be drying, yet appear normal. The vital qi is dying on the inside, but it is still there on the outside.”(nj 8(1):11)

Here the source of the body’s qi or energies is described as being in the area of the “moving qi between the kidneys,” which is located in the abdomen. The idea of source is not only philosophical, the relationship to the meridians is direct, the moving qi is their origin. If the source is drying up, like the source of streams or rivers, there may be a flow in the branches, but it will soon end. Thus, the abdomen is more than the physical center, the cavity in which the organs reside. It is the residence of the source of the body’s energies, the energetic center from which life springs. Understanding this, understanding the condition of the center, is central to promoting the wellbeing of the person. Even the pulse and its indications are ‘downstream’ from the hara. Thus, diagnosing and treating the hara is central to the practise of Oriental medicine.

Hara diagnosis



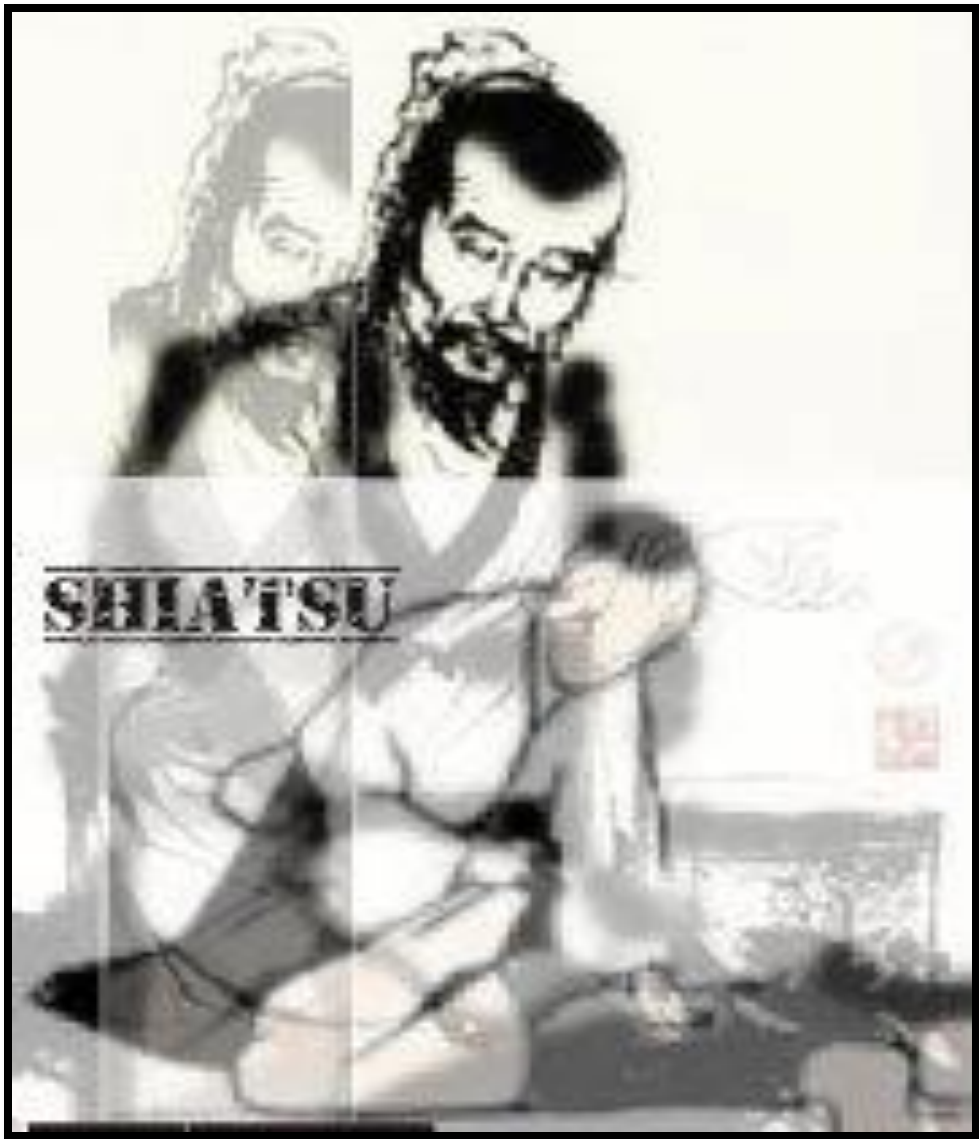
Traveling or Reactive Sensations:

Sometimes when palpating a particular area there is a sensation or reaction that seems to travel to certain areas of the abdomen. These can occur anywhere in the body, including the extremities. The most significant of these may radiate areas of the body where the patient has problems. Check associated organs or meridians that may be involved. Sometimes pressure on a particular area of the abdomen will eliminate a pain occurring elsewhere. For instance pressure on the abdomen can cause or relieve corresponding back pains. Other areas near the liver or stomach may relieve a headache.



“ The heart is the monarch of the organs.... Therefore, grief and melancholy also disturb the heart, and a disturbance of the heart leads to the affection of the organs.”

Clinically, the pathological changes of internal organs caused by the seven emotional factors are mostly seen in the liver, heart, and spleen.



TCM CLINICAL METHODOLOGY

There are four types of examination to diagnose and illness. 1) Observation of complexion, tongue, facial expression, gait

2) Listening to voice and respiration

3) Questioning orally and

4) Palpation or touch for determining quality of pulse and condition of energetic imbalance



INTAKE > TREATMENT

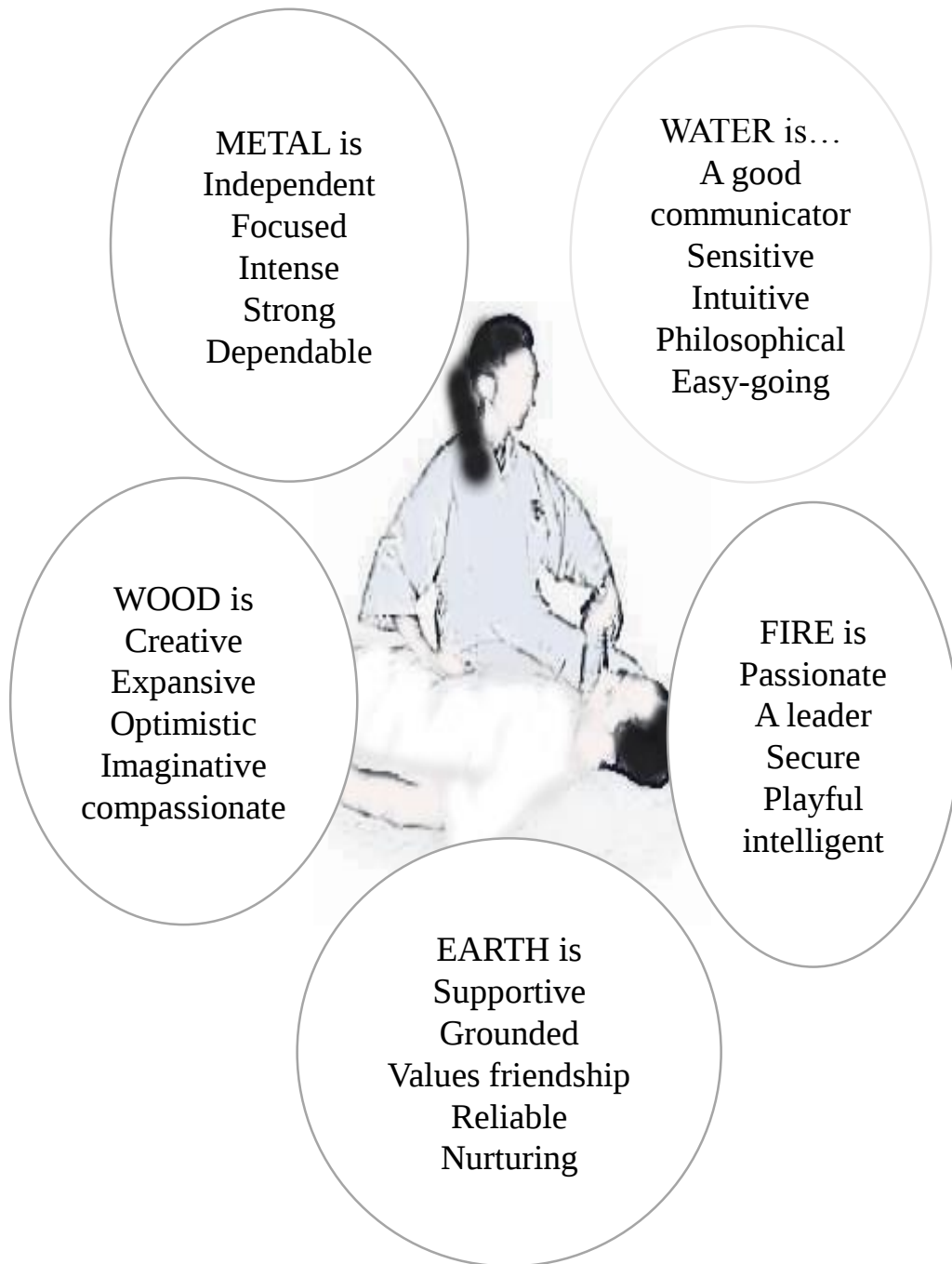
Differential diagnosis

Four methods > treatment strategy

Signs and symptoms

Chief complaint > therapeutic prescription

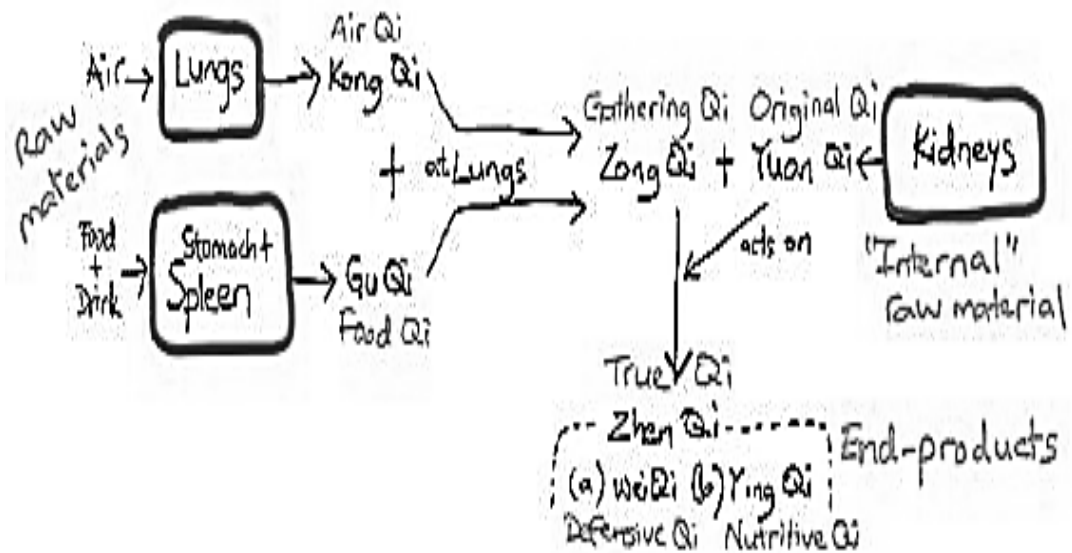
FIVE ELEMENT PERSONALITY TYPES





19. ENERGETICS

QI SYNTHESIS FLOWCHART



from centerfortruehealing.xod.ca



GU QI derived from food and sustains. (Spleen qi)

KONG QI derived from air we breathe. (Lung Qi)

ZONG QI derived from the gathering of Gu and Kong qi in the chest, acted on by original qi – yuan- to form

YING QI(nutritive qi)

Zheng Qi (true Qi)

Wei Qi (Defensive Qi)

CORRECTING TECHNIQUE

Correcting technique is used after pressing techniques to align joints, vertebra and postural defects gently. The therapist can position the client so as to increase stretch or spinal rotation manually, or perform traction.

The therapist must be sure of the technique as soft tissue can be damaged when treatment technique is incorrect

The therapist must ensure his own posture is balanced and he is fit to manage manipulations



BOWING . ETIQUETTE

Bowing is a cultural and spiritual gesture amongst Eastern people to show respect.

“The divine in me acknowledges the divine in you.”

It is also obeisance, and a humility before the cosmic intelligence that prays for good outcome and no error. It asks for the task to be performed in mutual goodwill with the harnessing of the zen spirit of the universe.



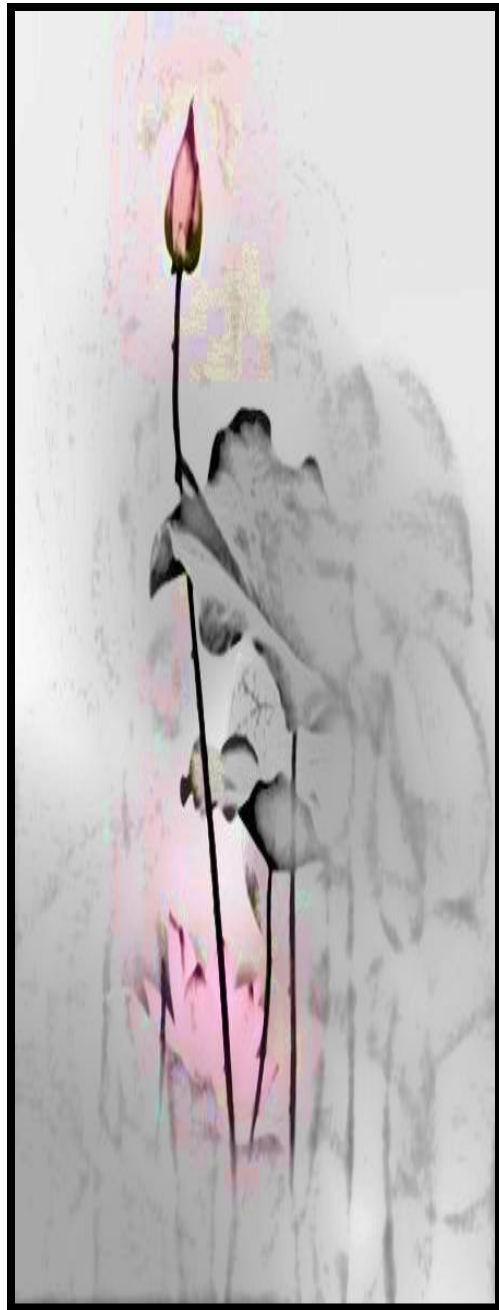
•5-ELEMENT SHIATSU:

Level One

Basic Protocol

Suitable for standardized
spa practise with less
diagnostics.

- KI 1 – Ground [S/T]
- Massage Channel(tonify)
- Nerve Stroke Channel
(soothe)
- Energy Sweep Channel
(stimulate)
- KI1 – Ground [S/T]



Level Two Intermediate Protocol

KI1 – Ground [S/T]
Massage Channel
Massage Organs
Contact Point(s)(tsubos)
Nerve Stroke Channel
Energy Sweep Channel
Contact Organ to Channel
(hara organ points and
channel arising
from them)
KI1 – Ground [S/T]
•ST36 - [S/R/T]



Level Three . Advanced Protocol

Opening Sequence

- KI1 – Ground [S/T]
- , Hara Assessment
- Skin Detox
- Opening Wind Gates

Treatment Sequence

- KI1 – Ground [S/T]
- Contact Organ to Channel
- Blood Cleansing
- Massage Channel
- Massage Organs
- Contact Point(s)
- Contact Organ to Channel
- Nerve Stroke Channel
- Energy Sweep Channel
- Contact Organ to Channel

Closing Sequence

- Cradle Contact
- Contact Organ to Channel
- KI1 – Ground [S/T]



33. CONTRAINDICATIONS

Virals and fevers
burns

Fractures
varicose veins

Heart conditions
pregnancy

Kidney failure

Bacterial infections

Touch phobia

Cancer

Internal bleeding

Osteoporosis

Contagious diseases



34. CLIENT CONSULTATION



· Biological phenomena

· Emotional phenomena

· Psychological phenomena

· Social phenomena

· Spiritual phenomena

· Test or examination results

· Sensations

· Onset

· Duration

· Location

· Causation

· Direction of chief complaint

· Ameliorating and aggravating factors

· Symptom qualities (intensity, severity, nature of complaint)

· Non-verbal signs and symptoms

· Functional and pathological disturbances

· Patterns of disharmony

Voice must be adequately confidential
Listening (a weak voice shows deficient ki, and a strong one shows excess. Bad communication is related to liver or heart)

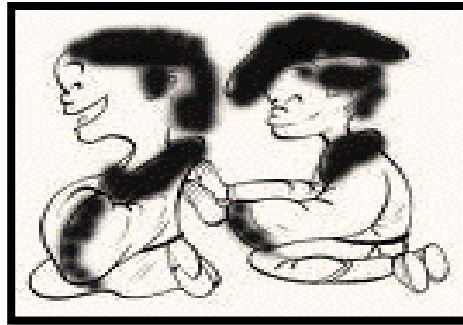
Client records(previous and existing medical records,

questionnaire on 5 element related symptoms)

Physical examination(Examine the Hara, the skin,the hair, the muscle condition,the posture, the eye)

Observing (any symptoms, emotions, lifestyle, etc)

SHIATSU SAMPLE INTAKE FORM, SOAP AND INFORMED CONSENT



FOLLOW ZEN IN YOUR DAILY PRACTISE.
MASTER THE ART OF THERAPY



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*SHIATSU AND THE MODERN SPACE
SPA/SALON/MASSAGE AND HEALTHCARE
CENTERS.
A GLOBAL STANDARD IN WELLNESS AND
DESIGN
Dedicated to the spirit of Zen*



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