

## Do It Yourself Shiatsu How To Perform The Ancient Japanese Art Of Acupressure

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### Do It Yourself Shiatsu How

In Do-It-Yourself Shiatsu, Ohashi, one of the most knowledgeable and well-known U.S.-based shiatsu experts, offers step-by-step instruction on how to perform shiatsu at home. Ohashi, who has taught and practiced shiatsu for more than thirty years, focuses on common ailments faced here in the West.

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Do-It-Yourself Shiatsu: How to Perform the Ancient Japanese Art of Acupuncture Without Needles [Ohashi, Wataru, Lindner, Vicki] on Amazon.com. \*FREE\* shipping on qualifying offers. Do-It-Yourself Shiatsu: How to Perform the Ancient Japanese Art of Acupuncture Without Needles

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Do-It-Yourself Shiatsu: How to Perform the Ancient Japanese Art of Acupressure (Compass) by Wataru Ohashi (2001-07-01) on Amazon.com. \*FREE\* shipping on qualifying offers. New copy. Fast shipping. Will be shipped from US.

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### Do-It-yourself Shiatsu - Demo with Ori Flomin - YouTube

1. Place your hands below the edge of your rib cage. Apply moderate pressure for three seconds.

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Rest. 2. Move your hands in a straight line downward half way between the previous pressure point and the waist. Repeat using... 3. Move down to the point located at the midpoint between the waist and ...

### **Relieving shiatsu - Pressure points, Do-it-yourself ...**

Zen Shiatsu can increase body strength, flexibility, energy flow, immune function, and overall body/mind/spirit balance, in yourself and in those you share it with. To Register: If you are not ready to pay, you can still add your name to the interest list.

### **Do-It-Yourself Shiatsu - Zen Shiatsu Chicago**

One of the healing arts I did not know anything about was the Japanese art of Shiatsu. I saw this 144 page soft cover book (Do-It-Yourself Shiatsu: How to perform the ancient Japanese art of acupressure by Ohashi: founder of the Ohashi Institute, edited by Vicki Lindner) on Amazon for a bargain price and purchased it.

### **Amazon.com: Customer reviews: Do-It-Yourself Shiatsu: How ...**

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### **Do-It-Yourself Shiatsu: How to Preform the Ancient ...**

Do-it-yourself shiatsu : how to perform the ancient Japanese art of "acupuncture without needles" Author: Wataru Ohashi: Publisher: New York : Dutton, ©1976. Edition/Format: Print book: English : 1st edView all editions and formats: Rating: (not yet rated) 0 with reviews - Be the first. Subjects: Acupressure. Massage.

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