

## What Is Shiatsu?

Shiatsu (Meaning “finger pressure” in Japanese.) is an application of Traditional Chinese Medicine and evolves from a culture of holistic Japanese Bodywork. Shiatsu uses hand pressure and body manipulation techniques to restore, maintain and perpetuate the body’s natural energetic balance. Shiatsu offers clients a healing therapy that is both relaxing and medically therapeutic.

## What To Expect

A typical Shiatsu treatment is performed fully clothed on a comfortable floor mat. The start of every Shiatsu treatment involves a verbal and physical assessment followed by an energetic assessment (light abdominal palpation). Based on this assessment, meridian (energy channel) palpation and body manipulation techniques are applied in both the supine (face up) and prone (face down) postures. Each treatment takes about an hour. Please wear loose natural fiber clothing.

## Location

The Sachem Shiatsu office is located in The Fitness Edge building in Meredith NH, near the traffic circle, at the end of Parade Road.

## Hours

Hours are by appointment only. Please call 603-524-4780 or email [senseimrgj@gmail.com](mailto:senseimrgj@gmail.com) for more information.

## Pricing

Each treatment is only \$20.

## Practitioner

Sensei Russell Jones, a graduate of the Charles River School of Shiatsu in Cambridge MA, is certified by the National Certification Commission for Acupuncture and Oriental Medicine and is a licensed Asian Bodywork Therapist in the State of New Hampshire. Sensei Jones also teaches Karate, Tai Chi, Women's Self Defense and personal fitness training.

## Shiatsu Benefits

- \* **Stress Relief**
- \* **Pain Relief**
- \* **Increased Energy**
- \* **Improved Digestion**
- \* **Increased Flexibility**



## Sachem Shiatsu



A balanced approach to health through traditional Japanese bodywork



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