

FEEL GOOD

NEWS
with

OLIVIATSU



Issue Number 12, Apr/May 2002

Shiatsu Treatment Positions

Shiatsu makes use of four treatment positions—prone (face down), supine (face up), side and sitting.

The prone position is one in which the receiver feels less exposed, so they can relax. It is the best position for deep, penetrative work on the back pathways (meridians) and points.

The supine position is restful for the receiver, and is extremely versatile because the limbs can be rotated and moved into many positions allowing almost every meridian to be treated. It is also the easiest position in which to perform stretches and rotations.

The side position is the most comfortable for the receiver, especially if he/she has neck or lower back problems. It also permits deep work into the side of the hip joint.

There is great scope for work on the neck and shoulders in the seated position since arms, shoulders and head can be supported, rotated and stretched. Shiatsu in this position does not require a large treatment space and can be adapted for use in a chair.

COMMENTS/QUESTIONS

Olivia Rice
150 Kettle Court
Baltimore, Md. 21244
(410) 298-2832 (Office & Fax)
Shiatsu300@aol.com

Meridian Stretch

(Heart Constrictor/Triple Heater)
(Exercise "R" – Bear Twist)

1. Stand with your feet open slightly more than shoulder width apart, and grab the opposite shoulders with both hands.
2. Go easy as you swing and twist your whole body in the opposite direction in one big movement.
3. Twist to the point where the heel of the opposite leg begins to lift off the floor.
4. Bounce back and twist in the other direction.
5. When you have finished, lie down on the floor and relax with your lower legs resting on a chair for 10-15 minutes.

Shiatsu Touch

When you receive shiatsu, the muscles and tissues release on an emotional level—a sigh, laughter, muscle twitching or even tears.

Shiatsu also allows the body to let go of stress. In some cases, the body may be holding the memory of a trauma long forgotten. When your body finally relaxes, that memory can surface as you become more connected to being in your body.

Remember that emotional release during bodywork is not unusual, and is actually a natural and beneficial part of the cleansing, rejuvenating process of shiatsu. If the emotion continues, or it turns into depression or anxiety, you should seek help. The guidance of a counselor or psychologist can be helpful in working through the emotions.

Shiatsu is a healing touch that relaxes and releases. Welcome that release, accept it as your body's way of finding balance and leading you to a high state of health, both emotionally and physically. If you find yourself laughing or crying, you are in a true state of body-mind connection. Relax, breathe deeply and allow your body and mind to free itself of the past.

Two for One Specials

Basic

Two People
Two 1/2-hour shiatsu sessions
Price = \$75 (Save \$15)

Deluxe

Two People
Two 1/2 hour shiatsu sessions
Foot Bath
Paraffin Wax
Foot Massage
Price = \$98 (Save \$35)

Feel Good Fri. & Sat.

\$1 a min up to 15 min

Try shiatsu,
foot massage,
or Reiki.

Fridays 3-6 p.m.

Saturdays 12-6 p.m.

June 14 & 15

July 26 & 27

Aug. 23 & 24

Call now to reserve your space!

What's new? Oliviatsu: Combination Sessions - Shiatsu plus 1 or 2 other therapies!

New E-mail address: shiatsu300@aol.com