



# Feel Good News

Vol. 15 • October/November 2002

## Creating a Shiatsu Sanctuary



Shiatsu provides a sanctuary during these troubling times. Each time I have a client I prepare as though each one is coming to me for the first time. I carefully align the shoji privacy screens along the sides of the walls. Four layers of padding are piled together to create the pillow-soft, futon surface that is covered with a clean, cotton sheet and paper sheet for added safety and protection. A generous, large turquoise bolster pillow comforts your knees as well as a plump, lavender pillow elevates your feet. Your head and neck are supported by a cream colored buckwheat pillow that is also covered with a paper sheet. The lighting is subdued with soft colored accent lamps carefully placed behind the screens with miniature bamboo lamps that decorate the corners of the room. In the background, soft ocean wave sounds accompany delicate, relaxing music to sooth your needs. After the design is completed, I sit and meditate for ten to 15 minutes so I can be fully present with you, and give you the care and attention you need and deserve. I take under two hours to complete the whole process. At the start of the session, you are given a silk eye pillow to ease you into the session. **(Continued below)**

## Shiatsu Sanctuary (cont.)

Then you transition to a soft, cotton eye scarf so your attention can be focused on your feelings throughout the session.

At the conclusion of the treatment, I delicately ring Tibetan chimes three times to signal the close of our time together.

Learn or re-learn how it feels to relax, feel comfortable, and be stress-free.

## Open House Successful

The open house celebration evolved into a hands-on health party. Outside, everyone was welcomed by the warmly decorated patio garden with its flowing water fountain and miniature clay animals hiding in the garden. Inside, guests were greeted by a meditation fountain, relaxation music, and ocean wave sounds. Everyone enjoyed the back massage using the Nikken rollout wand and magnet mattress pad in addition to the seated shiatsu session. Several Nikken wellness products were on display to examine. The delicious food included a lite fare of meats and cheeses, and everyone enjoyed the conversation, camaraderie and cookies. The whole experience was more than anyone expected, especially when Dr. Li and his wife Mary presented me with an exquisite candle and mirror tray. Thank you all for sharing your time, and making my first open house a memorable one.

## Meridian Stretch (Conception Vessel)

(Exercise "P" - Belly Drop)

1. The starting position is a push-up, but the hips are raised a little so the body is slightly bent.
2. Exhale and slowly drop your belly or lower abdomen down to the floor, keeping your arms straight and relax the rest of your body all at once.
3. Tilt your head back and feel the tension in the center line of your body as you inhale.
4. Exhale slowly and fully as you relax, and imagine that your belly is sinking into the floor as you draw your head back.

## Nikken CardioStrides

CardioStrides help you lead a balanced, healthy life every day. You don't have to set aside time to work out. Simply wear them during your usual daily chores. The properly designed, three-pound weighted soles amplify the results of normal activity, and without even noticing it, you're burning calories. These shoes are a good investment since they last about two years in comparison to other tennis shoes. CardioStrides are especially well suited for use in the home -- it could be winter weather, or maybe just the demands of being a homemaker -- simply keep the CardioStrides on your feet as you go about your daily activities. Exercising has never been so easy!

[www.5pillars.com/820152300](http://www.5pillars.com/820152300)

 **Shiatsu: Swedish massage, Thai yoga massage, Reiki and Shiatsu with Olivia**

Olivia Rice  
150 Kettle Court  
Baltimore, Md. 21244

[shiatsu300@aol.com](mailto:shiatsu300@aol.com)

**410-298-2832 Call now!**



## Open House Special! \$25 Reward!

Purchase a \$25 Reward certificate to give as a gift toward the full price of any service, and recipient pays the balance.

**Sign up for free newsletter!**