

## Information for Organisations

I offer a reduced rate for organisations who may wish to offer shiatsu treatments to staff or clients. Examples of where this may be appropriate include:

- **Relaxation days for staff**
- **Treatments for clients and service users**
- **Mini treatments at AGM's or other celebrations**
- **School fundraising events/pamper evenings**
- **One off events or regular on-going sessions**
- **Short 'taster' treatments to full 1 hour appointments**

I have nearly a decade of experience in working for the voluntary sector as a support worker, working with a wide range of clients from disadvantaged groups.

I also have experience of providing shiatsu treatments within organisations including working with people affected by drug and alcohol issues, those living with HIV and mothers affected by post natal illness.

I can visit you and your clients at your office or place of work, or you can refer clients to visit me at my home practice in St George. I currently do not offer private home visits to individuals.

For your reassurance I am:

- **Qualified shiatsu practitioner**
- **MRSS – registered member of the Shiatsu Society**
- **Fully insured**
- **Up to date CRB check**
- **Experienced in working with vulnerable adults**

## About me

I qualified from my 3 year diploma training at the Bristol School of Shiatsu in 2006 and I am a registered member of the Shiatsu Society (MRSS).

As well as running a private practice I also have worked specifically treating people living with HIV and those in recovery from drug and alcohol dependency. I continue to study shiatsu at a post graduate level and currently training as a shiatsu teacher.

I recently completed a degree in Drawing and Applied Arts and am now studying for an MA in printmaking. I also run art workshops for voluntary groups and hold exhibitions in Bristol.

Please contact me if you require further information on Shiatsu or my art practice.



Concessionary rates available for those living on a low income, full-time students and shiatsu students, or when booking through and organisation.

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BA. DS. MRSS

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# Shiatsu

B O D Y W O R K

For Health, Well-being  
and Relaxation

## What is Shiatsu?

Shiatsu is a form of Japanese bodywork. Through working with the body's energy or 'Ki', Shiatsu aims to restore the natural balance and flow of this energy, bringing about deep relaxation, easing tension and stiffness.



Shiatsu can also help the receiver to deal with emotional problems: by helping the body to relax and reduce stress, the receiver becomes grounded, present, and more able to cope with underlying issues.



## What are the benefits?

Shiatsu can benefit symptoms such as:

- Physical pain or stiffness
- Digestive problems
- Headaches
- Tiredness, lethargy or low energy
- Anxiety or depression
- Stress
- General poor health

Shiatsu can facilitate healing and transformation and can complement traditional talking therapies such as counselling or psychotherapy.

Many people find shiatsu has helped them to get in touch with themselves and work through emotional difficulties or adjust to lifestyle changes, including:

- Bereavement or relationship breakdown
- Coping with long term and chronic illness
- Recovery from drug and alcohol dependency
- Low self esteem, eating disorders and self harm
- Feeling dissatisfied with life and wishing to make changes
- Shock and trauma



## What to expect from a treatment

Shiatsu treatments are received fully clothed, usually lying on a futon. Pressure is applied to the meridians (energy pathways) and the practitioner will usually use a combination of stretches, massage, pressure points and gentle holding.

Treatments are tailored to the individual and will be different for each client and each session. The depth of pressure used can be adjusted according to the needs of the client, this is particularly important when treating someone who is very unwell or exhausted.



Sessions last for about an hour, this will include some time for discussion but will be mainly focused on working with the body. When coming for a treatment it is advisable for clients to wear loose, comfortable clothing, to allow for movement, and bring socks and a sweater for warmth.

One-off sessions or a course of treatment is available.

My Shiatsu practice is based in the Whitehall area of Bristol, in a peaceful location over-looking St George's Park. There is plenty of parking available and I can also be reached by two major bus routes: Number 6 or 7 to Whitehall Road; and 41 or 43 to Church Road.