

About Me

My name is Rosie Freeman. I qualified from my 3 year training at The Bristol School of Shiatsu in September 2006 and worked as a student practitioner since 2004. I have been a member of the Shiatsu society since 2003.



For over 5 years I have worked as a support worker, supporting clients on a one to-one basis through times of crisis, providing practical and emotional support. I have particular experience in working with people living with long-term health problems, depression and dependency issues.



My Shiatsu practice is based in the Whitehall area of Bristol, in a peaceful location overlooking St George's Park.

Please contact me if you require further information on Shiatsu or if you would like to book a treatment.

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Shiatsu

B O D Y W O R K

What is Shiatsu?

Shiatsu is a form of Japanese bodywork with roots in Traditional Chinese Medicine and Western anatomy and physiology.

Through working with the body's energy or 'Ki', Shiatsu aims to restore the balance and natural flow of this energy within the body to bring about deep relaxation, ease tension and stiffness and improve general health and well being.

Shiatsu is a holistic therapy, treating mind, body and spirit. Shiatsu creates a quiet time and space for the receiver in which transformation and healing can occur.



What are its benefits?

Shiatsu can be used to treat symptoms such as:

- Stress
- Back pain
- Headaches and migraine
- Menstrual problems
- Digestive problems
- Repetitive strain injuries
- Joint pain
- Depression
- General stiffness
- Lack of energy
- General poor health

As Shiatsu is a holistic therapy, treatment also offers a safe space to explore your emotions and can help you address 'negative' feelings such as depression, frustration, lack of direction, fear, low self esteem, anxiety, anger, grief and feelings of general dissatisfaction.



What happens during treatment?

Treatments are received fully clothed, usually while lying or sitting on a futon. Pressure is applied to 'meridians' or 'energy lines' on the body through a variety of techniques that include: stretching, holding and massage, by using a combination of hands, fingers, elbows, knees and feet. The practitioner will also use thumb pressure on 'pressure points' or 'tsubo's'. These are the same points that are used in Acupuncture and Acupressure.

Although benefit can be gained from a single treatment, a course of around 6 treatment sessions is usually recommended to receive the maximum benefit. Sometimes, there may be deep rooted underlying causes for symptoms, which may not always be apparent during the first session.

Sessions last about an hour including a consultation and time to discuss any symptoms or issues. Receivers should wear loose, long-sleeved, comfortable clothes with clean socks for your treatment. No oils are used.

