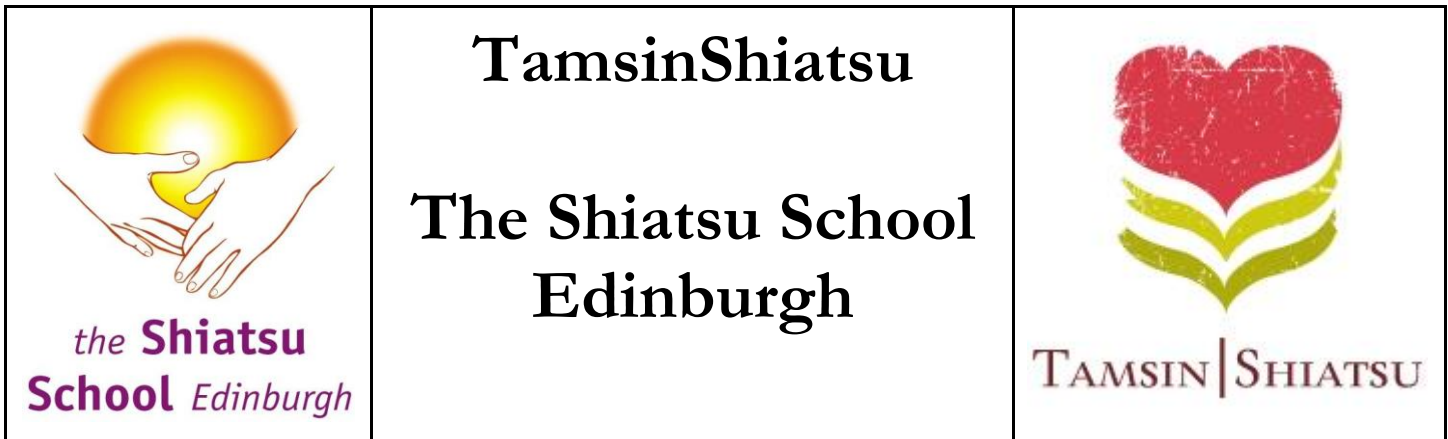


Newsletter 5 – Winter/Spring 2014



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Postgraduate CPD Course; Intro Day for beginners; Seated Shiatsu Clinic; Chi Gung mornings; practice classes; **NEW! Shiatsu &... evenings**

Chi Gung mornings with Peter Browne Sat 22nd and Sun 23rd February, 10.30am-12.30pm at the Healthy Life Centre, Bread Street, Edinburgh. See below for more info.

<p style="text-align: center;"><u>Post Graduate CPD Course</u></p> <p>The Heart-Uterus channel with Tamsin Grainger MRSS T Sunday 16th February, 10.30am - 4.30pm. £60 (£50 Shiatsu School Edinburgh assistants and graduates)</p> <p style="text-align: center;">Please book in advance</p>	<p style="text-align: center;"><u>Shiatsu Introductory Day</u></p> <p style="text-align: center;">For beginners March 23rd, 10am – 5pm £55 (£100 for 2 people).</p> <p style="text-align: center;">‘It was very well presented and comprehensive.’ Adrian</p> <p style="text-align: center;">Please book in advance</p>	<p style="text-align: center;"><u>Seated Shiatsu Clinic</u></p> <p style="text-align: center;">Sunday 6th April students (will be supervised) and professional. Half hour appointments 10am - 3.30pm. £10 (students) £20 (professional).</p> <p style="text-align: center;">Please tell your friends</p>
<p style="text-align: center;"><u>Practice Classes</u></p> <p>For students, graduates and professional Shiatsu practitioners to meet and practice Shiatsu.</p>	<p style="text-align: center;"><u>Practice Classes for those who have attended an Introductory Day</u></p> <p style="text-align: center;">12th February, 12th March, 9th</p>	<p style="text-align: center;"><u>Shiatsu &.... evenings</u></p> <p>Friday 24th January and Saturday 22nd Feb Shiatsu: Multiple Sclerosis with Tamsin Grainger;</p>

<p>Wednesdays 29th January; 26th February; 26th March at EGI, 51 Lothian Road. 1-2.15pm £5.</p> <p>No warm-up, shared Shiatsu with MRSS T helping.</p> <p>Please book in advance</p>	<p>April, 1-3.15pm at EGI, 51 Lothian Road.</p> <p>For those who want to continue learning about Shiatsu – practicing Do-in, foot and hand massage plus the prone & other routines. 4 spaces available.</p> <p>Please book in advance</p>	<p>Shiatsu and ME / Chronic Fatigue Syndrome with Lucy Trend; Friday 21st March topic tba. 6.30 coffee/tea, 6.45 Shiatsu news; 7-7.30 presentation; 7.30 chat break; 7.45-8.30 Discussion/Q&A. Optional: pub after! £6.50.</p> <p>Please book in advance</p>
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<p>Shiatsu: relaxing and invigorating at the same time</p>	<p>Tamsin Grainger MRSS (member of the registers of the Shiatsu Society and Complementary and Natural Healthcare Council): with 25 years of experience.</p>
<h1>Shiatsu sessions</h1>	<p>Gift Vouchers available (for sessions, classes and workshops)</p>
<p><u>Napiers Clinic</u> Alternate Wednesdays (2-6pm) and Thursdays (9am-1pm)</p> <p>0131 225 5542 www.napiers.net</p>	<p><u>Edinburgh Gestalt Institute</u> Monday evenings, Friday lunchtime, and other by arrangement</p> <p>0131 555 1875 07821 264 882 www.shiatsu.ryoho.co.uk</p>
<p><u>Granton (by the sea)</u> Tuesdays and Thursdays</p> <p>0131 555 1875 07821 264 882 www.shiatsu.ryoho.co.uk</p>	

More info about Chi Gung mornings:

Each morning will include different exercises culled from the schools of Chi Gung which Peter has followed, so the two sessions will complement each other, but if you can only manage to come to one morning, try to come on the Sunday, as usually there are more people registering for Saturday.

Stilling the mind as well as the body is so important in our busy lives, and these mornings will allow time for the opportunity to appreciate the stillness during each session. "Keep up the practice!" as Peter's teacher Shen Yi Ling used to say when he taught in the Salisbury Centre - in this case the practice is to observe the breath for a few minutes, then allow the consciousness to observe sensations arising and falling in the Head, Hands and Feet. This is one of the ways in which Daoists connect to Heaven and Earth, one of the goals of gathering Chi.

Taken separately, each session will cost £10; taken together they will cost £17.50. There are concessionary prices for students of the Shiatsu School and therapists at Healthy Life. Book directly with Colette on 0131 229 0724 or email: healthylifecentrescotland@gmail.com PLEASE dress comfortably in loose clothing and bring a blouse or T-shirt to change into after the session. A notebook and pens can be useful to make notes on aspects which are unfamiliar.

Shiatsu - Shiatsu is a traditional Japanese healing art. It is a preventative, complementary therapy and can help a wide range of conditions – from specific injuries and illness, to more general symptoms of poor health.

Shiatsu is a deeply relaxing experience and regular Shiatsu sessions help to prevent the build-up of stress in our daily lives.

www.shiatsu.ryoho.co.uk

Learning to give Shiatsu to others – a fulfilling and caring way to support family and friends; add to your existing complementary therapy skills; or start a new career.

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shiatsu42@gmail.com

First Aid for practitioners with Focus Training (First Aid trainers and Shiatsu practitioners): please contact Ailsing Baskill at the Healthy Life Centre 0131 229 0724.