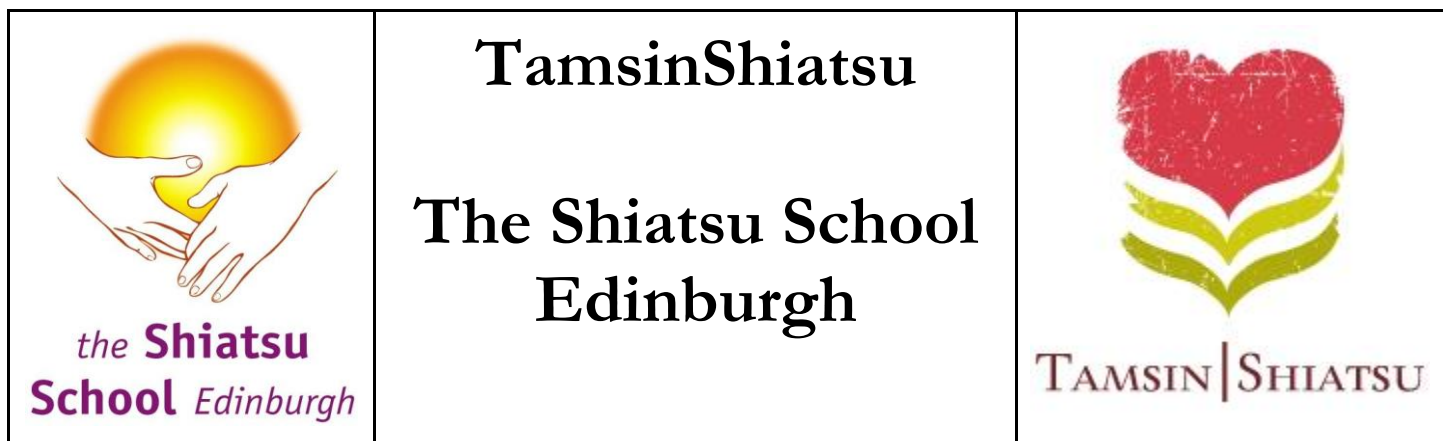


# Newsletter 3 - Summer 2013



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[www.theshiatuschooledinburgh.co.uk](http://www.theshiatuschooledinburgh.co.uk) [www.shiatsu.ryoho.co.uk](http://www.shiatsu.ryoho.co.uk)

## Table Shiatsu; Intro Day; Shiatsu courses

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| <p><u>Table Shiatsu</u><br/>Saturday 17<sup>th</sup> August<br/>10.00 - 5.30pm<br/>£55<br/>With Jane Groombridge</p> <p>Please book in advance</p> | <p><u>Shiatsu Introductory Day</u><br/>Sun 4<sup>th</sup> Aug, 10am – 5pm<br/>£55 (£100 for 2 people)<br/>Theosophical Society</p> <p>Please book in advance</p> | <p><u>Shiatsu Training</u><br/>One-year part-time and second and third year professional courses<br/>Start September 2013</p> <p>Booking now!</p> |
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**Shiatsu:** relaxing and invigorating at the same time

**Tamsin Grainger MRSS** (member of the registers of the Shiatsu Society and Complementary and Natural Healthcare Council): 25 years experience

### Shiatsu sessions

Napiers Clinic  
Alternate Weds (2-6pm) and Thurs (9am-1pm)  
0131 225 5542  
<http://www.napiers.net/our-clinics.html>

Edinburgh Gestalt Institute  
Alternate Mon eves, and other by arrangement  
0131 555 1875  
07821 264 882  
[www.shiatsu.ryoho.co.uk](http://www.shiatsu.ryoho.co.uk)

Granton (by the sea)  
Tues and Thurs day-time appointments  
0131 555 1875  
07821 264 882  
[www.shiatsu.ryoho.co.uk](http://www.shiatsu.ryoho.co.uk)

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| <p><b>Shiatsu</b> - Shiatsu is a traditional Japanese healing art. It is a preventative, complementary therapy and also can help a wide range of conditions – from specific injuries and illness, to more general symptoms of poor health.</p> <p>Shiatsu is a deeply relaxing experience and regular Shiatsu sessions help to prevent the build up of stress in our daily lives.</p> | <p><b>Learning to give Shiatsu to others</b> – a fulfilling and caring way to support family and friends; add to your existing complementary therapy skills; or start a new career</p> <p><a href="http://www.theshiatusschooledinburgh.co.uk">www.theshiatusschooledinburgh.co.uk</a></p> | <p>I apologise if you did not want to receive this. To unsubscribe from this mailing list please reply with UNSUBSCRIBE and you will not receive any further e-mails.</p> |
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