

The Ohashi Bodywork Book Beyond Shiatsu With The Ohashiatsu Method

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Also included is a pull-out booklet of meridian charts for easy reference while practicing Ohashiatsu. Visually sophisticated and elegantly designed, The Ohashi Bodywork Book will quickly become an essential refer ence work for those readers seeking serious knowledge of bodywork and massage. The Ohashi Bod ywork Book is a highly recommended addition to the reference shelf of the martial arts do jo, the massage clinic, and the massage practitioner.
-- Midwest Book Review

Ohashi Bodywork Book: Beyond Shiatsu with the Ohashiatsu(r ...

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Beyond Shiatsu: Ohashi's Bodywork Method: Ohashi, Wataru ...

Not satisfied with the restrictions of traditional shiatsu, Ohashi sensei moved beyond to develop a unique method and approach to Eastern energy acupressure. Over 20 years in the making, his Bodywork Book is a rejuvenating approach to this healing art.

Beyond Shiatsu – Ohashi's Bodywork Method

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Beyond Shiatsu: Ohashi's Bodywork Method by Ohashi

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Ohashiatsu®: Combination of shiatsu, physical exercises, and meditation developed by Japanese-born Wataru Ohashi, author of The Ohashi Bodywork Book: Beyond Shiatsu with the Ohashiatsu® Method. Ohashi founded the Ohashi Institute, in New York City, in 1974. Ohashiatsu purportedly integrates and rejuvenates body, mind, and spirit.

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He is the author of Do-It-Yourself Shiatsu; Zen Shiatsu, with Masunaga; Reading the Body: Ohashi's Book of Oriental Diagnosis; Beyond Shiatsu: Ohashi's Bodywork Method; Natural Childbirth, The Eastern Way and Touch For Love: Shiatsu for Your Baby. He has also produced 12 educational DVDs.

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