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web oct 2 2008 building upon the analyses a preliminary exploration of shiatsu practitioners perceptions of the differences of the two approaches is described this exploration used videos that showed both shiatsu and acupressure techniques and asked practitioners to comment on their perception of similarity

shiatsu therapy association of australia

what is shiatsu staa - Apr 23 2022

web shiatsu is a therapeutic form of

acupressure muscle meridian
stretching and corrective exercises
derived from japan shiatsu involves
applying pressure to the body using a
practitioner s thumbs palms elbows

knees and feet
**shiatsu complementary and
alternative therapy cancer research
uk** - Sep 28 2022
web shiatsu and cancer shiatsu is a non
invasive therapy originating from japan

it uses a combination of kneading
pressing tapping and stretching
techniques these gentle techniques aim
to reduce tension and re energise the
body