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be prepared to answer certification questions about shiatsu and develop the skills you'll need to become a successful practitioner this comprehensive easy to use textbook covers foundational information and methods followed by more complex theory and practice you'll learn how the channels meridians affect clients health how to conduct assessments how to maintain proper body mechanics during practice how to address imbalances in each of the five elements and much more workbook style exercises and questions at the end of each chapter improve your understanding and retention of the material a title in the mosby's massage career development series comprehensive textbook introduces you to all the essentials of shiatsu offering a complete background on the history of shiatsu relevant eastern philosophies and asian bodywork concepts the channels meridians and proper body mechanics a separate theory and practice section explores various assessment methods and how to evaluate assessment information techniques and positions to address imbalances in each of the five elements and advanced techniques includes all of the helpful learning features you expect from a mosby's massage career development series title such as a vibrant full color design chapter outlines and learning objectives key terms workbook sections and a companion dvd authored by a leading expert and certified practitioner with a background in shiatsu education and instruction dvd packaged with the book contains over 90 minutes of video showing specific applications and techniques performed by the author such as qigong basic shiatsu techniques jitsu and kyo basic kata including the hara techniques and a standard treatment session each video clip on the dvd is referenced in the textbook with numbered icons that direct you to particular clips on the dvd over 330 full color illustrations visually represent concepts and techniques special quote boxes interspersed throughout each chapter contain thoughts and proverbs from buddha eleanor roosevelt the dalai lama helen keller and many others

ideal for qualified massage and bodywork therapists wanting to expand their knowledge and skills this unique resource brings together the most common forms of bodywork with a focus on this important and challenging area of practice emphasizing the need for safe practice this book illustrates how massage can be safely adapted for patients and dispels some misconceptions about working with people who have cancer key topics include integrative and collaborative working the psychological aspects of bodywork therapists as teachers professionalism the control of symptoms working with vulnerability potency in practice and the skilful combination of voice and touch written by experienced therapists working in this area of practice introduces the modalities with clear explanations of their development and application to cancer care settings logical organization makes it easy to find key information quickly each section includes an overview an abstract of each chapter a summary of key issues and conclusions and recommendations for best practice focuses on specialized aspects of massage and bodywork to support safe competent and compassionate practice

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

advice for pursuing a career in massage and bodywork profiles of massage schools plus directories of associations are included

the burgeoning popularity of alternative medicine has created a growing need for professionally trained practitioners this indispensable guide for prospective students is packed with resources schools and other educational opportunities in areas from chinese medicine and massage therapy to chiropractic and applied kinesiology

this is a practical guide to integrating complementary alternative therapies into a traditional health care practice it can be used by nurses physicians mental health practitioners physical therapists any professional who wants to augment or enhance their services or simply understand what their patients may be doing on their own to help themselves the first half provides rationale and strategies for making a blend of traditional and nontraditional practices work the second half outlines actual therapies most likely to make a successful complement to traditional practice a perfect companion volume to the encyclopedia of complementary health practice

the real new york city guide provides all the essentials to living and playing in the greatest city of the world

new york magazine was born in 1968 after a run as an insert of the new york herald tribune and quickly made a place for itself as the trusted resource for readers across the country with award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating new york as both a place and an idea

the second edition of mosby s fundamentals of therapeutic massage has been updated to reflect the changes in the growing evolving field of therapeutic massage it is an interactive easy to read text that is designed for the student of massage the practitioner seeking a resource for continuing education and any health care professional with an interest in alternative therapies mosby s fundamentals of therapeutic massage second edition not only presents necessary entry level information but also lays the foundation for the massage professional to work effectively in the health care environment book jacket

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