

Table Shiatsu

Delivering Amazing Table Shiatsu Protocols



This course offers a full body blend of Shiatsu techniques designed to provide Cross Fiber Deep Tissue stimulation, Neurolymphatic Scrubbing, Neurovascular balances, and visceral manipulation. Shiatsu provides a powerful flushing of endorphins and pleasure based, pain relief hormones, following systematic pressure applied to the muscles and meridians.

These protocols profoundly relax core muscular tension targeting adhesions in the fascia and muscle fibers. The result is a deep flush of stagnant chi held within the meridians, organs and muscles. The addition of neurolymphatic scrubbing effectively clears metabolic wastes deposited at the sites of Chapman reflexes. Visceral manipulation offers a deep flushing of the liver and rhythmic stimulation of the large intestine. Neurovascular balances provide a gentle mental/emotional clearing as well. Classically Shiatsu occurs on a floor mat, however our Shiatsu protocols utilize a table. The overall effect of the protocol is deeply invigorating, energizing and satisfying.



Instructor Katie Mickey, CMT, HHP RPP, has been practicing bodywork since 1983 and teaching acupressure and shiatsu since 1989. She received her training in shiatsu through the Santa Barbara College of Oriental Medicine and the Institute for Holistic Healing. She is Director of the Body Therapy Institute and maintains a private practice.



Assistant Nell Craig, B.S., CMT, was introduced to acupressure and Chinese systems of healing eighteen years ago during her martial arts, Tai Chi and Qigong training. She has earned a second-degree black belt in Kyusho Jitsu Karate, the art of pressure point fighting. The requirements for this rank included an in depth study of TCM principles, acupressure points, related meridians, applications for healing, and restoring Qi flow in the body. A graduate and employee of SBBTI, Nell also offers Acupressure, Reflexology and Qi massage to the community.

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30 hrs w/Katie Mickey

Class: July 10- August 7 (Wed) Aug 5 (Mon) 5:30-10pm

Clinic: August 14 (Wed) 5:45-8:45pm

Reg Fee: \$42, Tuition: \$420

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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)