

Ohashiatsu[®] Beginning 1

Be natural... be reverent... be present... be continuous... use both hands. Students learn the fundamental principles of Ohashiatsu[®] as they apply to bodywork and more importantly, to every aspect of life. You'll learn how to work from Hara: your center and source of inner strength and calm. Including:

- **How to feel the life force or Ki energy flow in the body**
- **Location of the meridians along the Back, the Legs and the Arms**
- **Some of the major tsubos (acupoints)**
- **Ohashiatsu[®] movements and techniques in supine and prone position.**

As you near the end of the course, you will experience enhanced sensitivity as well as increased body awareness and grace, and by the end of the course, you will know how to give a full-body session.

Course timing: Saturday 7th – Sunday 8th & Saturday 14th – Sunday 15th May 2022

Time: Saturday 9.30am - 6.00pm Sunday 9.30am – 5.30pm

Course location: DERA HALL, Chertseydene walk, Twickenham TW2 7Q -
London.

Training by: Caterina Matteoda Certified Ohashiatsu[®] Instructor

To register use the link: <https://tinyurl.com/vrnm7wf4>

Fee: £400.00

For information: - 07384 108 411 - ohashiatuschooluk@gmail.com