

SHIATSU AND MACROBIOTICS STUDIO

by Stefan Poprawa

BASIC SHIATSU MASSAGE INSTRUCTIONS PREPARED BY STEFAN POPRAWA

PREPARATIONS

Partner should be lying comfortably on stomach, arms along the body. Make sure she is warm enough and there is enough space for your movement.

Ask the partner if she is having any health issues or pain and take it into consideration.

RELAXATION

Your hands are on a lower back of the partner and you are rocking her body gently.

THE BACK

Pushing gently with open hand

Spreading the back with both hands in all directions

Fingers along the spine, neck down

Pushing with your thumbs along the spine

Open hands again

LEGS DOWN TO THE ANKLES

First -relaxation with a fist

One hand at the back, second hand is pushing gently up to down

Same with the thumb

WARNING do not push below the knee

Rotating the knee

Rotating the ankle

Foot massage

Standing on partners' feet

Cross the legs and push the ankles to the bottom

Same with other leg

Try to turn the partner to other side

STOMACH

Gentle strokes

Right hand is in the middle, left is pushing with all fingers along in circle

Pushing along four lines on the stomach

Circling with the top of the hand

Massage from side to side

“The kitten” 😊

INSIDE SIDE OF THE LEGS

One hand on the hip, the other on leg – relaxing it, the leg should be bent in the knee

First push with open hand, then with the thumb

Stand facing the partner, lift his leg and rotate it (knee bend)

Lift both legs and gently move the body up and down, then cradle to sides

Move to other leg

ARMS

First rotate the hand in the wrist, relax the fingers and push in the middle with the thumb

Uciskanie kciukami wewnętrznej części dłoni.

Put the arm 90 degrees to the body

Warning! Do not push on the elbow!

Pushing with the hand

Pushing with the thumb

Rotating the hand in the arm

Stand above the partner, gather his wrists and pull gently upwards

Cradle the partner

Move to the other arm

SITTING POSTION

Ask your partner to sit

Relax the upper side of the back

Use different techniques!

Massage the lower back with your knees

Try lifting crossed arms of the partner above her head and gently straightening her

Gently move the head from one side to another, rotate

FACE AND THE END OF MASSAGE

Ask the partner to lie down and gently put his head on your knees

Relax with your fingers the back of his head

Massage the ears

Massage the nose with inside of your hand

Massage the lips

Massage around the eyes

Squeeze on the hairline and along the head

Gently hit the hand and face with your fingers

Opukiwanie palcami twarzy.

Stroke the face

Put the hand on the ground but continue to stroke

Warm your hands and put them on ears, eyes, ears

Move your warm hands over partner's face

Wrap her in blankets well and stay with her!

SAY THANK YOU AND ASK HOW SHE FEELS!