



# Shiatsu Theory and Practice

*Carola Beresford-Cooke*

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## **Shiatsu Theory and Practice** Carola Beresford-Cooke

This fully revised and refocussed new edition builds upon its reputation as the core textbook for serious students of shiatsu. Written by a well-known and highly respected author and practitioner within the field, Shiatsu Theory and Practice is a complete introduction to the theory and practice of Zen shiatsu, drawing in detail on the theoretical foundation of both Traditional Chinese Medicine and five element theory.

Beresford-Cooke explains the strands of theory in a way which makes their integration into practice clear and rational and step-by-step descriptions of treatment routines and techniques and the inclusion of case histories showing application of theory to practice fully equip the student to practice with confidence.

The text is supported by full colour photographs and illustrations and online access to videoclips of techniques, routines in the four positions and how to treat individual points and meridians. Detailed descriptions and illustrations of meridians, point locations and functions are included, and these are shown alongside salient underlying anatomy. It also has an Evolve site containing exercises and activities, web links, content updates, appendices for each chapter - extra resources and information related to the chapter content. Instructor lesson plans with learning objectives, key terms and chapter focus for each chapter; homework; testbank of questions.

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