

A little bit about shiatsu.

Shiatsu massage is a unique healing art of Japanese origin and can be applied to many different conditions, both physical and emotional. This is due to its flexible nature, based on listening to the body in the present moment, through movement and stillness.

It is experienced fully clothed as a whole body massage, and is traditionally performed on a futon, though it can also be experienced on a massage table or chair. It involves palm and finger pressure, rotations, stretches and gentle holding. Shiatsu massage acts to promote relaxation, structural alignment, balance and increased self-awareness. It works on the same pressure points used in acupuncture, and it has sometimes been described as “acupuncture without needles”.

A little bit about me: Jenny White

I am a Shiatsu practitioner in Edinburgh, based at Get Down Dog yoga studios in Newhaven. Prior to moving to Edinburgh, I lived as a full time volunteer on Holy Isle for four years. This is where I was living when I completed my training (Glasgow School of Shiatsu). I was lucky enough to come into contact with teachers like Sue Weston, and I began to offer treatments to guests who came to the island seeking retreat, relaxation, and exploration of themselves and their body/mind.

I have also trained with Rob Nairn and the Mindfulness Association, and I have a Post Graduate Certificate in Emotional Education (Derby University/Atlow Mill Centre for Emotional Education).

Booking a session during the Qigong & Meditation Retreat Week

Shiatsu treatments last one hour. They will be available in the afternoons when you will have a break from your Chi Gong and meditation sessions.

If you want to pre-book a session prior to arriving on Holy Isle, you can contact me at jennyshiatsu@hotmail.com , or 07863 185221. Please feel free to contact me prior to the retreat, if you have any queries. You can also find me on Facebook: <https://www.facebook.com/JennyShiatsu>

Cost

Jenny likes to make this available to all: so requests that recipients of her amazing shiatsu massages make an offering of between £35-£50.

Jenny can take cash or cheques. Bank transfers will have to be paid in advance.

Feedback from Shiatsu sessions during last year's retreat on Holy Isle:

“I felt I was very much in the hands of someone who knew the work well and expressed a deeply caring attitude. I felt that my body was a lot more relaxed and certain tensions were released. Very much a whole body experience with useful advice afterwards”

“Jenny listened to my needs thoughtfully so she could prescribe the treatment needed for my rheumatoid arthritis. She worked caringly over deep tissue and the meridian channels to release blockages and resistance. I felt the wisdom and flow of the energy deeply liberating!

“Jenny's shiatsu really complimented the practices we were doing with Sue during the qigong course. I probably wouldn't have tried shiatsu at home so it was a great opportunity to try it out. An added benefit to the whole experience!”

“I think the shiatsu was perfectly suited to the chi gong study we were doing. The two really complimented each other in ways I hadn't expected. They both made me aware of my body and the tension I hold on an unconscious level.”

“Having shiatsu during Qigong week was enhancing and helpful to me. It added to the whole process of learning to be more in touch with my body and relaxing it. Thank you, Jenny”