

Shiatsu with Jenny on Holy Isle 2019



Shiatsu translates as “finger pressure”. It is a physical touch therapy originating in Japan. It takes its roots from Traditional Chinese Medicine with influences from mindfulness, Western psychology and physiotherapy. It works on the whole person – the physical body as well as emotional and psychological issues.

It is experienced fully clothed as a whole body treatment, 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

I am a Shiatsu practitioner in Edinburgh, based in, Edinburgh, offering 1:1 shiatsu sessions to people for a range of physical conditions, chronic health issues, stress, anxiety and general preventative therapy. I also work with community groups, delivering a range of affordable, accessible shiatsu based self-care workshops to diverse groups including young people, those experiencing mental health issues and drug and alcohol recovery. Before moving to Edinburgh, I lived as a full time volunteer on Holy Isle for four years. This was where I was living when I completed my training (Glasgow School of Shiatsu). I began to offer treatments to guests who came to the island seeking retreat, relaxation, and exploration of themselves and their body/mind.

Booking a treatment

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

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

Cost

On Holy Isle, I offer a sliding scale to make these treatments available to as many people as possible and suggested payment is between £45-£55. You can pay by cash or cheque or bank transfer. I will also be offering a couple of ‘self-care with shiatsu’ sessions during Sue’s morning sessions for those participants who don’t get the chance to receive a 1:1 treatment while on the island.

Feedback from previous years

“Jenny’s shiatsu complimented the practices we were doing with Sue during the 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 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”

“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.”