

## The Ohashi Bodywork Book Beyond Shiatsu With The Ohashiatsu Method

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Also included is a pull-out booklet of meridian charts for easy reference while practicing Ohashiatsu. Visually sophisticated and elegantly designed, The Ohashi Bodywork Book will quickly become an essential refer ence work for those readers seeking serious knowledge of bodywork and massage. The Ohashi Bod ywork Book is a highly recommended addition to the reference shelf of the martial arts do jo, the massage clinic, and the massage practitioner. -- Midwest Book Review

Ohashi Bodywork Book: Beyond Shiatsu with the Ohashiatsu(r) Method. Wataru Ohashi. 5.0 out of 5 stars 2. Paperback. 16 offers from \$6.52. Do-It-Yourself Shiatsu: How to Perform the Ancient Japanese Art of Acupressure (Compass) Wataru Ohashi. 4.4 out of 5 stars 17. Paperback.  
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Not satisfied with the restrictions of traditional shiatsu, Ohashi sensei moved beyond to develop a unique method and approach to Eastern energy acupressure. Over 20 years in the making, his Bodywork Book is a rejuvenating approach to this healing art.

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Beyond Shiatsu: Ohashi’s Bodywork Method by Ohashi  
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Ohashiatsu®: Combination of shiatsu, physical exercises, and meditation developed by Japanese-born Wataru Ohashi, author of The Ohashi Bodywork Book: Beyond Shiatsu with the Ohashiatsu® Method. Ohashi founded the Ohashi Institute, in New York City, in 1974. Ohashiatsu purportedly integrates and rejuvenates body, mind, and spirit.

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He is the author of Do-It-Yourself Shiatsu; Zen Shiatsu, with Masunaga; Reading the Body: Ohashi ’ s Book of Oriental Diagnosis; Beyond Shiatsu: Ohashi ’ s Bodywork Method, Natural Childbirth, The Eastern Way and Touch For Love: Shiatsu for Your Baby. He has also produced 12 educational DVDs.

In the Western world there is only one top name in bodywork and shiatsu--Wataru Ohashi, founder of the Ohashi Institute and the Ohashiatsu method. This is the first book to detail the Ohashiatsu method--a unique body-massage program that facilitates the exchange of energy between giver and receiver. Over 600 photos, 115 in color.  
In this comprehensive guide to the unique methods that have made the Ohashi Institute famous, the author details an approach to acupressure that is holistic rather than symptomatic, and energizing rather than exhausting. 300 photos.

Part of the Medical Guides to Complementary and Alternative Medicine Series, this comprehensive resource offers brief, yet thorough coverage of alternative and complementary hands-on therapies, including Chiopracctic, Healing Touch/Therapeutic Touch, Reiki, and massage. Focusing on manipulative techniques and their therapeutic applications to common and un-common disorders, it addresses both Eastern and Western approaches to the discipline. Ideal for comparing and contrasting the various forms of manual therapeutics, it describes the basic philosophy and theories of the different methods, as well as the techniques themselves. It also provides an overview of the principal manual therapies practiced worldwide, the theories and rationale behind them, and practice algorithms.

" People are always asking me, how can I be happy? Or, how can I find the thing I really want to do in life? I tell them: you are standing on your answer. The secrets of your life are written on your body " —Ohashi Ohashi helps you learn these secrets by showing you how to " read your body " to determine both your physical and spiritual condition as revealed in the physical self. Because, as Ohashi notes, " the body is the physical manifestation of the soul, " your posture, your features, and the texture of your skin can tell you who you are. This is not just a book about health and shiatsu; it is a guide to living well. The goal is to find unity of body, mind, and spirit, emphasizing that everyone has strengths and weaknesses and that accommodating one ’ s weaknesses is as important as utilizing one ’ s strengths. Filled with diagrams, drawings, and sample diagnoses, this is not only a practical guidebook—by " reading the body " one can tell what shiatsu techniques apply to the various energy meridians of the body—but also a fascinating meditation on how to live.

Presents an introduction to the theory, techniques, and methods of shiatsu.

A growing number of Americans are discovering the pleasurable and therapeutic uses of shiatsu, a Japanese method of acupressure. In Do-It-Yourself Shiatsu, Ohashi, one of the most knowledgeable and well-known U.S.-based shiatsu experts, offers step-by-step instruction on how to perform shiatsu at home. Ohashi, who has taught and practiced shiatsu for more than thirty years, focuses on common ailments faced here in the West. He provides clear explanations of all technical terms and helpful photographs throughout to illustrate shiatsu techniques and locations of pressure points. Also included are explanations of special shiatsu exercises, designed to keep energy flowing through the body, and a new preface by the author.

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 Phase theory as well as that of Zen. Beresford-Cooke explains the strands of theory in a way which makes their integration into practice clear and rational. She includes step-by-step descriptions of treatment routines and techniques, alongside case histories illustrating the application of theory to practice. The book features detailed descriptions and illustrations of meridians, point locations and functions, and these are shown together with salient underlying anatomy. The text is supported by full colour photographs as well as online videoclips showing techniques, routines in the four positions and how to treat individual points and meridians. There are also supplementary online resources such as exercises and activities, web links, appendices for each chapter, and instructor lesson plans, homework and testbank of questions. This fully revised third edition is essential reading for students and practitioners of shiatsu and massage therapy.

Nurture the flow of Qi energy in your body for a life of vibrancy, balance, and wellness. In Pathways of Qi, Chinese Medicine expert Matthew Sweigart shows how to use touch therapy, meditations, and gentle Qigong exercises to clear away blockages and open up to energetic nourishment. Based on ancient wisdom traditions, these hands-on assessment and treatment techniques have been cultivated to heal the body, mind, emotions, and spirit. Explore the channels of energy in the body—known in Chinese Medicine as the meridians—and for each one, discover the limb position, yin/yang properties, corresponding elements, functions, affirmations, and more. With illustrations to help you master the physical postures and gestures, Pathways of Qi will guide you through gentle practices for a life of improved awareness, connection, and health. Praise: "Pathways of Qi exemplifies the essence and beauty of the Ohashiatsu modality in every way. I highly recommend this book."—Ohashi, author of Do-It-Yourself Shiatsu and Reading the Body "Matthew Sweigart's new book provides a fresh look on a subject too often taught using only boring charts and lists. In Pathways of Qi, Matthew takes the reader along on his own personal journey. Although it reads a lot like a novel the text includes an in-depth presentation of the subject. Matthew explains both the scope and the details he has discovered and become familiar with inside the body's electromagnetic field. A very worthwhile read for students, professionals, and even potential clients of Asian Bodywork Therapy (ABT) and acupuncture."—Cindy Banker, Founding President of the American Shiatsu Association and Director of the A.O.B.T.A.'s Council of Schools and Programs "Pathways of Qi is an empowering manual on Meridian Therapy providing practical ways to heal yourself and others. If you're interested in healing, this book is vital for tapping the source of your life force."—Michael Reed Gach, author of Acupressure's Potent Points "A gifted Shiatsu and Qi Gong teacher, Matthew Sweigart harmoniously combines his passion for the healing arts with his lifetime experience with the theories of ancient Chinese philosophy. Written in an easy to understand, refreshing way, Pathways of Qi is a valuable compendium for practitioners and instructors of different traditions."—Niisa Eberhart Diaz, owner of Zen Shiatsu Caribbean Institute, San Juan, Puerto Rico "Matthew Sweigart's clear illustrations and instructions are enhanced by his wisdom stories that bring these teachings to life. The stories and teachings open your eyes to the Qi that is the source of Life, energy and healing. Pathways of Qi is a reference tool, a collection of wisdom, and a gift to humanity. Thank you for taking the time to record your wisdom for current and future generations. A masterpiece!"—Bonnie Jean Miller, MDI, Kellogg School of Management at Northwestern Universit

This book reviews the current status of semiconductor materials for conversion of sunlight to electricity, and highlights advances in both basic science and manufacturing. Photovoltaic (PV) solar electric technology will be a significant contributor to world energy supplies when reliable, efficient PV power products are manufactured in large volumes at low cost. Expert chapters cover the full range of semiconductor materials for solar-to-electricity conversion, from crystalline silicon and amorphous silicon to cadmium telluride, copper indium gallium sulfide selenides, dye sensitized solar cells, organic solar cells, and environmentally friendly copper zinc tin sulfide selenides. The latest methods for synthesis and characterization of solar cell materials are described, together with techniques for measuring solar cell efficiency. Semiconductor Materials for Solar Photovoltaic Cells presents the current state of the art as well as key details about future strategies to increase the efficiency and reduce costs, with particular focus on how to reduce the gap between laboratory scale efficiency and commercial module efficiency. This book will aid materials scientists and engineers in identifying research priorities to fulfill energy needs, and will also enable researchers to understand novel semiconductor materials that are emerging in the solar market. This integrated approach also gives science and engineering students a sense of the excitement and relevance of materials science in the development of novel semiconductor materials. · Provides a comprehensive introduction to solar PV cell materials · Reviews current and future status of solar cells with respect to cost and efficiency · Covers the full range of solar cell materials, from silicon and thin films to dye sensitized and organic solar cells · Offers an in-depth account of the semiconductor material strategies and directions for further research · Features detailed tables on the world leaders in efficiency demonstrations · Edited by scientists with experience in both research and industry

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