



*'Shiatsu helped my whole body feel rejuvenated, lighter and I felt myself in a beautiful and peaceful state that stayed with me for some time afterwards' Client feedback*



**Shiatsu**



# Workshops

Experience this popular & effective Japanese energy-balancing body work technique in a beautiful and peaceful environment here at *The Lotus Centre* and:

- ☯ Acquire enough knowledge for self-treatment and partner treatment
- ☯ Increase your feeling of calmness, wellbeing and inner connectedness through gentle yet deep acupressure / shiatsu sessions throughout the afternoon.

## Shiatsu is:

- A deeply relaxing and healing combination of acupressure, Japanese massage and meditation
- Often experienced as an easy and joyful-to-learn technique
- Practised in comfortable clothing
- Also includes simple exercises, stretches and easy-to follow self-treatment for physical, mental, emotional and energetic benefits
- Meditation is being introduced, how we can become more centred and calm using Shiatsu elements.

**Where:** *The Lotus Centre*  
45 Victoria Street  
Hobart TAS 7000

**When:** Sundays  
1:00 - 4:30 pm

**Fee:** \$35 (conc. \$20)



## Workshop Dates 2009:

- |    |           |          |                  |
|----|-----------|----------|------------------|
| 1. | Workshop: | Thursday | 22 / 01 /2009 &  |
|    |           | Friday   | 23 / 01 /2009 ** |
| 2. | Workshop: | Sunday   | 05 / 04 /2009    |
| 3. | Workshop: | Sunday   | 02 / 08 /2009    |
| 4. | Workshop: | Sunday   | 04 / 10 /2009    |
| 5. | Workshop: | Sunday   | 06 / 12 /2009    |

## Further details or booking please contact:

*The Lotus Centre*      **Phone:**      (03) 6231 9669 or      0419 440123 (Klaus)  
**Web:**      [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

\*\* This two day introduction workshop at the **Island Health College** (IHC) can lead to the full Diploma Course. A different fee applies. For more information call the IHC on (03) 6236 9041 or visit [www.islandhealth.tas.edu.au](http://www.islandhealth.tas.edu.au)