

A Travelogue, Shiatsu in Paris (part 2 of 2)

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translation Hiroki Koizumi

Now the workshop !

This time, we had two groups of 26 participants, and each group had 2 days workshop. So the total was four days. What we planned to focus was just “press” over and over. I thought there could be something the best with this number of participants, and something that you can’t catch from the textbook. The gentle pressure that created from efficient motion and relaxed posture make some unique rhythm and flow. That’s the Namikoshi Shiatsu I was trying to show them. Once you get the point of the basics of Namikoshi Shiatsu, you could get a lot of variations for your clinical perspectives.



Right after we started the workshop, I noticed that we had a lot of participants already knew how to apply firm pressure. I jumped around and show how I “press” and how the pressure changes. They worked so hard following the instructions such as the right postures, the motions and the functions of thumbs and fingers, it seemed they felt how the pressure could be changed. I could see how wonderful French instructors teaching. But yet everybody has something unnoticeable on their movement and posture, so we pointed it out over and over.



The 6 hours-a-day workshop isn't really nothing at all, but a tough. Stand up, sit down, pressing and correcting, every participant kept focusing and that was really inspiring. Every one of us just kept working! I felt that as we were accepted in a

good way. Among the 51 participants, there were some experienced Shiatsu therapists. It was a very first Namikoshi Shiatsu workshop, so they might consider it's better for the experienced therapists to join. They knew all the familiar terms of muscular and skeletal systems. For that reason, I think they could notice how Namikoshi Shiatsu is different from the Shiatsu they know. And also it was very fun to work with people with less experienced.

Naomi the interpreter !

In the outside of Japan, a trustful interpreter always make things much easier. Ms. Naomi Goto who has been in France for roughly 30 years and my impression was a stylish lady in bright color pants, friendly and easy-to-talk interpreter. Later on, I took a look at the pictures from the workshop, she looked like an instructor more than I. At the workshop, she was fully prepared. Not only she had read through all the textbook, covered the special terminologies and the orders and postures of Namikoshi Shiatsu. She must have spent a lot of time on this. It is quite something. I also felt the earnestness of Principal Michelle who found out an interpreter you could rely on.



Naomi talking to us



Seated Shiatsu

Hiroki the super !

Actually, this workshop in Paris was days of a group work with Hiroki Koizumi, 57th graduate of Japan Shiatsu College. He, once was in our English club teaching me English, volunteered to support my trip to France. He prepared his air ticket and a hotel room by himself. We planned the workshop together. When I was showing some demos, He drew Shiatsu charts with points and numbers on their whiteboard to make it easy to understand. He answered many questions from some participants who speak English.

Principal Michelle highly appreciates Namikoshi Shiatsu not only its technical aspect but also the spirituality of "Mother's Love". In Hiroki's motive to join this workshop which is simply "I'd like to help!", Principal Mechelle was really impressed. Even he was proposing for Hiroki's Air fee. It worked out pretty good as a team, and Principal Michelle told us that we are a good team. But I think what Hiroki did had a big part of it.



Practice Axillary region



Hiroki drawing



Hiroki guiding

The last thing !

Principal Michelle's passion played a big role to make this whole workshop happened. Because of the discretion of our chairman who was moved with their multiple visitations, we started to build a precious relationship. After we left Paris, Principal Michelle was on a local TV program with wearing a pin badge of our school, Japan Shiatsu College. That



was a little secret sign of friendship only both of us can understand.

Namikoshi Shiatsu, an art of Japan for Paris, the city of art! Once you got a relation in a way of Shiatsu, now I want more! I want you to be better, I want you to know it deeper, I want more people to know it. What if an exhausted Japanese tourist in Paris happened to have a Shiatsu treatment and they go like, "Oh isn't it Namikoshi Shiatsu?" Isn't it wonderful? Principal Michel, let's see you again! Merci à Paris!



A towel & a pin badge of JSC



August 20, 21 Group



August 22, 23 Group



Instructors !!



Variety of Cheese with Wine



Fin