

Namikoshi shiatsu workshop at IFS in Paris

It is very honored that again we could get the opportunity to visit IFS (Institut Français de shiatsu) in Paris. (See also last year's article: A Travelogue, Shiatsu in Paris) With all the instructors, participants and the same vibes as the first time last year, I realized that I feel so good with it.

80% of the participants are female, full-time professional shiatsu therapists. The male participants, they changed their job because they met shiatsu! The average price range for single shiatsu treatment seems higher than that in Japan. They were so motivated to bring back everything they learn. It was energizing for me!



Rei ! (my favorite)

Now, this year we had 5 days workshop starting from August 17th. The first 2 days are for a group of first-timers of Namikoshi Shiatsu. However, they already have graduated their school in Paris and professionally practicing in their home cities. I needed to make a good first impression. Namikoshi is pretty cool too right? All of them had some nice and gutsy pressure and I liked that. But we also need a certain level of physical relaxation to create the premium pressure for both you and your client. That's what I tried to tell them. As I do not speak French, our communication was often nonverbal.



Sacré-Cœur (Montmartre)

The next 3 days were the reunion with 30 participants who took last year's workshop. As I looked at their faces, each name came up in my mind. I remember y'all! They do their practice professionally too. The improvement was visible and I could see that they've been working since the last time we saw.



Hiroki says "Hmmm"



Everybody focus!



The 1st group

Nakasono Shiatsu is the style of shiatsu they study and practice. I could have an hour's treatment of Nakasono shiatsu treated by principal Michelle sensei. It's best to have shiatsu after a hard-working day. I was gone in a second and I even couldn't give'em any feedback. There were several minor differences from Namikoshi, but I could say it's such a nice and gentle shiatsu! I felt my spine has got aligned.



Framed 'n decorated

I would like to thank all of you who came to our Shiatsu Dojo instead of the summer beach during the August vacation season, and IFS for making the workshop reality. Hiroki Koizumi, a 57th alumnus who works as an assistant, and Miyuki Horiuchi, a 2nd-grade student from JSC, who helped for photo shooting. And interpreter Naomi Goto's job was PARFAIT.



Michelle Sensei's treatment!



Michelle Sensei & Miyuki

Here comes the Namikoshi shiatsu for the world! Thank you for sharing a happy time with shiatsu therapists all over the world.



The 2nd group

Japan Shiatsu College
Kazuo Watanabe