HANDBOOK ONE
re: Structural Alignment
Tutorials I & II
Structural Alignment
Tutorials I & II

Introduction

This is the handbook for the structural alignment Tutorials I & II. It contains and explains the techniques shown in the tutorials, so it is easier for you to remember. As some of the techniques are quite strong and powerful, they should not be practiced without prior instructions.

Do not forget to practise the techniques regularly. Try to integrate some of them into every treatment. Practice makes perfect and makes you feel more comfortable with them.

Enjoy, have fun and let it rock!

Working with the structure of the body can be quite powerful. Traumas, shock, emotions, memories, bad experiences all are stored in the structure, mainly the fascia. This can cause tension or compression in the muscles, stiffness in the joints, twisting or even distortion of whole bodyparts. To unwind these blockages it is important to work first with the structure to get the energy moving again, and then distribute the energy back into the body with meridian work.

The joints especially are holding a lot of energy. They are bridges between body parts, which lead the energy. These bridges have the tendency to hold energy, so they become floodgates which are closed. We can open these floodgates with dynamic techniques such as mobilisation and rocking. As the joints are dynamic, they request dynamic work.

Rocking

With rocking we can touch the joints very deeply. When doing rocking it is very important to take the slack out of the joint before we start the rocking. Lean into the body (joint) until you feel the point of resistance, then start to do the rocking from there towards the center of the joint. If we do not take this slack out, the shockabsorbing system of the joint will cancel out the effectiveness of the rocking action.

Stretching

Before starting with active techniques like rocking or mobilisation, do a few stretches to the area to prepare and open up the body for this work. Also when you have finished your active techniques always do some stretches to allow body to integrate the work just done. Hold every stretch at least 4 breath cycles (minimum 45 seconds. Slowly lean into the stretch until you feel a resistance barrier that stops the motion. Just meet the barrier and hold there. After a while the barrier starts to soften and the tissue (fascia) will start to move and open again. Follow movement and increase the stretch.

Pain

To work effectively and create change we have to work always on the threshold to the limit. Through this the client comes in contact with his pain. Part of the healing process is that the client has to go through the pain. When the client feels pain ask him to take deep breaths and breathe into the pain area. This helps reduce pain and supports our work as the clients focus is there.
Points to remember when doing structural work:

Shiatsu should be mainly FUN!
Have fun while treating!

When giving a treatment work always general – specific – general.

The mornings are the best time for good treatments. In the mornings the universal energy is still young, fresh, active, rejuvenated from the night. In the evening the energy is used, polluted and stressed. The same with our own energy. In the morning we feel full of energy and awake. In the evening we feel tired and exhausted. So to give more powerful treatments start your day early!

Work with your breath and ki. (Energy follows the breath). Also the client can support our work with his conscious breathing. Try to synchronise yours and the client’s breath.

Energy follows thoughts.
When treating joints, think joints. When treating bone, think bone. When treating meridian, think meridian (Bladder for example).

Be in your hara.

Keep hara deep, move quickly. Position of legs open, not closed.

Treat dynamic and with fire. Wake the sleeping energy up. Do not lull the client.

Change your speed, intensity and rhythm.

Give time to integrate with passive techniques such as stretches and holding.
Before the treatment

**Meditation 1**  
Opening of the flower (Heart Chakra)

Imagine a Flower (choose one for yourself like Lotus, Sunflower, Rose) sitting in the middle of your chest (in your solar plexus). Imagine the flower is closed and starts to open up its shiny, bright, colorful blossoms. Let it fully open. The flower stays open while you are working with the client. After the treatment(s) close your flower again. The flower connects the earth energy which comes up through the feet and the heaven energy which comes down through the seventh chakra (through the crown). Both energies meet in the open flower in your heart chakra. To make our treatment more powerful we treat from our heart with compassion. While working, our energy rises from the tantiem in the hara up to the flower (heart) and then through our arms into our hands.

**Meditation 2**  
The Protecting white egg

Sit Seiza and close your eyes. Imagine a white shiny circle around you, in a shape of an egg. Like a second skin. This egg protects you from external influences and “bad” energy which does not belong to you during the treatment.

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**Get grounded**

Before the treatment. Sit in Seiza next to the client. Get grounded: Feel the floor. Let your weight sink into your legs.

**Arm stretch**

Stretch your arms up into the air, palms are facing up, fingers touching. Feel the ki starting to move. Hold for 30 to 60 seconds. Then start your treatment.
Techniques for the Back

Supine Position

Back problems and pain:
Treat back problems in at least 2 positions to get optimum results. If the back is hurting, we do not have to necessarily treat the back. As we know the back muscles are connected with the abdominal area and extremities. Always incorporate a deep Hara massage for back problems.

Rock abdominal tissue
Grab the tissue above and below the belly button with both hands. Pull out until you feel point of resistance. Rock from there. This vibration goes straight into the lumbar spine area and loosens up tight lower back.
Mobilisation and stretching of hips, thighs and lower back

Chest to foot thigh pressing
Lift your client’s right leg and place her foot on your chest or groin. Support her knee with your left hand and, with your right hand, press firmly into the thigh muscles of her other leg. Move your body forward and bring leg to her chest. Gently rock her in a forwards-and-backwards motion as you press up and down the thigh muscle. Benefits: Eases hip pain and sciatica. Gives myofascial release to the hamstring group of muscles. Muscles stretched: gluteus maximus, quadriceps, erector spinae

Praying Mantis
Method One: Slide your client’s foot into the area of your left groin. Let her leg flop outward to the left side. Stabilize her right knee with your left hand and with your right hand, press firmly into the thigh muscles of her other leg. Move your body forward and bring the leg in a half-circle motion on the side of her body up to her shoulder. Gently rock her in a forwards-and-backwards motion.

Method Two: Swing your partner’s knee across her left hip. Use your right hand to keep it in position and palmar press the outer margin of her thigh (LI meridian) with your left hand.

Benefits: Improves flexibility of the hip, stretches buttock as well as thigh muscles, can be used to relieve chronic lower back pain. Muscles stretched: adductors, gluteus, erector spinae, quadriceps, piriformis
**Vertical leg stretch**
Raise your client’s right leg to as near vertical as is comfortable and support her heel or ankle against the front of your shoulder. Keep her leg straight with your other hand across her knee. (Option: kneel very lightly across her left thigh to hold it down.) Gently push the leg forward several times, each time slightly increasing the stretch.
If no stretch is felt, pull down foot and toes with your right hand.
Benefits: Treats and relaxes tense or spasming calf and hamstring muscles resulting from sports injuries, sciatica and back pain.
Muscles stretched: hamstrings, gastrocnemius, soleus peroneus longus (when foot pressed down)

**One-sided dynamic leg-stretch**
Raise your clients right leg into vertical position, the leg slightly bent. Place your right palm on her heel. With your left hand palmar press the side of the thigh (on ITB or LI meridian)

Push leg up towards the head with your right hand and with your left hand push towards her opposite shoulder. Move leg dynamically forward and backward, so the passive leg lifts of the floor. This technique should be done with unflexible, stiff people.
**Raised foot leg stretch**
Grasp your client’s right heel and lift her straight leg while pressing down on the top of her thigh with your other hand (Do not press on the knee!). As you lift, simultaneously press down on the sole of her foot with your forearm.
Benefits: Helps myofascial release in the calf muscles to ease pain and tension.
Muscles stretched: hamstrings, peroneus longus, gastrocnemius, soleus.

If the stretch is not strong enough in the above version, try this one where you squat over the leg and hang from the foot. (Do not sit on client.)

**Bow & arrow spinal twist**
Tuck your left heel behind your client’s right flexed knee and grasp and pull her right forearm towards you, keeping her right leg firmly located on the futon. Now lean across and grasp under her right shoulder with both hands and pull it up towards you. Walk up and down back along spine with both hands. End with a big stretch, holding the shoulderblade and pull towards you.
Benefits: Treats lower back pain, improves spinal mobility and aligns the spine.
Muscles stretched: quadratus lumborum, rhomboideus major + minor, levator scapulae, trapezius, erector spinae, iliopsoas.

Repeat these techniques on the other side.
Plough 1
Method One: Raise both your client’s straight legs up vertical. Client holds her knees with straight arms. Legs and arms stay straight. Hold both of the client’s ankles, step forward on the side of the body and rock cranial in forward-and-backward movement. This stretches the upper back.

Method Two: Raise both your client’s straight legs up vertical. Client holds her knees with her arms slightly bend. Legs stay straight and arms bend. Hold both of the client’s ankles, step forward on the side of the body and rock cranial in forward-and-backward movement. This stretches the middle back.
Plough 2
Client puts her arms up. Spread your client’s legs out into an open V and step through them to adopt a new position astride her body with your feet tucked under the armpits. Bend your knees slightly towards the midline, increase the V angle between her legs and draw them around your knees. Press her feet together and then press lightly cranial and downwards. Hold for a few seconds, then release and repeat 3 times and increase stretch each time until you find the most extreme position that is comfortable for her. In a very flexible person the feet will touch the floor.

Method Two:
Same position as above, but step down (caudal) one foot with your feet. Now press client’s feet straight down towards her nose. Hold for a few seconds, then release and repeat 3 times and increase stretch each time until you find the most extreme position that is comfortable for her. In a very flexible person the feet will touch the nose.

Benefits: Aids mobility of the hip joints and counters pain in the pelvic region and lower back.

Muscles stretched: adductors, soleus, hamstrings, gluteus maximus, erector spinae.
**Kneeling the backs of the thighs**

As your client is released from the previous position, retain your hold on her feet and step back through her legs again. Hold her feet so that her legs are slightly bent. Using your body weight, press both knees simultaneously into the backs of his thighs (BL36) whilst at the same time, pushing her feet forwards. Press progressively along the entire length of her thighs.

Benefits: This simple technique is good for sufferers of sciatica and those who experience problems with their hamstring muscles.

Muscles stretched: erector spinae, gluteus maximus

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**Vertical half Lotus thigh press**

Put your client's legs into half Lotus, lift her straightened left leg into a vertical position, supporting her ankle against your shoulder. Hold the ankle of her other foot and palmar press the exposed thigh from knee to buttock (LI meridian) keeping your arm straight and rocking (leaning) forward with each press.

Benefits: Treats lower back pain and sciatica and improves mobility in the hip and knee.

Muscles stretched: gluteus maximus (bent leg), soleus, gastrocnemius, hamstrings (straight leg)
**Spanish Inquisition**

With your client’s left leg still firmly in the Half Lotus, hold her left leg vertically. Move forward and step over her flexed right leg with your left one. Place your left foot at her hip level and keep your knees slightly flexed. Tuck your right leg against the outer margin of her vertical leg and use it to support her leg. By gradually straightening your left leg you will exert a backward pressure on her flexed leg and this will generate a twisting action on the hips and lower back. Knead the sole and the heel of her left foot with your right elbow. Then roll your elbow strongly over the following three points: KD1, SI Masunaga and PE Masunaga.

Benefits: Treats lumbago and sciatica. Increases hip and lower back flexibility. Muscles stretched: adductors, vastus medialis, gracilis (flexed leg), gastrocnemius, soleus, hamstrings (straight leg)

Repeat these two techniques on the other side.
**Lifting body to straight legs**
Align your client’s straight legs firmly against the front of your own and lean forward to grasp each arm around the wrist. Lean your weight backwards and pull his upper body forwards and upwards. Hold the extreme position for up to ten seconds and then gently lower her upper body onto the mat. Repeat this exercise twice and maintain a slow, steady rhythm throughout.

Benefits: Improves shoulder and hip mobility. All the stretched muscles are relaxed. Can ease sciatic pain.
Muscles stretched: teres major & minor, biceps, latissimus dorsi, trapezius, rhomboideus, erector spinae, hamstrings

**Lifting body to crossed legs**
As you finish the previous exercise, flex your client’s legs at the knees and cross her ankles, adjusting their position so that the side of each ankle rests against the front of your shins just below your knees. Now grasp her wrists and raise her upper body towards you, just as you did in the last technique. Hold for at least 10 seconds and then repeat.

Variation: On the last lift walk back 2 steps and pull the client up into sitting for some techniques in sitting position.
Techniques for the Back

Prone Position

Stretching
First we stretch the back to prepare and open the body for further techniques. Before stretching lean into the body, push down and then stretch out, which has a deeper and stronger effect on the body as we stretch tissue (fascia), not only skin. Slowly increase stretch till point of resistance. Stay there at least for four breath cycles. You will feel the body stretching automatically more by itself. Follow the stretch. Slowly release.

Stretch Spine:

Method One: Stretch sacrum - lower back (L1)

Method Two: Stretch sacrum - thorax (Th7)

Method Three: Stretch diagonal iliac crest - Scapula (scapular spine). Do both sides.
**Rocking**
With rocking we can touch the joints very deeply. It is very important to take the slack out (lean into body and find point of resistance) and start rocking from there. Otherwise the shock-absorbing system of the joints waters down the effectiveness of this technique and it has no effect on the joints. Rocking is very beneficial for the spine, which consists of more than 50 joints. Rocking opens and mobilises the spine.

**Breadknife Technique**
Place motherhand (left hand) on sacrum and start rocking. With right hand and straight fingers move down left and right the spine in a sawing movement. Saw your fingers (ring and middlefinger) into attachment of the erector spinae muscles to loosen up tightness.

**Rock the Spine**
Place motherhand on sacrum and start rocking. Find rhythm of the body.

1. Move palm of walking hand up and down (Th – L) spine on both sides of the spine.
   a. Place palm against erector spinae muscle and push muscle away from spine to loosen up tightness.
   b. Place palm onto erector spinae muscle and press down and do circle movements to loosen up.

2. Place palm against spinous processes and rock away from you to loosen up spine.
3. Place thumb against spinous process (L – Th) and rock (anterior and lateral direction) and mobilize while motherhand rocks sacrum rhythmic. Move up the spine, doing all spinous processes. Rock in different speed and rhythm. Rock lateral and anterior. Where you feel tension, work longer.

4. Pinch two spinous processes (one with each thumb and indexfinger / next to each other). Rock and vibrate in same direction. Change speed and intensity. If you feel tension, rock processes against each other.

If client feels pain ask him to breathe deeply to assist process.

If one spinous process is hidden away in muscles (often in chest area). Place a pillow underneath to elevate spine and bring vertebra up.

5. Place thumb and index finger in between spinous processes and push and squeeze down between spinous processes to release and loosen up joint. Move up spine and do each joint.
Vertebra stands out posterior
Recoil technique
Pinch spinous process of vertebra standing up between your thumb and indexfinger. Ask client to take a deep breath in and then breathe out. On the outbreath press down vertebra until you feel point of resistance, there vibrate slightly. When the outbreath is finished, recoil rapidly (Important). Through this technique we give an impulse to the vertebra, which allows the body to correct itself.

Vertebra stands in anterior
Grab skin technique
Grab skin (best without shirt) left and right next to particular vertebra. Start pulling skin, take slack out, then pull out skin quickly. This again gives an impulse to the vertebra and the body starts to corrects itself.

Skin plucking
This is a great technique for stagnation and tension in the back. It tonifies the Kidney/Bladder Meridians and increases circulation in stagnated areas. Client has to take the shirt off for this technique. Pinch skin between thumb and indexfinger on one side of spine on Bladder Meridian. Now start pulling the skin. Take the slack out (find point of resistance). Then twist, pull and pluck quickly. Do 5 -6 spots each side. Then do other side. This is a strong technique and often hurts a little and leaves red marks on the skin (activated circulation).
Playing the guitar / Transverse massage on erector spinae muscles
Find tension in erector spinae muscles left and right along the spine (often between scapulas). Muscle feels stringy like a guitar string. Place the fingers of both hands along the erector spinae and start flipping your hands over the muscle. Start light and fast, then go deeper and slower. Move up and down the muscle until tension releases. This again is a strong technique and often hurts or tickles. Ask client to breathe deeply to assist the process and help loosen up more easily. Finish with a stretch to the worked area to integrate.

Trigger point technique lower back (Pain points)
Check lower back with thumb for sore points (on your side only). Ask client which point hurts the most. Place motherhand on opposite waist and lift it slightly off the floor, at the same time press thumb deeply into sore point. Stay in point until the pain disappears (1 – 2 min.). Ask client to tell you, when pain is gone. Then rapidly recoil (important) your thumb out of the point, which draws the pain out of the body.

Release of lower back
Flex one knee of client and hold foot with motherhand (Thumb into KD1). Lean with thumb into the middle of the kneepit (BL40). Hold it for 1-5 minutes until you feel lower back releasing.
Relaxing Technique
Place your one thumb on Gouvernorvessel 4 (between spinous processes L2/3) and one on GV 14 (betw. sp. proc. C7/Th1). Light contact only (weight of a 50 cent coin). Hold and feel pulse. Try to make an energy circle (up spine, down your arms). Hold for 2 – 5 minutes. Slowly release contact. This is a deeply relaxing technique.
Point GV 4 is called “gate of life”. It is great for tension in back muscles.
Point GV 14 is called “Point of all Strains”. It is a crossing point for all Yang Meridians.
Techniques for the Ribcage

Prone Position

Often there is a lot of tension in the upper back and in the ribcage in particular. When the intercostal muscles are tight they hinder the breathing process and the ribcage becomes rigid. Reasons are often shallow breathing, lack of movement (sitting for long periods) or emotional problems which are stored in the chest area (Fire Diagnostic zones).

Rib rocking.

These techniques are for freeing the costovertebral and costotransverse joints

**General**

Contact one side of ribcage with heels of both hands. Take slack out (point of resistance). Begin to gently compress and release the ribs in a rocking type motion. Move up and down torso. Vary rhythm, tempo and intensity according to the client’s needs.

Direct the line of force from the rocking in several different angles.

Rock straight through to the other side.

a. 45 degree angle – from posterior on the contact side, rock diagonally anterior to the opposite side.

b. From the middle of the side of contact, rock diagonally across and posterior.

Note 1: The upper ribs are more difficult to contact directly. In this technique, contact the ribs indirectly through the scapula.

Note 2: Be very careful at the inferior aspect of the rib cage as it becomes more vulnerable and less stable. Reduce your force and avoid the 11\textsuperscript{th} and 12\textsuperscript{th} floating ribs.
**Specific**
Starting at the 10th rib and moving upward, rocking each rib individually.
Take slack out (point of resistance) and rock from there.
a. Put your both hands together as dragonmouth. Put on rib. Fingers are towards spine.

b. Put both thumbs next to each other on rib.

Note: at the 4th and 5th rib, you will either have to go to the area between the medial scapular border and the spinous process and rock with your thumbs or go below the lateral border of the scapula and reach under with the thumbs or finger tips.

While rocking the ribs individually, notice the contour and springiness. Look for the ones that are stiff, anterior to the contour or posterior to the contour. If a rib feels posterior out of the contour, it will be helpful to rock using the posterior to anterior diagonal line of force. If a rib feels anterior or below the contour, use the anterior or posterior line of force for rocking.
Recoil Techniques
Use this technique, when one part of the ribcage area is very tight or stiff.

1. Place palms left and right on ribcage next to spine (fingers face lateral). Ask the client to take a deep inbreath and breathe out. Lean into body and push down until you feel point of resistance, then vibrate slightly and rapidly recoil at the end of the outbreath. This impulse helps to release tight diaphragm, intercostal muscles and costovertebral and costotransverse joints. Also it frees up the lungs and can increase the lung capacity.

2. Place palms left and right on ribcage next to spine (fingers face lateral). Ask the client to take a deep inbreath and breathe out. Lean into body and push down until you feel point of resistance, hold in this compressed position for 3 – 5 breath cycles. On last outbreath press down even more until you feel point of resistance, then vibrate slightly and rapidly recoil at the end of the outbreath. This technique is great for shallow breathing in addition to tightness in ribcage.

3. Place palm over palm on one side of spine on highest point (tightest spot / finger along the tightness). Ask the client to take a deep inbreath and breathe out. Lean into body and press down until you feel point of resistance, then vibrate slightly and rapidly recoil at the end of the outbreath.

Note: These are strong techniques and the client often can get a little fright from the impulse. Place your palms on the ribcage and hold for a moment to calm down. Then give a stretch to integrate.
Techniques for the Ribcage

Supine Position

Stretching of ribcage to open up front of body. Place motherhand on opposite shoulder and other hand on pelvis on anterior inferior iliac spine and stretch diagonally.

Place motherhand on opposite shoulder and other hand on side of lower ribcage. Stretch diagonally.

Place motherhand on opposite shoulder and other hand on side of middle ribcage. Stretch diagonally. Then do other side.

Place your palms on client’s shoulders and lean into them. Stay there for 4 breaths or until you feel the holding muscles releasing.
Place both palms on ribcage. Then palm down ribcage simultaneously. Do also abdominal area in catwalk (working on effective Small and Large Intestine).

Then palm down ribcage in catwalk. Abdominal area in catwalk.

Working with a female client: leave breast area out.

Work both thumbs (left and right of manubrium) along all intercostal spaces. Start between 2\textsuperscript{nd} and 3\textsuperscript{rd} rib and go to 10\textsuperscript{th} intercostal space. Start medial and work your thumbs lateral. Finish with holding ST and GB diagnostic zone.

Working with a female client: leave breast area out.

Method One: Palm on palm. Press down on sternum. Move cranial to caudal.

Method Two: Thumb next to thumb. Press down on sternum. Move cranial to caudal.
**Recoil technique**
Place palm on palm in the middle of the sternum.
Ask the client to take a deep inbreath and breathe out. Lean into body and press down until you feel point of resistance, then vibrate slightly and rapidly recoil at the end of the outbreath.
This impulse helps to release tight diaphragm and increases lung volume.
This is a strong technique and often the client can get a little fright from the impulse. Place your palms on the ribcage and hold for a moment to calm down.

**Relaxing technique 1**
Place both your hands on the ribcage.
Thumbs on the clavicule, fingers pointing caudal. Light pressure only (weight of 50 cent coin). Hold for 2 – 5 minutes. Try to synchronize your breath with the client’s breath. Give light stretch lateral, to open up chest area.

**Relaxing technique 2**
Place one hand on middle of sternum (Pe Bo point) and the other hand opposite on the back between the scapulas (Ht/Pe diagnostic zone / Ht chakra). Light pressure only. Hold for 2 - 5 minutes. Try to make a connection between both hands. Feel what is going on between your hands.
Techniques for the Neck

(Do not forget to say to yourself
“I love neck work!”)

The great Shiatsu Master Masunaga once said, always incorporate at least 10 minutes neck work with every treatment.
The neck is the connection between head and body. If we live too much in our head and thoughts (which most of us cityslickers do), the energy is stuck up there, the neck tightens up and the energy flow between body and head is disrupted. Through neck work we loosen up this area and help bring the energy flow back to the body, bring the client back in contact with their body and integrate the treatment.
Passive Stretch to open up the neck
Put head into your hands, place fingers at occipital ridge and pull head cranial. Find point of resistance. Hold for at least 4 breath cycles. Feel tissue loosen up, follow it and increase the stretch. Slowly release.

Figure of eight head rotation
Take head into your hands and rotate it in the figure of a lying 8. Use the whole range of movement. Feel where there is restrictions or tension.

Wavestretch
Place your fingers left and right next to the spine at C7. Pull them back along the neck to the occipital ridge in a movement of a wave (up – down – up.). Give head a good stretch in the end. Repeat three times.

Mobilize transverse processes
Put head in one hand. Massage the transverse processes of the C7 – C1 with the thumb. Find where is tension, work more intensively there. Place thumb there and circle massage around tension. Place thumb on tension, press into point and move head around it. Do transverse massage over stringy muscles with fingers.
**Egyptian head rotation**
Important that head stays in horizontal position all the time. This technique mobilizes atlas and axis (C1 + C2).
Place head into your hands.
Lift head up and down.
Then move head from left to right.
Then rotate head in horizontal position.

**Neck flexion**
a. Cross your arms underneath head. Place hands on shoulder. Go to upper seiza and stretch head up towards chest. Fix shoulders to floor.

b. Same technique as above. Head face to left side. Stretch to left side of chest. Then do other side.

c. Place head over your right forearm. Hand is placed on client’s left shoulder. Let head flop to the left. With other hand hold top side of head hand pull head down into stretch. Then do other side.
Neck lateral flexion

a. Hold base of head with right hand. Your left hand is placed on the shoulder. Now stretch head to the right and push shoulder caudal. Do other side.

b. Hold base of head with the right hand. The left hand is placed on the shoulder. Now stretch head to the right and push shoulder caudal. Ask client to walk his hand down along the body until they feel a satisfying stretch. Do other side.


Head turn pull
Grab head with both hands. Pull cranial towards you and turn to the left, release pull, go back to middle. Then do other side.
**Head tilt pull**
Grab head with both hands. Pull cranial towards you and tilt to the left, release pull, go back to middle. Then do other side.

**Neck lenghtening**
Hold clients head. Place both feet on clients left and right shoulder. Pull head cranial towards you and push shoulders caudal.

**Occipital release**
Place base of head (where the spine meets the skull) onto your vertical fingers. Let head flop backwards over fingers. Give a light cranial stretch (hold for 1-5 minutes. Feel tissue loosen up).

Do Passive Stretch again to integrate all the above.
Relaxing technique
ESR points: emotional stress release points

Sit cranial. Place your middlefinger on GB14 (find middle of eyes / 1 cun above eyebrow). Place index and ringfinger next to it. Put your hand onto head. Hold for 2 – 5 minutes. These points are great to relax the body immediately.

The forehead reflects problems, stress and worries we have at the present moment. So if a client comes in and you feel she is stressed or something is bothering her, you can apply this technique.

Important: Do not hold longer than 2 – 5 minutes. As this is a very powerful technique, some deep emotional releases can come up, when we hold too long, and we are not trained to deal with them.

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To improve the next edition, please let me know your opinion, comments and any suggestions for corrections. Write to shiatsu@patrick-tanner.ch.

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