

Introduction to Movement Shiatsu & Inner Qigong: 6p.m. May 12th – 4.30p.m.14th May 2017 with Bill Commerford - Threshold Centre Yurt, Gillingham, Dorset SP8 5JQ

Residential Full Board & Meals £170 - Camping & Meals £140 - Non-Residential & Meals £120

To Book Visit: <https://www.eventbrite.co.uk/e/introduction-to-movement-shiatsu-inner-qigong-tickets-33378756760>



Movement Shiatsu is a fully integrated system, involving clients more actively in treatments as it's an exploratory form of Shiatsu that includes developing awareness of breathing, movement and connection in what we do and how we do this.

We'll see how using different Forms of Touch can facilitate awareness of how we work on ourselves and with others through the quality of our sense of connection. We'll look at appropriate ways to assist clients' sense of autonomy and well-being and how to initiate an exploratory process based on two-way feedback.

Developed by Bill Palmer www.seed.org Movement Shiatsu and Inner Qigong are especially useful for clients with chronic health patterns as both practices promote a greater awareness of how we breathe, move, focus, embody and inhabit our space. **All levels welcome - No previous experience necessary: this workshop also serves as an Introduction to the Ki Kai Shiatsu Practitioner training course starting in September 2017 in London.**

Inner Qigong Is a set of simple exercises using breathing and integrated movement techniques In order to retrain our awareness of what connects us, so that we can move more smoothly and efficiently from our core, without stress.

Inner Qigong is ideally suited to all ages, levels of fitness and mobility. No previous experience is necessary although those with experience of breathing and movement whether in dance, tai chi gong and yoga etc., will understand the essentials of moving from the core with ease.

Evolved from Central Channel Qigong, that dates back over a thousand years, Inner Qigong works very effectively with Movement Shiatsu to assist clients who want to work more actively on their health and well-being beyond treatment sessions.



Bill Commerford has over twenty years' experience as a Shiatsu therapist working with clients in mental and sexual health projects, substance / alcohol dependency programmes, NHS and community based projects and treatment on-site at festivals and to staff in London based companies. Bill also treats children, young and older people with learning difficulties and mobility issues. Bill teaches at:

The British School of Shiatsu-Do www.britishschoolofshiatsu.co.uk;
Ki Kai Shiatsu School & The School for Experiential Education (SEED) www.seed.org
where he teaches post graduate Movement Shiatsu and Inner Qigong courses www.innerqigong.com.

Bill is also a MBACP (Accred). Integrative Counsellor & Psychotherapist. He sees clients in London & at the Threshold Centre where he lives www.thresholdcentre.co.uk
For further information visit: www.shiatsuthrapy.net or email: bill@shiatsuthrapy.net



If you are Interested to explore this work further?
See professional shiatsu therapist training courses in London –
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