



## Shiatsu Theory and Practice

By Carola Beresford-Cooke

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Written by a well-known and highly respected author and practitioner within the field, Shiatsu Theory and Practice is a complete introduction to the theory and practice of Zen shiatsu, drawing in detail on the theoretical foundation of both Traditional Chinese Medicine and Five Phase theory as well as that of Zen.

Beresford-Cooke explains the strands of theory in a way which makes their integration into practice clear and rational. She includes step-by-step descriptions of treatment routines and techniques, alongside case histories illustrating the application of theory to practice. The book features detailed descriptions and illustrations of meridians, point locations and functions, and these are shown together with salient underlying anatomy. The text is supported by full colour photographs as well as online videoclips showing techniques, routines in the four positions and how to treat individual points and meridians. There are also supplementary online resources such as exercises and activities, web links, appendices for each chapter, and instructor lesson plans, homework and testbank of questions.

This fully revised third edition is essential reading for students and practitioners of shiatsu and massage therapy.

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### Editorial Review

#### Review

There are books on Shiatsu and then there's Carola Beresford-Cooke's. Her book is the most in-depth, complete and balanced compendium of theory and practice of our art. It's elegantly written and designed to provide the clarity only very experienced teachers can offer. She is one of those teachers and her book is based on what I value the most: experience. A "must have" book for Shiatsu students of all styles. -- Diego Sanchez, Practitioner and International Teacher of Shiatsu For many years Carola Beresford-Cooke taught and lectured at my school and her book is my Shiatsu bible. The students, (and I) gained so much from her courses. Learning about Shiatsu really enhances massage; it gives the massage therapist a different perspective and a greater understanding of the body. Carola teaches you to develop sensitivity and to "listen" to the body in order to gain insight into the needs of the receiver. I highly recommend this book to all massage therapists; it should have a valued place in our library. -- Clare Maxwell-Hudson, Former Principal of The Clare Maxwell-Hudson School of Massage and Director of the Massage Therapy Institute, UK Those of us in the global Shiatsu community who revere and honor Carola's insightful contribution to the post-Masunaga approach, welcome this new edition of Shiatsu Theory and Practice. A gifted Acupuncturist and Zen Shiatsu instructor, Carola shows a deft ability to harmonize ancient Chinese with modern Japanese medicine. Her evolved insights in this new edition soar into what she describes as "freestyle shiatsu" and its application to a range of different medical conditions. Beyond theory, Carola shares new photographs and charts reflecting years of teaching and clinical experiences. Her texts are a gift to instructors and students who adapt Shiatsu's traditional dojo training to meet the demands of complementary medicine. -- Pamela Ellen Ferguson Dipl.ABT (NCCAOM), AOBTA(R), GSD Certified Instructor, LMT and Dean Emerita, Asian Bodywork Therapy, AOMA Graduate School of Integrative Medicine, Texas, USA Carola Beresford-Cooke's book combines masterfully the ancient Japanese art of Shiatsu with Chinese medicine so as to be valuable to practitioners of different traditions. Highly recommended. -- Giovanni Maciocia, Renowned Practitioner and Teacher of Chinese Medicine Shiatsu Theory & Practice by Carola Beresford-Cooke is quite simply the best book in its field! The Shiatsu College ([www.shiatsucollege.co.uk](http://www.shiatsucollege.co.uk)) is just one of the many schools, in the UK and throughout the world, which recommends it as the primary text book for all Shiatsu students, from beginner to practitioner level. It supplies precious material to support students with clear, practical information about all aspects of Shiatsu and it continues to be a valuable resource even for experienced practitioners. As a teacher, with over 25 years' experience, I often still turn to it for inspiration before teaching - particularly the section on 'Putting theory and practice together'. It's comprehensive, really beautifully written, well laid out and rich in information. One of its great gifts is to integrate the mystery and poetry of Chinese medicine - as well as cutting-edge western physiological understanding - into an immediately accessible form for anyone working with the healing art of Shiatsu. -- Dinah John MRSS(T), Principal of the Shiatsu College Norwich

#### Review

There are books on Shiatsu and then there's Carola Beresford-Cooke's. Her book is the most in-depth, complete and balanced compendium of theory and practice of our art. It's elegantly written and designed to provide the clarity only very experienced teachers can offer. She is one of those teachers and her book is based on what I value the most: experience. A "must have" book for Shiatsu students of all styles. (Diego Sanchez, Practitioner and International Teacher of Shiatsu)

For many years Carola Beresford-Cooke taught and lectured at my school and her book is my Shiatsu bible. The students, (and I) gained so much from her courses. Learning about Shiatsu really enhances massage; it gives the massage therapist a different perspective and a greater understanding of the body. Carola teaches

you to develop sensitivity and to "listen" to the body in order to gain insight into the needs of the receiver. I highly recommend this book to all massage therapists; it should have a valued place in our library. (Clare Maxwell-Hudson, Former Principal of The Clare Maxwell-Hudson School of Massage and Director of the Massage Therapy Institute, UK)

Those of us in the global Shiatsu community who revere and honor Carola's insightful contribution to the post-Masunaga approach, welcome this new edition of *Shiatsu Theory and Practice*. A gifted Acupuncturist and Zen Shiatsu instructor, Carola shows a deft ability to harmonize ancient Chinese with modern Japanese medicine. Her evolved insights in this new edition soar into what she describes as "freestyle shiatsu" and its application to a range of different medical conditions. Beyond theory, Carola shares new photographs and charts reflecting years of teaching and clinical experiences. Her texts are a gift to instructors and students who adapt Shiatsu's traditional *dojo* training to meet the demands of complementary medicine. (Pamela Ellen Ferguson Dipl.ABT (NCCAOM), AOBTA®, GSD Certified Instructor, LMT and Dean Emerita, Asian Bodywork Therapy, AOMA Graduate School of Integrative Medicine, Texas, USA)

Carola Beresford-Cooke's book combines masterfully the ancient Japanese art of Shiatsu with Chinese medicine so as to be valuable to practitioners of different traditions. Highly recommended. (Giovanni Maciocia, Renowned Practitioner and Teacher of Chinese Medicine)

*Shiatsu Theory & Practice* by Carola Beresford-Cooke is quite simply the best book in its field! The Shiatsu College ([www.shiatsucollege.co.uk](http://www.shiatsucollege.co.uk)) is just one of the many schools, in the UK and throughout the world, which recommends it as the primary text book for all Shiatsu students, from beginner to practitioner level. It supplies precious material to support students with clear, practical information about all aspects of Shiatsu and it continues to be a valuable resource even for experienced practitioners. As a teacher, with over 25 years' experience, I often still turn to it for inspiration before teaching - particularly the section on 'Putting theory and practice together'. It's comprehensive, really beautifully written, well laid out and rich in information. One of its great gifts is to integrate the mystery and poetry of Chinese medicine - as well as cutting-edge western physiological understanding - into an immediately accessible form for anyone working with the healing art of Shiatsu. (Dinah John MRSS(T), Principal of the Shiatsu College Norwich)

#### About the Author

**Carola Beresford-Cooke** is a well-known and highly respected teacher of shiatsu. She has taught for many years at the Shiatsu College (UK) in London, and lives in Wales where she teaches and gives treatments ([www.shiatsu-wales.co.uk](http://www.shiatsu-wales.co.uk)).

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