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web shiatsu is a physical therapy which uses a combination of pressure points gentle manipulation and stretching to re energise weak areas and reduce tension in the body

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web oct 2 2008 building upon the analyses a preliminary exploration of shiatsu practitioners perceptions of the differences of the two approaches is described this exploration used videos that showed both shiatsu and acupressure techniques and asked practitioners to comment on their perception of similarity

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web shiatsu and cancer shiatsu is a non invasive therapy originating from japan it uses a combination of kneading pressing

tapping and stretching techniques these gentle techniques aim to reduce tension and re energise the body