

# Taijutsu for Therapy

Pressure without pressing

21st/22nd April 2012

This weekend workshop will give bodywork practitioners information on taijutsu and how it relates to therapy. Designed to take the mystery out of the term and to show how taijutsu makes the transition from Budo (martial arts) to therapy.

Topics covered will include

- Taijutsu - what is it and where does it come from?
- How does it work?
- How does it help me in a clinical environment?

You can expect to take part in a range of activities and exercises which help you to

- Gain greater depth on your clients' tissue
- Reduce strain and discomfort, both on yourself and your clients
- Increase sensitivity and follow strain patterns

Investment of £200, non refundable deposits of £50 are now being taken.

This event takes place at Loudwater Farm in the Sanctuary Hall, starting at 10am each day.

[www.loudwaterfarm.co.uk](http://www.loudwaterfarm.co.uk)



*“Move with your feet, the hands will follow.  
It is important to practice so your movement is the  
minimum necessary to complete its task.  
It is very important to adequately move the spine.”  
Masaaki Hatsumi*



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