

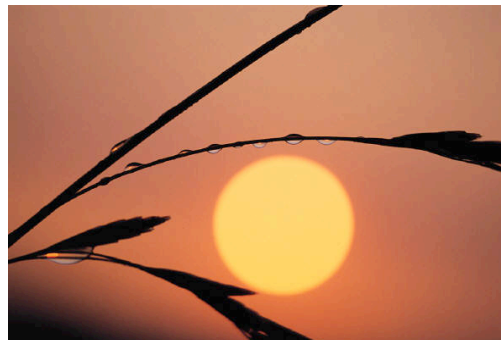
How to get the most from your Shiatsu treatment

- ✧ Let the practitioner know if you feel uncomfortable at any time throughout the session
- ✧ Please make sure you wear loose, comfortable clothes (tracksuit type trousers & long sleeved top are fine) preferably made from natural fibres
- ✧ Do not eat a heavy meal in the 2hrs prior to your treatment
- ✧ Do not drink alcohol immediately before or after a Shiatsu session
- ✧ Drink plenty of water before and after your treatment. This will help smooth the flow of changes through your system and generally help to detoxify your body
- ✧ If possible, avoid strenuous or stressful activities afterwards

Sally Ornellas DipcOT, DipDSY

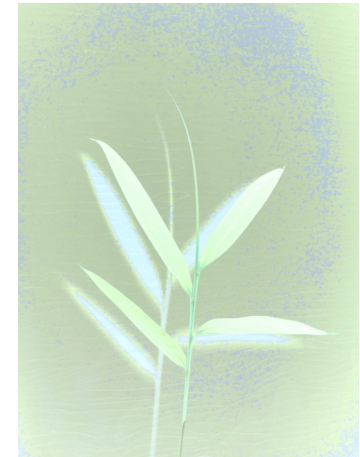
I trained as an Occupational Therapist, working mainly with adults with physical, mental and emotional difficulties since qualifying in 1993. My present job, within the NHS, is to offer Mindfulness Based Cognitive Therapy courses to prevent relapse in depression.

I have been teaching Yoga locally since the mid1980's, qualifying with the Devon School of Yoga. It was whilst training that I was introduced to Shiatsu and felt an immediate connection with it. I completed my Shiatsu training in 2007 and have been treating individuals regularly throughout the 3yr training. Practicing Shiatsu confirms my belief that dis-ease is a state of Body, Heart and Mind.



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Shiatsu



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