

## Book Of Shiatsu

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7.4 x 0.5 x 9.4 inches Shipping Weight:  
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### **The Complete Book of Shiatsu Therapy: Namikoshi, Toru ...**

First published in 1992 as The Book of Shiatsu, it has now been revised and re-edited as "The New Book of Shiatsu", published in England by Gaia/Octopus and in the USA by Simon & Schuster. It has appeared in various editions and been translated into 15 languages over the last twenty years.

## **The New Book of Shiatsu | Paul Lundberg's Blog**

Shiatsu evolved from anma, a Japanese style of massage developed in 1320 by Akashi Kan Ichi. Anma was popularised in the seventeenth century by acupuncturist Sugiyama Waichi, and around the same time the first books on the subject, including Fujibayashi Ryohaku's Anma Tebiki ("Manual of Anma"), appeared.

## **Shiatsu - Wikipedia**

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