



BREATH

as a therapeutic tool

with Linda Rago

Saturday 10th September 2016, 1-5pm
Eltham, Vic

Poor or inefficient breathing habits can lead to illness and limit healing outcomes from therapeutic treatment. In this 4-hour workshop, we will study the anatomy of the respiration system, the importance and function of the diaphragm, relevant eastern and western terminology and practise shiatsu techniques to improve both the patients' breathing and the breath of the practitioner.

Specific conditions such as asthma, depression, anxiety/stress, inability to sleep, over-thinking, injury rehabilitation and pain management will be discussed.

- Increase your knowledge of the respiration system and how it can limit or improve healing outcomes
- Learn practical techniques to use in treatment
- Improve your breathing during professional practice



Linda Rago has been practising shiatsu for 14 years and has a treatment centre called The Yoga Tower at North Stradbroke Island. She has a Diploma of Shiatsu & Oriental Therapies, a second dan

in Meiso shiatsu, is an Okido yoga instructor, Integrated Breathing Practitioner Level 1 and a Bachelor of Business Communication. Linda is currently the resident teacher of Falls Prevention and Better Breathing at the Minjerriba Respite Centre.

This workshop is suitable for professional therapists - shiatsu/massage/allied health practitioners from all forms of hands-on therapies.

Cost: \$100

Bring: Futon or blanket, cushion and socks

Venue: Grasshopper Studio
56 Eucalyptus Rd, Eltham

Bookings: Online at www.staa.org.au
by **2 September**

CPE: 4 hours

Content

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Shiatsu Therapy
Association of Australia

A STAA-supported workshop