



## **“The Shiatsu Experience”** **with Renee Zamel**



Renee first experienced the health benefits of massage at a young age and has since devoted much of her adult life participating in the beauty behind eastern and western healing modalities and massage styles. She gained her Diploma in Shiatsu and Oriental Therapies in Melbourne and most recently has trained with the renowned healers Shiatsu Master Kwon Ro Lee and Abrar Kenja in Sydney. Renee is happy to be in Chiva-Som to share in the experience. The duration of the experience is 1.5 hours, allowing the nervous system time to completely relax and let go.

Shiatsu is performed very much like a Thai Massage, where deep yet gentle pressure and stretching is applied to open and restore energy flows. Renee’s compassionate and intuitive style is known to help release chronic tension and both physical and emotional holding patterns in the body’s structure.

During the session, scientifically proven Alpha Music is played which slows brain activity and helps to connect to the unconscious. The Shiatsu experience will activate the body’s capacity for regeneration and self healing and will teach you greater awareness and insight into how psychological patterns manifest physically in different parts of your body. You will learn how to work with these to live a fuller life.

Following treatment, there is an increase in vitality and a heightened sense of lightness and well-being is experienced.