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10 Minute Daily Routines
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Meridian Exercises for
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Daily Routines Zen Yoga for
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philosophy into my own art
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Masunaga Beginning and
ending position for all
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Close your eyes • Keep your
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complement a shiatsu session
and empower people to
balance their own energy on
a regular basis. Not only do

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Wholesome Living. Shizuto
Masunaga, Stephen Brown.
Japan Publications, 1987 -
Medical - 238 pages. 0
Reviews. Argues that
exercise can help with the
body-mind integration,
discusses imagery,

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breathing, relaxation and
meridians, and demonstrates
useful exercises.

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Basic exercises The function

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of the basic exercises is, generally speaking, stimulating the energy flow in the Yin/Yang pair of meridians. Therefore we have two opening exercises, related to the Conception and Governing Vessels; then

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there is the series of six
exercises addressed to the
six pairs of bilateral
courses: one exercise for
the Lung/Large Intestine
pair, one for
Stomach/Spleen, and ...

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Exercises – Zen–Stretching®

Zen Imagery Exercises,
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Publications follows Zen
Shiatsu, a text detailing
Shizuto Masunaga's

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innovative development of
the Asian Bodywork Therapy
commonly known as Shiatsu.
Masunaga adapted and
synthesized western
principles of anatomy and
physiology, psychology and
Traditional Chinese

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Medicine's understanding of
meridian energetics to
produce an effective touch
based system that centrally
relies on the faculty of ...

*Community & News - Ming Tao
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My first experience of using somatics as a tool for self-assessment was during my shiatsu class when we regularly practiced "Zen Imagery Exercises." These gentle stretches use the breath to contract and relax

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the meridians, often called
rivers of chi or energy.

*Somatics 2: The Meridians /
Kimbrow Store Retreat &
Massage*

Meridian Touch Japanese
Qigong. While seemingly new,

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Meridian Touch Japanese

Qigong has its lineage in Chinese medicine, Taoist qi cultivation exercises and Zen principles of breathing and mindfulness. It is based on the Zen Imagery Exercises of Shizuto Masunaga who

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developed Zen Shiatsu.
Living
Meridian Touch Effortless
Yoga (also known as Meridian
Touch Japanese Yoga and
Meridian Touch Japanese
Qigong) was developed by
Darryl Aiken-Afam, a martial
artist of various systems,

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