

# shiatsu.be

nieuwsbrief van de Belgische Shiatsu Federatie  
*bulletin d'information de la Fédération Belge de Shiatsu*  
Van Schoonbekestraat 148 - 2018 Antwerpen  
V.U. Luc De Cuyper



**Nieuwsbrief Belgische Shiatsu Federatie nr 16 van maart 2018**  
**Bulletin d'information de la Fédération Belge de Shiatsu nr 16 de mars 2018**

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etc...

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*Belangrijk: de redactie verwijst alle verantwoordelijkheid voor de ingezonden artikels en publiciteit naar de respectievelijke auteurs. Het opnemen van een artikel houdt niet automatisch in dat de redactie akkoord is met de stelling of dezelfde mening deelt.*

???

**Ja, natuuurlijk wilt u nog lid blijven van de Belgische Shiatsu Federatie  
en ja natuuuurlijk is het lidgeld dan al betaald uiterlijk op 31 januari 2018.**

**Of niet? Oepppsss... snel even regelen dan:**

**vermeld: "Lidgeld 2018 + je naam".**

**stort op rekening BE12 5230 4544 6292 het bedrag van €120  
KLAAR**

**Oui, bien sûr je veux rester membre de la Fédération Belge de Shiatsu  
et oui bien sûr la cotisation est payée au plus tard au 31 janvier 2018.**

**Ou pas? Oupppsss... Vite régler alors:**

**Mentionnez "Cotisation 2018 + votre nom".**

**Versez sur le compte BE12 5230 4544 6292 (€120)**

**FAIT!**

**Let's give Shiatsu a needed voice - a call for candidates...**  
**Een dringende oproep naar kandidaten...**  
**Un appel important pour candidats...**

Dear all,

As I am returning from the latest European Shiatsu Federation (ESF) meeting, I feel the need to reach out to all BSF members to ask you to get involved in the work of the BSF in becoming a voice for the legal recognition of shiatsu as a profession.

In the last six months, the political spectrum in Europe has been shifting. There have been **direct attacks on Complementary and Alternative Medicine (CAM) in three countries- Spain, Slovenia and Ireland.**

In Slovenia, the medical establishment has taken over the exam board for the licensing of CAM professionals and made the anatomy and physiology exams so difficult that in effect complementary practitioners can no longer pass it.

In Ireland, a new bill has been proposed to ban “non-proven” practices and remedies (which in effect means almost all of CAM). The media took it up and is now on a “quack busting” hunt against CAM professionals, who are portrayed as charlatans. In Spain, there has been a recent attempt by the Ciudadanos political party to push for legislation that would require all CAM professionals to register and work under the control of doctors. This attempt has been stopped by the ESF.

With regard to **Belgium – shiatsu as a profession is not protected.**

We are operating in a grey zone, which means that any day our rights to practice shiatsu freely can be removed. This is not a far away fiction, as seen by what already happened to the homeopaths- under the new regulation only doctors are allowed to practice homeopathy.

The same could happen with shiatsu, as absurd as it seems.

Ideally of course this would never happen, but what if it does?

I think it is our responsibility to plan ahead and not simply pretend this possibility doesn't exist. We owe it to ourselves, each other and to everything that has been constructed in the shiatsu world.

When I drive a car, I put on the seatbelt and don't simply hope there will never be a crash.

We therefore need to get going and start a dialogue, so that we exist much more in the public domain, both socially and politically. If an attack comes, key politicians will know our name, our face and can build on the experience that we are competent people they can constructively dialogue with. We need to communicate that we have clear educational standards and that we are organized in a professional way, building on all the hard work the BSF members and schools have been doing all these years.

For this **we need to create a BSF outreach team.**

It would be great if you could volunteer 2-3 hours a month for this cause. No more. We would fully support you, you would not be alone in this. We would clearly guide you in the communication strategy and clearly outline what to say.

**It would be great if at the upcoming AGM (nvdr: *Algemene Ledenvergadering - Réunion Générale pour les membres*) we could find 1-3 people for this team.**

On a personal note- when I joined the BSF I was super shy and had palpitations just from having to say my name in the assembly. Ten years later I have just been re-elected as ESF vice president, a position I organically grew into and that I now love, because I really care for our small organization and feel I can make a real contribution for shiatsu here. Shiatsu has done so much for me, indeed it changed my life and this is my way of saying thank you to a practice that I owe so much to. I am writing this, because even if you think you have no talent or experience in organizational and political stuff, well neither did I.

Please take this to heart and when the call comes at the next AGM thank you for taking the leap. Remember the old saying- jump and the net will appear;-)

Hopelijk stimuleert bovenstaande enthousiaste bijdrage van Irene jou om ook te participeren aan de *Algemene Vergadering* en met je gedachten en suggesties bij te dragen. En ook als je gewoon nieuwsgierig aanwezig wil zijn, kan dat.

Het voorbeeld van de shiatsufederatie uit Oostenrijk (zie pagina 13) kan ons misschien inspireren. We zorgen alvast dat je niet met lege handen naar huis gaat.

#### **Het voltallige bestuur**

Nous espérons que la contribution enthousiaste d'Irene vous encouragera également à participer aux Assemblée Generale et à y contribuer avec vos idées et vos suggestions. Et même si vous voulez venir juste être curieux, vous pouvez.

L'exemple de la fédération Shiatsu d'Autriche (voir page 13) peut peut-être nous inspirer. Nous nous assurons déjà que vous ne rentrez pas les mains vides.

#### **Tout le conseil d'administration.**

**Algemene Ledenvergadering  
zondag 18 maart 2018 om 19u.  
Iedereen welkom!**

**VAN SCHOONBEKESTRAAT 148  
2018 ANTWERPEN**

**Réunion Générale pour les membres  
le dimanche 18 mars 2018 à 19h.  
Tout le monde est le bienvenu!**

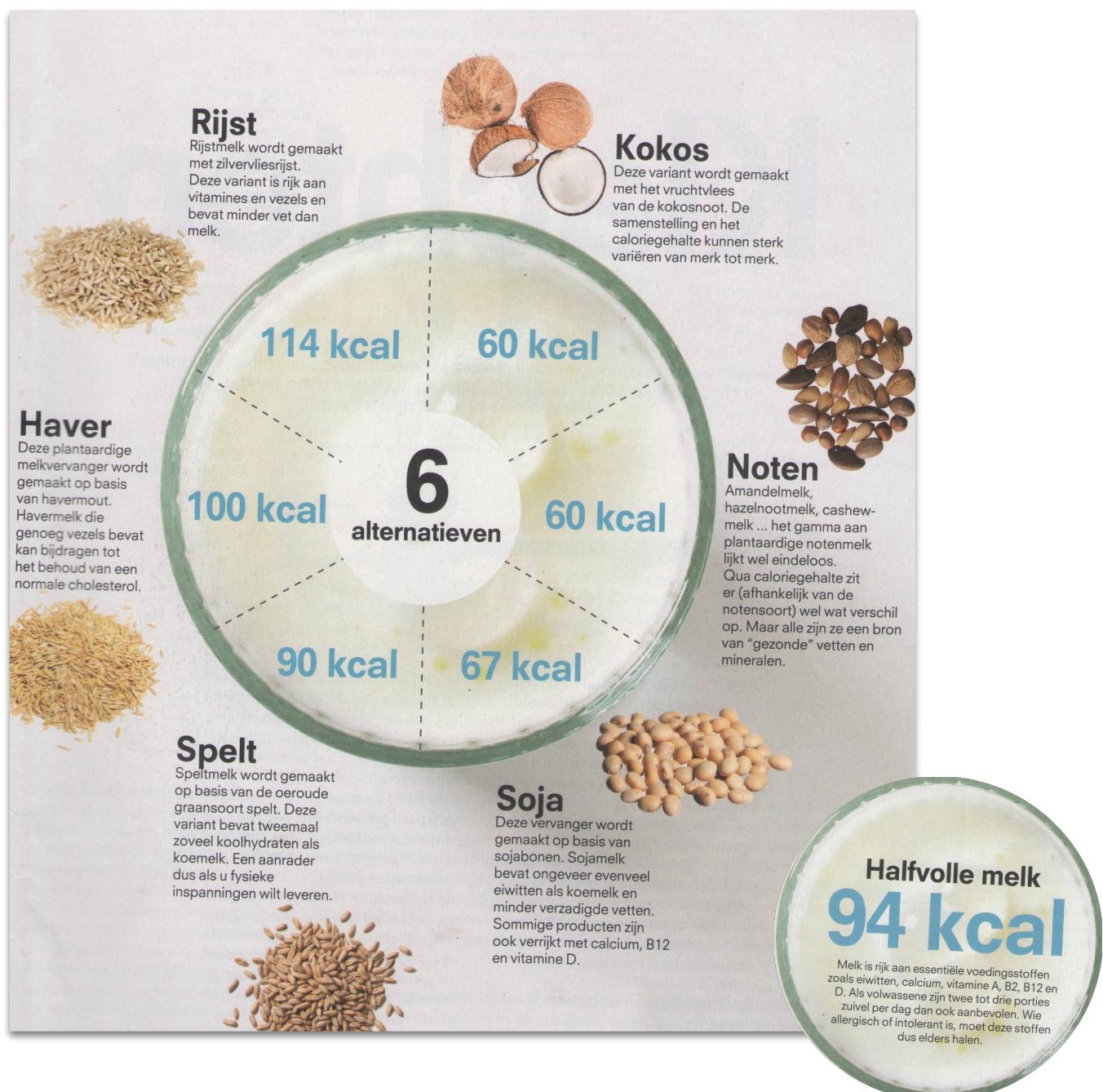
## Melk (is niet altijd) gezond voor elk

Er zijn heel wat redenen waarom mensen (jullie cliënten) koemelk afzweren.

- \* ze zijn lactose-intolerant
- \* ze zijn veganistisch
- \* ze lusten het gewoonweg niet
- \* ...

Melkvervangers zijn dan een dankbaar alternatief. Omdat lang niet alle medici akkoord gaan met deze denkpiste, geven we jullie graag wat extra informatie, kwestie van beslagen op dit gladde ijs te komen.

Hieronder een schema dat gepubliceerd werd door TestGezond aug 2016. Iedereen kan zien dat zij blijkbaar het gehalte aan kcal het belangrijkste vinden. Feel free om er anders over te denken.



## **En voor wie het nooit eerder probeerde: hier zijn wat makkelijke recepten om zelf (h)eerlijke alternatieve melk te maken**

### Ingrediënten:

75 gram noten (zowat ALLES kan: amandelen, cashew, zonnenpitten,...)

1 medjooldadel

500 ml water

### Werkwijze

Laat de noten en dadel een nacht weken in water. Zo worden de noten zacht en zijn ze gemakkelijk te malen.

Spoel het water weg en doe de noten en dadel (onder pit natuurlijk) in een mixer.

Voeg het water toe.

Mix grondig tot alle noten fijngemalen zijn.

Leg een propere, (uitgewassen zonder spoelmiddel) kaas- of speciale notenmelkdoek boven een brede kom of kan. Ik zet zo'n doek dikwijls vast met wasknijpers op de rand van de kom. Handig want zo kan ik ondertussen de boel al afwassen terwijl de melk rustig doorloopt.

Giet nu de notenmelk door de doek. Knijp tot slot het laatste vocht eruit, want daar zit dikwijls nog extra maak in.

De notenmelk is klaar! In de koelkast kan je de notenmelk ongeveer vier dagen bewaren.

Tip 1. Het restant van in de doek kan je in de oven drogen en gebruiken als meel voor koekjes, brood of cake!

Tip 2. Voor een romigere melk, kun je minder water gebruiken.

Tip 3. Voor een zoeter melk extra dadel of vanille.

Smakelijk  
Alice

Van onze collega's uit Wenen ontvingen we een eerste nieuwe nieuwsbrief HARA. Wie niet kan wachten, kan alvast de volledig gepubliceerde tekst lezen op  
<http://www.europeanshiatsucongress.eu/hara-journal>

Voorlopig komen 3 van de 5-elementen aan bod. In september volgen de andere twee.

We zullen in onze Nieuwsbrief [shiatsu.be](#) steeds een element publiceren. We beginnen onze Nieuwsbrief nr 16 (maart 2018) met het element **Water**.

Een dikke proficiat voor de auteurs! Het is bijzonder boeiende lectuur geworden.

§§§§§§§§§§

Nous avons reçu de la part de nos collègues à Vienne le premier nouveau bulletin d'information HARA. Pour ceux qui ne savent pas attendre, vous pouvez déjà lire le texte complet publié en cliquant sur le lien suivant: <http://www.europeanshiatsucongress.eu/hara-journal>

Pour le moment 3 des 5 éléments sont abordés. Au mois de septembre les deux autres éléments suivront.

Nous allons publier chaque fois un élément dans notre [Bulletin shiatsu.be](#). Nous commencerons notre bulletin n° 16 (mars 2018) avec l'élément **Eau**.

Beaucoup de félicitations aux auteurs! Il s'avère de la lecture très intéressante.

## „The European Agency for Workplace Safety and Health estimates the economic follow on costs caused by burnout within the EU to be about 20 billion Euros. Per year.“

In the burnout practical training in Tomas Nelissen's International Academy for Hara Shiatsu an average of 18 clients receive a weekly Hara Shiatsu treatment for 10 consecutive weeks. From March 2012 to the end of 2013 Hara Shiatsu practitioners gave 900 treatments to 90 clients. Some of the clients came from physicians or psychotherapists who suggested Shiatsu as a supportive therapy while others came on their own behalf. The treatments were focused on burnout issues, which is a commonly used term for a broad variety of imbalances that manifest in stress related symptoms, ranging from sleeping disorders, headaches or massive muscular tension to many years of being unfit to work, due to severe exhaustion related depression.

The variety of clients is just as multisided as the challenges the practitioners had to deal with. There is no such thing as the typical burnout client. But: Then what is burnout? It is often referred to as the end result of a pattern of complete exhaustion that shows itself on physical as well as on emotional level and develops over a longer period of time. However, at the end of the day the result is a dead end – no more choices left! This leads to a loss of well being and control over everyday life and in many cases also to a number of related disorders. Due to the variety of possible manifestations and patterns associated with burnout, it can be considered a collective term or description of a combination of issues and patterns rather than

a clear diagnosis. In the International Classification of Diseases (ICD 10) burnout is defined as "a factor influencing health that demands action from side of the health system (Z73.0)." Burnout is not a clearly defined disorder with a clear diagnosis and a defined set of suggested treatment options, like depression for example. Therefore there is no common definition of the burnout syndrome yet, only different approaches to define and tell it apart from similar disorders. One fact however seems to be agreed upon: the condition of being "tired" of working, causes tremendous costs. The European Agency for Workplace Safety and Health estimates the economic follow on costs caused by burnout within the EU to be about 20 billion Euros. Per year.

### THE ENERGETIC DYNAMICS OF THE BURNOUT SYNDROME

To find access to dealing with this very variable issue with Shiatsu, we chose to use the twelve step model of psychoanalyst Herbert Freudberger, who played a major role in establishing the term burnout, using it in his book "Staff Burnout", released in 1974. We tried to evaluate the characteristics of these twelve steps to burnout from an energetic point of view adapting it, translating it into terms of yin and yang, as well as the five phases.

Like many psychosomatic patterns burnout is nourished by respective behaviour and val-

es. The perfect soil for burnout is made out of a strong longing for perfection. And a lack of self confidence that tries to buy affection with performance. The desire to grow and be successful is something positive. However, as soon as this desire turns into a compulsion we have entered the first phase of burnout.

## 1. THE COMPULSION TO PROOF ONES CAPABILITIES

The kidneys are the home of will power. The liver forms an according vision. The Gallbladder manifests this vision with determination. The American educational scientist Howard Earl Gardner has found a starting point that has proven to be effective in overcoming burnout. To put it simple: we are the captain of our ship, but do we always have a hold of the steering wheel? Do we set the course? Do we cruise at the speed we like to? It is all about conscious self-control, when Gardner asks the following three questions: Who am I? What do I want? How can I efficiently accomplish my goals? The first two questions are about aspects of the water element, while the third question mirrors the wood element. The first two questions form the foundation of our identity. The more insecure we are about the first two aspects, the more vulnerable we are to acting in a way that does not express our strengths, abilities and longings, but increasingly focuses on getting someone else's attention. An insecure identity needs one thing above everything else: approval. In this ongoing quest, the water element cannot express its essence freely, since it is focused

more to the environment than the core of things. Out of the seed for what we could be, grows a tree that is not rooted in itself. In challenging situations the water element is no more a source of self-confidence, self-worthiness and clear unbroken will power. In turn we try to build these aspects by showing increased activity. We want to prove ourselves, because just being is not enough. We need to do. Our natural desire to unfold, turns into the need to be acknowledged. „Want“ turns into „must“. The consequence is:

## 2. INCREASED EFFORTS

The roots of our vulnerability for burnout can often be found in our personal development, our history. Within the cycle of the five phases, in cases of a weak water element, the metal element takes over – mainly in the large intestine, with its quality of holding on to things – and tries to make up for the missing role of the guiding mother, that tries to provide structure, rituals, order and control to support the insecure child. We often witness this dynamic development when parents split up, which in turn unsettles children in most cases. These kids benefit from structures, rituals and mental, as well as emotional, clarity, because they all give direction and generate security. This direction and support (metal element) helps build a feeling of security (water element). As long as the initial pattern is not dealt with and let go of, this kind of "protection" will be taken into adulthood, where any kind of weakening of the water element can lead to according patterns.

**„Like many psychosomatic patterns burnout is nourished by respective behaviour and values. The perfect soil for burnout is made out of a strong longing for perfection.“**

I ment that happen in our adult life, like the fear of losing our job for example, or being anxious when facing new challenges. The effects however are the same: our mental aspects increasingly control our actions, our activities, no matter if the actions being taken are congruent with our self, our own desires and goals, as long as they serve the purpose of getting attention and a certain amount of security in life. The metal-wood-dynamic within the five phases "overrules" the water element and the individuals involved cling to their pattern of "increased efforts" while relaxation and regeneration are neglected. Which leads to:

### 3. SUBTLE NEGIGENCE OF ONES OWN NEEDS

Overruling the water element's quality of focusing on what they really want in life, individuals face the result of an increasing negligence of their own needs. The need to pursue a certain assignment has completely got hold of the individual. Minor everyday tasks and pleasures feel increasingly annoying, taking a break is deemed useless, the body neglected. The yang energy of the wood and fire elements gets dense, contact to the yin is lost and the water element is a mere energy reservoir to be exhausted. Pursuing this path leads to:

### 4. SUPPRESSION OF CONFLICTS AND PERSONAL NEEDS

The deranged dynamic between metal and wood element has become so strong that personal needs are not only neglected but com-

of the water element causes an inner emptiness that leads to withdrawal and secret behaviour. No one shall know what is really going on, how the person truly feels. However, sometimes in this phase of the disorder, compensating mechanisms develop, leading to excessive or addictive behaviour, to make up for the feeling of emptiness.

### 5. RE-EVALUATION OF PRIORITIES AND VALUES

Studying the small intestine meridian, we see that it shows a strong affinity to the yin aspects of the water element. Be it the diagnostic areas on the back and the Hara or the Mu and Shu points: all these areas are located in a region strongly associated with the water element. Small intestine needs water. The main energetic aspects of the small intestine are based on a functioning connection to the fire-water-axis. To be able to tell apart what is important and what is not, we need clarity. Clarity comes from consciousness (fire element) connected to calmness (water). Stamina comes from combining passion (fire) and a strong will (water). Because of the rising yang of the prior phases and the resulting exhaustion of the yin, the water-fire-axis starts to dissolve in phase 5. The persons concerned lose clarity and consciousness regarding the factors in their lives that define who they truly are. Individuals lose contact to their values and beliefs. And they also lose stamina and the ability to push through. They may start to stay away from the job. More and more often.

**„The roots of our vulnerability for burnout can often be found in our personal development, our history.“**

## 6. INCREASING DENIAL OF ARISING PROBLEMS

**L**osing touch with our personal values we also lose contact to our personal needs. The yang on the outside becomes hard and spry while the yin becomes increasingly exhausted, also in the wood and fire elements. The liver's flexibility is lost and the happiness of the heart vanishes. Physical symptoms related to this energetic condition increase.

## 7. WITHDRAWAL

**F**eelings of hopelessness and loss of direction become overwhelming. Affected individuals start to withdraw from themselves and the world. The metal element collapses. The elemental spirit of the lungs becomes weak. The controlling energy of the large intestine is exhausted. Energetic cohesion within the system dissolves and suppressed disharmonic tendencies surface all the stronger. In the water element anxieties arise, the wood element causes mood swings, tension and headaches, the fire element shows throbbing of the heart or a tight feeling or pressure in the chest and the earth element shows chaotic and disharmonic digestion.

## 8. OBSERVABLE BEHAVIOURAL CHANGES

**W**ithdrawal increases. The energetic imbalance manifests as obvious changes in behaviour.

## 9. DEPERSONALISATION & 10. INNER EMPTINESS

**T**he water-fire-axis breaking apart causes a loss of sense for the own personality and therefore the last bit of recognizing the own needs is completely lost as well. That leads to overall self denial regarding the body as well as the own personality. In this phase the exhausted kidneys often lead to severe phobias and panic attacks, the individual feels useless, worn out and devastated. Using up the yin like this on every level, increases the feeling of inner emptiness. This may once again lead to compensatory addictive behaviour.

Thorough separation between fire and water. And as a result of this, loss of sense for the own personality. This may lead to self negation. The exhaustion of the yin causes inner emptiness which is often compensated with the use of drugs of any kind.

## 11. DEPRESSION & 12. THOROUGH BURNOUT

**T**he whole system is completely polarised. Initiative and motivation are down to zero. A prevailing symptom at this point is the longing to sleep all the time, which mirrors the total exhaustion of all yin-sources. The loose yang can cause destructive tendencies. There is no "I" or "me" anymore, earlier mentioned compulsions have dissolved, and along with them any purpose in life. Suicidal thoughts arise. At this point the immune system often breaks down.

These 12 phases suggested by Freudenberg do not necessarily come in the same chronological order. They reflect certain steps on the way to burnout that can be more or less severe, depending on the affected individual. Most of the clients in our practical training however, clearly showed to be in one of these phases, with a strong tendency to phases 3 to 7. But there were also clients with many years of exhaustion related depression and according inability to work, meaning phases 10, 11 or 12.

This approach was not made up, but was developed from practical experience and continuous re-checking of already acquired data and results. When I increasingly started working with burnout clients in 2008, just the term "burnout" created an image of complete emptiness and the according approach that formed in my mind was all about tonifying and nurturing the body energetically. However in the following practical work I was often surprised and learned that burnout is but a condition of polarised energy. In extreme conditions yin and yang are separated from each other. A huge lack of energy on one side and massive tension on the other. That really got my attention and was the kick off for the burnout practical training.

Of course we also wanted to know how our clients perceived the changes and outcome of our treatment. So in our practical training at the International Academy for Hara Shiatsu, we

used written questionnaire to get feedback from our clients. We handed them out to our clients at the beginning of a treatment cycle and they consisted of two parts. The questions dealt with the common condition and well being of the clients at the beginning of the treatment series as well as at the end of it. Our clients were free to decide to take part and to throw the questionnaire in a box, if they wished – part one after the first treatment and part two after the last of the ten treatments. The questionnaire was completely anonymous to avoid any influence from the practitioner or by the relationship between practitioner and client. The rate of returned questionnaire averaged at 73%.

- out of these 73% the energy level improved remarkably in 58% of the cases, meaning that symptoms like fatigue, sleeping disorders, overload, etc. decreased
- 51% noted a remarkable improvement with emotional issues, including anxiety, insecurity, being unsatisfied or angry
- plus: a major part – 92% of the clients – were happy about the treatments, 62% were very pleased with the appearance and competence of the practitioners

## THE TRUE NATURE

It became clear during the practical training that working with the energetic aspects of the burnout cluster made the individual energetic patterns surface all the clearer, while the imbalance of the burnout condition decreased. It is for a reason that in times of extreme stress, we use terms like "I feel completely besides myself", "I am drowning in work" etc. This is meant to say that behind the burnout waits the real issue, the energetic pattern, the individual as such. Behind the noise lies peace and quiet. Behind the stress and the compulsion to „do“ waits the chance to „be“. Dealing with the symptoms at hand is a mere stepping stone on the way to dealing with the true nature of the individual.

The above mentioned questions that Howard Earl Gardner asked in the first phase of burnout were: Who am I? What am I? How do I efficiently accomplish my goals? Finding an honest answer to these deep questions is probably the best burnout preventive measure.

And the first question directly guides us to our true nature itself, our innermost core. And it is this core we want to touch, that is the heart of Shiatsu.

### >> MIKE MANDL (AUT)

**Author of „I Yin, You Yang“, director of the International Academy for Hara Shiatsu, director of the 5<sup>th</sup> European Shiatsu Congress, international lecturer**

His matter of fact attitude and everyday language together with his sense of humor make Mike an inspiring and encouraging teacher.

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**„Dealing with the symptoms at hand is a mere stepping stone on the way to dealing with the true nature of the individual.“**

## ZAZEN

In zazen stoppen we met wat dan ook te willen bereiken of vermijden. We zijn helemaal wakker, volkomen helder aanwezig in het hier en nu. We observeren wat er van moment tot moment verschijnt zonder erop in te gaan. Zazen is de beoefening van de onmiddellijke verlichting.

Hier voor is het belangrijk dat de houding van het lichaam stabiel en bewegingloos is – maar altijd soepel, zonder ook maar enige verkramping. Bovendien moet de houding heel alert zijn. De ademhaling moet vrij kunnen verlopen.

De stabiliteit kan best worden gerealiseerd door op een kussen te zitten met de benen gekruist zodat de knieën stevig op de grond rusten. De juiste hoogte van het kussen is belangrijk; zit op een dikke mat om je knieën te beschermen. Je kan ook met behulp van een kussen of bankje op je knieën zitten wanneer de eerste houding

echt niet werkt voor jou (dikwijls is het gewoon een kwestie van wat oefening, daarom is het goed van toch de eerste houding te proberen, op langere termijn loont dat ruimschoots de moeite). Maar zazen is niet beperkt tot een bepaalde houding. Wanneer het met gekruiste benen niet gaat, zit dan op je knieën; wanneer dat ook niet lukt, zit dan op een stoel. Zeker een ergonomische stoel is heel interessant in dat geval; maar een gewone stoel kan ook. Zorg er in dat geval voor dat je knieën een rechte hoek maken en dat je voeten stevig op de grond staan.

Om de vrije ademhaling toe te laten en de alertheid te stimuleren is het belangrijk het bekken goed naar voren te kantelen en de rug en de nek te strekken. De top van het hoofd richten we naar de hemel.

De handen houden we als volgt: met de vingers goed tegen elkaar leggen we de linkervingers op de rechtervingers; de zijkanten van de handen plaatsen we tegen de onderbuik zodat de polsen rusten op de benen. De punten van de duimen, die in een rechte lijn liggen, raken mekaar in een delicat contact: ze lossen niet maar gaan ook niet echt drukken tegen elkaar. De schouders blijven ontspannen maar in de armen is er een lichte spierspanning, juist genoeg om de handen op hun plaats te houden.

De houding van de handen is heel subtiel, ze helpt ons om heel verfijnd aanwezig te zijn in het lichaam.

Bovendien biedt ze een bijzonder waardevolle constante feedback over de kwaliteit van onze aandacht in dit moment. Zitten we onze gedachten te volgen, te dagdromen, dan zullen de handen weg zakken, of zullen de duimen tegen elkaar gaan drukken; in veel gevallen zal trouwens ook de rug inzakken, het hoofd naar voren of naar achteren vallen enzovoort... deze veranderingen in de houding zullen onze aandacht trekken, zodat we opnieuw in volle helderheid kunnen zitten, met een correcte houding.

De tong ligt plat in de mond tegen het gehemelte; de punt van de tong raakt de achterkant van de voorste tanden. Deze houding verhindert dat je teveel moet slikken; bovendien is het ook weer een manier om ons uit te nodigen, heel verfijnd aanwezig te zijn in het lichaam.

De ogen zijn schuin naar beneden gericht zodat de oogleden ongeveer half toevallen. Ze fixeren geen bepaald punt maar kijken met een weidse blik voor zich. Zo beïnvloeden ze de geest, die zich evenmin op een bepaald punt of op een bepaalde gedachte fixeert maar een panoramisch bewustzijn realiseert.

Bij het begin van zazen, voor je je handen in positie brengt, leg je ze met de duimen in de vuisten op beide knieën om vervolgens met een rechte rug een zevental keer van rechts naar links te gaan in afnemende mate. Zo val je stil in je middelpunt. Dan vouw je de handen samen in een groet en buig je naar voren – een excellente manier om het bekken naar voren te kantelen. Daarna leg je de handen op hun plaats en beweeg je niet meer (er zijn altijd kleine onwillekeurige bewegingen natuurlijk; en wanneer je de houding corrigeert beweeg je ook, maar op een heel rustige manier).

Je ademt een aantal keer, laat ons zeggen een vijftal keer, diep uit en weer in, dan laat je de ademhaling begaan. Je houdt op met wat dan ook te doen en laat je aandacht naar het lichaam en de ademhaling gaan. Gedachten, emoties, herinneringen, verlangens allerhande zullen opkomen en je zal geneigd zijn er op in te gaan en zo in de wereld van het denken te belanden; maar telkens je merkt dat dat gebeurt is, kom je simpelweg terug naar de eenvoudige realiteit van dit moment, de levende stroom van zijn hier en nu. Er is voelen van ademhaling en lichaam, er zijn geluiden, beelden, en allerlei geestelijke verschijnselen... ze komen allemaal vrij op en verdwijnen terug in alle vrijheid. We grijpen er niet naar met onze geest.

Tekst van Luc De Winter, Ho Sen dojo Antwerpen



## **Country News Austria February 2018 (Eduard Tripp)**

1. At the moment we are in the middle of a year intensive **cooperation with a PR agency**. Highlights are:
  - a media cooperation with Austria's most famous Blogger DariaDaria <https://www.instagram.com/p/BYIBDhGn4je/>
  - a media cooperation with an online lifestyle magazine (enjoyliving) presenting Shiatsu experts to different subjects as sleep, burnout prevention, children ... <http://www.enjoyliving.at/gesund-leben-magazin/bewegung-und-fitness/koerperarbeit/massage.html>
  - Videoclips (Do-In) presented on Infoscreen (a channel that is shown in public transport in Vienna, maybe in other big towns in Austria too)
2. We had **AGM 2017** at the beginning of December (1<sup>st</sup>) presenting
  - a survey ("Wirkungsbericht") on the work of the Austrian federation 2016 (and sent to each member) – another one ("2017") will be sent early this year
  - results of the working group "Future of Shiatsu", evaluating possible directions for positioning Shiatsu in Austria in the future (as long as there is no European regulation): keeping the situation as it is, or trying to improve (e.g. into health system or even into less regulation)
  - no result (at the moment) in searching for a strengthening and (later on) replacement of my function ("political officer" and ESF representative) – we will start another announcement soon
3. During the **Shiatsu days** in the spring of 2017, which take place in Austria over a period of more than one week in order to provide the greatest possible flexibility for the organizers (many of them regional groups), there were a variety of activities throughout Austria, including "Shiatsu on tour" (bringing Shiatsu even to small villages) and Shiatsu tents in 7 Austrian cities, in which free Shiatsu was given.
4. At the end of September 2017 we had a close cooperation with the **European Shiatsu Congress**, in order to anchor Shiatsu and the Austrian umbrella organisation more firmly in the minds of the people in Austria, supplemented with a meeting tent ("Shiatsu in the tent") on a large shopping street, in which interested people passing by received Shiatsu; and a large advertising tower next to this tent, on which Shiatsu was advertised in a visible way. At the same time, this should also be a sign for the members and Shiatsu practitioners throughout Europe.
5. 2018 we celebrate "**25 Years ÖDS**" with a lot of events, e.g. 25 actions throughout the year, and the AGM with their surrounding "ÖDS days" will reflect this.
6. The increase of the **membership fee** to 160 Euro per year was implemented despite some doubts and is successful: the office could be expanded and the communication with the members could be improved significantly, e. g. with a regular newsletter and a new more functional website. In the end, there were hardly any resignations; on the contrary, with the improvement of the communication structure, "lost" members came back and the **number of members increased**.
7. We will have our **AGM 2018** on October 18<sup>th</sup> in the evening, "surrounded" by "**ÖDS-Tage**" (workshops, presentations ... all free for our members) from October 18<sup>th</sup> to 20<sup>th</sup>. As ESF meeting will be October 19<sup>th</sup> to 21<sup>st</sup> in Vienna, we plan an open **meeting of ESF and ÖDS** members on 19<sup>th</sup> evening to strengthen the connection of the Austrian Shiatsu practitioner with the European federation.

## **Programma Shiatsu-scholen in België**

Het gaat om activiteiten buiten de opleiding; nascholing, verdieping, en special events die open staan voor ervaren deelnemers

## **Programme Ecoles shiatsu en Belgique**

Il s'agit d'activités en dehors de la formation, la formation continue, un approfondissement, et des événements spéciaux ouverts aux participants les plus expérimentés.





[www.yu-sen.be](http://www.yu-sen.be)

**nieuwe reeks CSSP start april 18**

**CranioSacraalShiatsu Protocol 1**

**vrijdag 6, zaterdag 7 en zondag 8 april 2018**

**CranioSacraalShiatsuProtocol 2**

**vrijdag 19, zaterdag 20 en zondag 21 oktober 2018**

instappen kan nog zolang er plaatsen vrij zijn.



**Anatomie 2**

**zaterdag 10 en zondag 11 maart 2018**

Volledig gericht op ons shiatsu-werk

**Kinesiologisch Testen**

**zondag 13 mei 10-17u**

**Initiatie Oosterse Gelaatsdiagnose**

**woensdag 16 mei 19-22u**

**Initiatie Voetreflexologie**

**zaterdag 6 en zondag 7 oktober 2018**

**Kookopleiding yinyang koken**

**zaterdag 24 maart 2018 10-17u**

een ganse dag ZELF in de potten roeren en vooral veel proeven



**Kookopleiding glutenvrij-lactosevrij koken**

**zaterdag 12 mei 2018 10-17u**

een ganse dag ZELF in de potten roeren en vooral veel proeven

**voor alle modules ontvangt u een factuur + attest van bijscholing BSF**

**YU SEN, Centrum voor Oosterse Therapieën**

**Merelstraat 24, 3290 Diest 013.335328**

**www.yu-sen.be**



### Dagworkshops in Antwerpen & Brussel

**4/3 of 3/6: Self-empowerment, met Jivan Rethmeier.** Shiatsu met nadruk op werken vanuit 'niet-doen', centrering en aarding.

**8/3, 5/4 of 17/5: Transformational breath, met Sara Busselen.** Je ademcapaciteit optimaal benutten voor emotionele balans en geestelijke rust.

**8/3: Het gezicht lezen, met Gérard Heijnen.** Je leert aangeboren sterktes/zwaktes ook de huidige mentale, fysieke en emotionele conditie aflezen.

**7/4 (Bxl) of 16/6 (Ant): Burnout, overgevoeligheid en vermoeidheid helen, Irene Nolte.** De Vijf Elementen Theorie, EFT en the Work that Reconnects bieden eenvoudige stappen om je gezondheid te ondersteunen.

**15/4 (Ant) of 1/5 (Bxl): EFT, met Irene Nolte.** Emotional Freedom Technique.

**24/5: Oorreflexologie, met Gérard Heijnen.** Je hele lichaam met al zijn organen, geprojecteerd op je oorschelpen.

### Deep tissue techniques, Brian Utting

**3/4: Introductie in spierspecifieke, diepe weefselmassage & technieken voor rug & paraspinals.**

**4-5/4: Technieken voor benen & heupen.**

**6/4: Assessment & behandelen van de cervicale ligamenten.**

**7/4: Technieken voor de borstkas en 'side-lying' schouder.**

### Basiscursussen & jaarprogramma's

**Vanaf 6/10: Shiatsu grounding, met Jivan Rethmeier.** Jaartraining. (basisdag op 16/9)

**Vanaf 18/11: Handreflex, met Els Van Daele.** Jaartraining (5x zondagen).

**2-4/11: Chi Nei Tsang, met Dominique Respens.** Basiscursus.

### Basismodules

**6-15 juli (Ant) of 18-23 sept. (Orval): Energetische basiskennis, module 1. Zomervijfdaagse.**

De basis van energetische geneeskunst: energetische opbouw in de mens, energetische embryologie, de principes van yin/yang en het model van de 5 transformaties, enz. Zomer 5daagse in Orval: 18-23/9

**Vanaf 5/10 (module A) of Vanaf 19/10 (module B): start Medische basiskennis.**

Anatomie, fysiologie en pathologie van de verschillende lichaamsstelsels.

### Residentiële workshops in Orval

**25-30 maart: Energetisch koken volgens de 5 transformaties thema: Hout, met Katrien Cocquyt.**

Een intensieve uitdiepingsweek rond de boomfase en de bijhorende voedingsmiddelen, snijstijlen, bereidingswijzen, met specifieke medicinale gerechten voor lever en galblaas.

**25-27 mei: EFT, tapping into happiness, Irene Nolte.**

Opruimen en helen wat in de weg staat om het leven te leven dat je echt wil met EFT en emotionele acupunctuur.





## **ShinzuiKai 2018**

Professional Shiatsu Education in Belgium and Japan  
Formation professionnelle Shiatsu à Bruxelles et Fukuoka  
Professionele Shiatsu Opleiding in België en Japan

### **Residential Shiatsu retreat in Japan "The essence of Shiatsu"**

Haruhiko Masunaga & Philippe Vandenabeele  
Furuyu Hot Spring Japan  
from Sunday 28th of October until Saturday 3rd of November 2018

**« Shiatsu du Samouraï »** 10-11maart 2018  
Svenja Schaper (UK)  
le programme scolaire qui favorise la santé et la concentration

**Initiatie CranioSacraalShiatsuProtocol** 11 mei 2018 19-22u  
Alice Deen (erkend leraar BSF)  
de eerste linken cranio-sacraal en shiatsu worden gelegd

**Workshop polsdiagnostiek /Atelier «Diagnostic au moyen du pouls»**  
1-2 december 2018  
Joyce Vlaarkamp (NL)  
“Ki is geen idee, het is een ervaring van het lichaam”

**WWW.SHINZUI.BE    WWW.SHIATSU.BRUSSELS**



Du mardi 29/5 au samedi 2/6 2018

# Toucher le Coeur de la Relation Authentique

## Atelier exceptionnel pour Couples avec Didier & Kristina

A La Villa Clara sur le flanc du Mt Canigou  
dans les Pyrénées Orientales (F)

**Sentir l'amour pour soi et les autres à partir de la Conscience Cellulaire**, une chance pour célébrer l'Amour !

Vous venez en couple pour rétablir, approfondir, célébrer l'état d'Amour de votre couple.

Des exercices pour ressentir et se mettre en connexion avec la Conscience Cellulaire et accueillir vos capacités de rester en contact avec cette Conscience à l'intérieure de vous.

Au travers de différences techniques tel que le massage Shiatsu, le Yoga Kundalini, et l'exploration des possibilités de la Communication Non-Verbale ainsi que le rôle de l'Ego dans le couple. Pour sortir de la domination mental et visuel. On ouvrira une porte **vers une relation plus consciente et lumineuse**.

Un magnifique cadeau pour votre couple et vous-même.

Le tout dans un cadre verdoyant et agrémenté de plats savoureux.

Découvrirons-nous les plaisirs des ballades dans la nature et la visite aux sources thermales chaudes....

Prix au résidentiel: 480 euros tout inclus sauf le transport et la visite aux thermes chaudes (optionnel)

Lieu: La Villa Clara - Centre de Méditation. - Site : [www.o-ki.fr](http://www.o-ki.fr). Conditions d'admission: ouvert pour tous.

Arrivée prévue mardi vers 15h (Ryanair sur Perpignan à 12h), Départ samedi vers 10h (Ryanair départ 12h25).





Lifeforce

Mastenhof 7 2560 Kessel [www.lifeforceshiatsu.com](http://www.lifeforceshiatsu.com)



Morville 99

**Belgische School voor Paardenshiatsu**  
6940 Durbuy  
[www.painthorse-ranch.be](http://www.painthorse-ranch.be)

studiecentrum Mechelen  
<http://www.toneindigverhaal.be/>

Lange Zandstraat, Mechelen

't Oneindig verhaal



Heidestraat 6B 3500 Hasselt [www.wellnessacademie.be](http://www.wellnessacademie.be)

BELGIË 011-872703 NEDERLAND 0800-0980980 of via [www.wellnessacademie.be](http://www.wellnessacademie.be)

<http://www.manipura.be/>

**manipura**  
DE VRIJHEID OM ONSZELF VOORTDUREND TE VERANDEREN

# Shiatsu Academie



Rodenburgplein 25 te Marke (Kortrijk)  
[dominique.respens@gmail.com](mailto:dominique.respens@gmail.com) - [www.shiatsu-academie.be](http://www.shiatsu-academie.be)  
0498/246633 of 056/210292

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## Ecole de Shiatsu de Louvranges

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1348 Louvain-la-Neuve  
0495/688746- [elisa@kajudo.be](mailto:elisa@kajudo.be)  
<http://www.kajudo.be/>  
Ecole de formation au shiatsu



## Sa t'sam

Groenstraat 7 1800 Vilvoorde  
<http://www.satsam.be/>

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<http://www.issshiatsu.be/>

DE NATUURLIJKE  
KOOKSCHOOL

DE INTERNATIONALE  
SHIATSUSCHOOL

IYASHI Centrum Voor Heling  
Tweekleinewegenstraat 71 3001 Heverlee  
T 016 464702



## Internationaal Paarden en Honden Shiatsu Weekend

Het weekend van 19 en 20 mei 2018 komen **alle Europese paarden en hondenshiatsu scholen en practitioners** samen voor een interessante meeting en leuke internationale workshops.

Je kan je ook voor 1 dag inschrijven indien je wenst.

Programma bekijken of inschrijven?

Ga naar de website [www.equina.be](http://www.equina.be)

klik door naar [opleidingen](#)

[Holistic Happiness](#)

En scroll naar beneden tot [Internationaal paarden en honden shiatsu weekend](#)

Er zijn momenteel (15/2/2018) nog 13 plaatsjes vrij. Al de rest is reeds ingenomen.