

THE ART OF SHIATSU – A Japanese healing tradition brought to life through the hand of Sara Carling

SHIATSU HEALING – The Art of Japanese Balance

90 MIN, €250 p.p. VAT inc.
(Private session)

Shiatsu is a Japanese preventative therapy based on Traditional Chinese Medicine, which uses Japanese-style techniques applied to the same system of energy channels and points used in acupuncture. It is generally practiced on a soft mat on the floor, where the therapist applies pressure, mobilizations, and stretches to the body's energetic and physical structures. Shiatsu healing helps restore the natural flow of vital energy throughout the body and benefits health by creating a harmonious balance in the flow of energy in both body and mind. It improves self-awareness and sensitivity, and releases tension. Furthermore, it strengthens and nourishes vital energy.

THE MAGIC OF TOUCH – A Personalised Healing Experience

120 MIN, €310 p.p. VAT inc.
(Private session)

A transformative experience combining a full Shiatsu session with a personalized energy assessment will help you release tension, connect with your inner self, feel in harmony, and gain a deeper understanding of your body and mind. It can also be helpful during crises, difficult life stages, and periods of change. Furthermore, it may help ease a wide range of physical ailments. This is achieved through the magic of touch, combined with your therapist's guidance on lifestyle, exercise, healthy habits, and much more.

SHARING IS CARING – The Art of Conscious Touch

120 MIN, €400 p.p. VAT inc.
(Minimum 3 people)

This Shiatsu workshop is a transformative journey and a unique experience that will help you release energy blockages, awaken vitality, and connect with a deeper understanding of your body and its natural movement. Through group and partner sharing, we will learn simple meditation and mindfulness practices, along with basic Shiatsu techniques and helpful points that you can practice on your own or with your family, and enjoy the magic of touch and its benefits.

Sara Carling Plaza, Assistant Director and Professor at the European School of Shiatsu, began her training as a Shiatsu therapist in Malaga at just 16 years old. She combined her practice with teacher training, which she completed in 2012.
Shiatsu has always been present in her life, learned from her father and role model, Brian Carling, who taught her that Shiatsu is not just a therapy, but a way of life. Currently, she teaches Shiatsu courses at all levels in Andalusia and works as a therapist

Sessions in English

To book: **Call (+34) 663642447 or email wellness@marbellaclub.com**