# Shiatsu Massage Basics

This playbook describes the basic techniques and principles of Shiatsu massage, focusing on the application of pressure to meridian points to relieve stress and tension.

### Step 1: Preparation

Create a calm and comfortable environment. Ensure the space is warm and quiet. Have the person receiving the massage lie down on a flat surface, preferably on a mat on the floor.

### Step 2: Positioning

Position yourself beside the person receiving the massage. You should be able to move easily around them to access various meridian points without straining.

### Step 3: Starting Point

Begin with a gentle palm pressing on the back, starting from the lower back and gently moving towards the shoulders to warm up the body.

### Step 4: Apply Pressure

Use your fingers, palms, or thumbs to apply pressure directly on the meridian points. The pressure should be firm but not painful. Hold each point for 3-5 seconds before releasing.

### Step 5: Follow Meridians

Move along the body's meridians, which are the channels where energy flows. Focus on applying pressure along these lines across the back, arms, legs, and neck.

### Step 6: Mindful Technique

Maintain a relaxed and meditative state while performing the massage. Your movements should be mindful and intentional, with attention to the recipient's response to the pressure.

### Step 7: Conclusion

Gradually decrease the pressure of your touches as you bring the session to an end. Gently place your hands on the recipient's back, sharing a moment of calmness before closing the session.

## General Notes

### Consent

Always ensure you have consent from the person receiving the massage and that they are comfortable throughout the process.

### Communication

Keep open communication during the massage session to ensure the pressure is appropriate and the technique is effective in providing relief.

### Training

Shiatsu massage should ideally be performed by a trained practitioner. Before attempting the techniques, proper training or guidance from a professional is recommended.