



**Bab Zouina**  
yoga, nature & retreat

# Iokai Shiatsu Workshop

## Kata and Meridians

with Sasaki Sensei

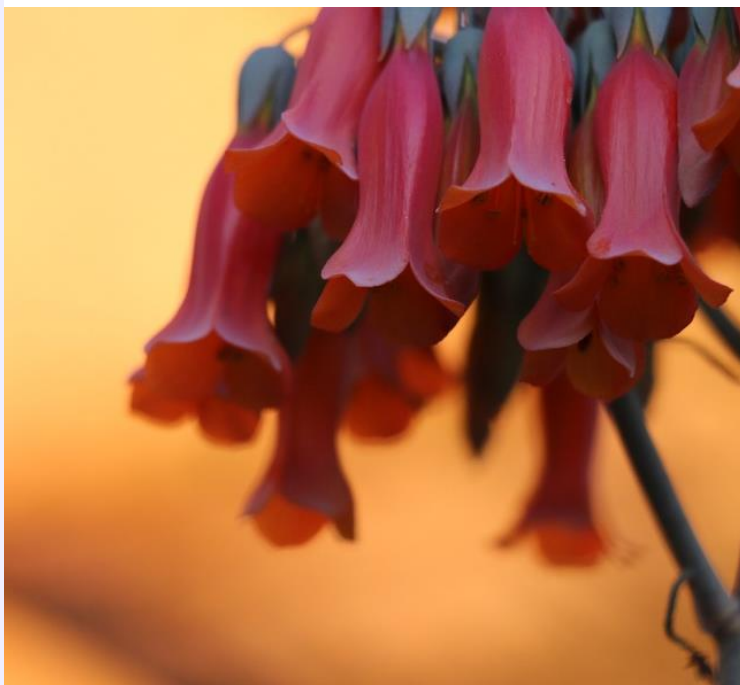


Marrakesh, at the foot of the Atlas Mountains  
**18-25 April 2020**

# Bab Zouina



The estate is full of terraces and peaceful places to recharge your batteries. The botanical and aromatic gardens surrounding the property give the place a poetic charm and invite to a gentle meditation. The amazing Swedish artist and landscape designer, Catharina von Unge, conceived and designed the ornamental garden surrounding the property. She managed to combine British aesthetic taste with rusticity and simplicity of the place. With the Mexican corner and its incredible varieties of cactuses, Catharina dares to hint at the Majorelle garden by Yves Saint Laurent and the neighboring garden by André Heller.



The workshop will take place in Bab Zouina, a beautiful traditional Moroccan villa situated in the Ourika Valley (30 km from Marrakesh) in a magnificent property surrounded by olive trees. Far from urban stress, Bab Zouina has kept an authentic and serene spirit, respectful of the environment; the main house is ecologically built with cut stone and the new buildings with natural mud bricks. The material used is entirely traditional: tadellakt on the wall, zellij on the floor and cedar and epicea for the woodwork.



Meals are cooked with fresh and local products according to Moroccan and Berber recipes. Each meal is a culinary experience in itself. The guest rooms are spacious and authentic: carpets, cushions, traditional crafts, and a bed futon according to Berber tradition.

It is possible to have daily walks in the beautiful countryside nearby. A pool of natural water is available.

The Ourika valley is full of cultural, 'nature' and recreational activities. Depending on the desires of the participants, activities will be offered on an optional basis: visit to a saffron plantation or a botanical garden, the Berber souk, hiking in the Atlas, the local hammam, bread making with the women of the village, etc.

# Iokai Shiatsu

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Founded in the past century by Masunaga Sensei, the Iokai Shiatsu (shi: fingers and atsu: pressure) is a relatively young Japanese technique. Its sources, however, go very far back. Tuina, a traditional Chinese body technique dating back to about 2700 BC, is considered the mother of shiatsu. This is why the principles of Traditional Chinese Medicine, Yin and Yang, the study of the 5 elements and the acupuncture points remain closely linked to shiatsu. Through his pragmatic research, Masunaga Sensei codified the use of meridians and developed a therapeutic approach that became recognised in Japan, then in the West and in the East.



Shiatsu is traditionally practiced on the floor and fully dressed. It involves exerting pressure with the fingers, palms, forearms, elbows and knees on the energetic meridians of the body, as well as on the main points (tsubos). The meridians are the subtle paths for the circulation of vital energy (the Ki, in Japanese) and form a link between the surface of the body and the deep organs. Shiatsu also includes a wide variety of gentle mobilizations of the body joints.

Iokai Shiatsu is an art that is distinguished from a simple manual technique by the fact that it engages the psychic and physical wholeness (spirit-body) of the practitioner and the recipient. The quality of this communication is one of the essential points of Iokai Shiatsu in which the term "touching life" lies. Sasaki Sensei was deeply touched by these aspects during his collaboration with Masunaga Sensei and it is the heart of this approach that he teaches in Europe.



## Sasaki Sensei

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He is the founder of Iokai Meridian Shiatsu in Europe and the president of the Association for Iokai Shiatsu Europe (AISE). After his travels to India and China in order to develop a deep understanding of Eastern spiritual thinking, he worked for a long time at the Iokai Center in Tokyo. He assisted Masunaga Sensei in his practical and theoretical teaching of shiatsu. In 1981 Sasaki Sensei arrived in Europe to teach Iokai Shiatsu and continue his research on the spirit and the knowledge of traditional oriental medicine through shiatsu. Sasaki Sensei has trained practitioners and teachers in several European countries for more than 35 years.





## Programme

This course is intended for beginners as well as those who already have a shiatsu practice and want to deepen their knowledge. The teaching will be adapted to the participants and will be given with an Eastern approach. Sasaki Sensei will introduce katas (traditional sequences) as well as the study of meridians.

It is suggested to be dressed in comfortable clothes for the workshop.

### Saturday, 18 April 2020 (arrival)

According to schedules	Welcome at Marrakesh airport Transfer to Bab Zouina
8:30pm	Dinner

### Sunday to Friday 19 to 24 April 2020

6:30 – 8am	Do In, Ki-Ko, morning exercises
8am – 9am	Breakfast
9am – 12:30	Shiatsu workshop and coffee break
13:30 – 4pm	Lunch & free time
16pm – 7:30pm	Shiatsu workshop and tea break
8pm	Dinner

**Note :** Wednesday 22nd April afternoon is free for participants to visit Marrakesh (cultural and historical sites as well as the souk)

### Saturday, 25 April 2020 (departure)

8am	Breakfast
According to schedules	Departure to Marrakesh airport

Participants who wish to extend their stay after the workshop can contact [marhaba@bab-zouina.com](mailto:marhaba@bab-zouina.com) for further details and prices.

## Registration & Workshop fees

The number of places is limited to 35 people. The course will be held with a minimum of 10 participants. Registration is to be sent to [marhaba@bab-zouina.com](mailto:marhaba@bab-zouina.com)

The workshop price is **EUR 980** per person (**EUR 1'180** in double room; **EUR 1'280** in single room) and includes: six days of shiatsu courses, transfer to and from Marrakesh airport, accommodation (7 nights), on-site meals, transfer to and from Marrakesh (free day), and Moroccan tea at any time.

A deposit of **EUR 500** is required to confirm registration. The balance must be paid before March 15, 2020.

A valid passport (min. 6 months) is required for entry into Morocco. The flight ticket is to be purchased by each participant. Many "low cost" companies offer direct flights (see in particular Easyjet and Ryanair websites for schedules). The sooner you register the lowest ticket price you will get.



## Application form

I register for the Iokai Shiatsu workshop that will take place from 18 to 25 April 2020 in Bab Zouina. By signing this form, I agree to pay the deposit of EUR 500 upon receipt of confirmation of my registration. This deposit is only refundable in case of workshop cancellation (force majeure only).

Name : ..... Surname : .....

Address : .....

Post Code : ..... City : .....

Email : ..... Tel : .....

Place : ..... Date : .....

Signature : .....

Please send your scanned registration form to : [marhaba@bab-zouina.com](mailto:marhaba@bab-zouina.com)