



Iokai Shiatsu Workshop - *Kata and Meridians* with *Sasaki Sensei*



Bab Zouina, 5 - 11 June 2023

Ourika Valley, Marrakech



SASAKI SENSEI

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 many European countries for more than 40 years.



LOKAI SHIATSU

Founded in the past century by Masunaga Sensei, the Iokai Shiatsu (shi: fingers and atsu: pressure) is a Japanese healing technique. Its sources go back to Tuina, a traditional Chinese body technique from 2700 BC. 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 function 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. The meridians are the subtle paths for the circulation of vital energy (the Ki) 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 influenced by these aspects during his collaboration with Masunaga Sensei and it is the heart of this approach that he teaches in Europe.



PROGRAMME

Monday, June 5, 2023

Welcome at the airport of Marrakesh

Transfer to Bab Zouina

Arrival

20:30 Dinner

Tuesday to Saturday June 6 to 10, 2023

06:30 - 08:00 Do In, Ki-Ko, morning exercises

08:00 - 09:30 Breakfast

09:30 - 12:30 Shiatsu workshop and coffee break

13:30 - 16:00 Lunch and free time

16:00 - 19:30 Shiatsu workshop and tea break

20:00 Dinner

Sunday June 11, 2023

08:00 Breakfast

Departure to Marrakesh airport

Option (June 11 to 15, 2023) : Additional 4-day Trek in Atlas mountains (aiming to climb Miltzen summit, altitude 3'800m).
More informations upon request.



REGISTRATION

The number of places is limited to 35 people. The course will be held with a minimum of 10 participants. A deposit of **EUR 500** is required to confirm registration. The balance must be paid before 5 May 2023.

Register by sending an email to:
marhaba@babzouina.com



PRICE

The price is **EUR 930** in a triple room, **EUR 1'110** in a double room and **EUR 1'290** in a single room. It includes: 5 days of teaching, transfer to and from Marrakech airport, accommodation for 6 nights, meals at Bab Zouina, fruit and Moroccan tea at will.



BAB ZOUINA

The workshop will take place at Bab Zouina, a traditional guest farm, located in the Ourika valley (30 km from Marrakech) in a magnificent domain in the middle of olive trees; a swimming pool is available for the amateurs. The domain abounds in terraces and peaceful places to relax. The botanical and aromatic gardens surrounding the property give the place a poetic charm and invite to a soft meditation.



The meals will be cooked with fresh local products and will allow the participants to discover the local cuisine with Berber and Moroccan recipes.