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Work from the Hara. Shiatsu has its roots in the eastern traditions of bodywork, which means that it shares similarities with eastern martial arts. The emphasis in all of these, such as tai chi, chi qung and karate, is that the centre of the body, the centre of being, is the Hara.

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The Hara is perhaps considered the most important aspect of an effective Asian bodywork session, for both the giver and the receiver. The significance of it is usually learned when training in Zen Shiatsu. Discover where the Hara is located as well as how using and addressing the Hara can be effective with other types of bodywork.

Part 1: The Importance of the Hara in Massage Therapy – An ...

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