

workshops and classes with Yaor Shanti Club

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CLASSES:

Meridian Yoga & Qi Gong- every Tuesday & Friday from 09:00- 10:30.

25 CHF.

*** This is a drop in class, it's recommended to register and save a place but not obligatory.**

Description:

The term "Meridians" comes from the Traditional Chinese Medicine (TCM) and describes the energetic channels that move and flow inside our body. People often carry blockages in one or more meridian, which can result in discomfort and disease. We will learn and practice **Meridian** and **Hata Yoga** "Asanas" (postures)& **Qi Gong** movements including Pranyama in order to open the meridian channels, release stress & excessive emotions and gain vitality, strength, silence and peace. This class is open for both beginners and advanced practitioners.

For many years, Yaor has investigating the impact of the meridian systems over the body and after he felt the great impact of the practice on his body and mind, he decided to teach, and developed a unique combination of meridian exercises, Hata yoga and qi gong movements which works together harmonically, balancing body and mind and helping people to connect and love themselves.

Workshops:

Meridian Yoga & Qi Gong: Saturdays 09:00 –13:00, 26.1, 23.2, 6.4, 25.5

90 CHF- please register in email, phone or whats' up

The term "Meridians" comes from the Traditional Chinese Medicine (TCM) and describes the energetic channels that move and flow inside our body. People often carry blockages in one or more meridian, which can result in discomfort and disease.

In this Workshop will learn and practice a series of **Meridian** and **Hata Yoga** "Asanas" (postures)& **Qi Gong** movements including **Pranyama** in order to open the meridian channels, release stress & excessive emotions (anger, sadness, fear, obsessive thoughts & depression are the main cause of health problems according to the T.C.M), and gain vitality, strength, silence and peace.

We will also learn about **the 5 Elements and 12 meridians** of the T.C.M and how to know which system is weak in our body and which exercises are good to support it.

In the end of this workshop we will have a **better understanding about our body in relation to the 5 Elements and the meridian system, and which exercises/Asanas are good to support us physically and mentally, and that will encourage us to turn it into a sacred daily practice (which is one of the goals of this workshop).**

We will receive as well, a paper with most of the exercises that we practiced **including photos and explanations**, which will help us to practice at home on ourselves.

This workshop is open for both beginners and advanced practitioners.

No experience need, This workshop is good for anyone that like to work with their body, for those who never practiced Yoga before, for Therapists of any kind, Yoga teachers, Qi gong teachers, dancing teachers and for people who would like to feel the Qi and understand their body better.

Zen shiatsu for beginners: 2 Saturdays from 09:00- 13:00, 2.2, 16.2

90 CHF- please register in email, phone or whats' up

Shiatsu is a Japanese therapy in which manual (hand) pressure is applied to certain points on the body to work on the body energy (qi/meridians). Based on the same principles as acupuncture, the purpose of Shiatsu treatment is to release energetic blocks that cause pain and disease, allowing energy to flow throughout the body. By applying pressure on the tissues we gain relaxation, flexibility and release of pains.

in this workshop we will learn the basic principles of shiatsu including the right postures and positions, and practice in pairs as receivers and givers on mattresses on the floor.

We will start with meridian Yoga warm up, in order to prepare our body for the practice.

By the end of this workshop, participants will be able to give a basic Shiatsu treatment and would be able to practice on their friends, family, children etc, and have better understanding about their body and what they need.

We will receive as well, a paper with all of the postures ("KATA") that we practiced **including photos and explanations**, which will help us to practice at home on our friends, family, partners and childrens.

No experience need, This workshop is good for anyone that like to work with their body, for those who never practiced Shiatsu or Yoga before, for Therapists of any kind, Yoga teachers, Qi gong teachers, dancing teachers and for people who would like to feel the Qi and understand their body better.

Zen Shiatsu for beginners: 5 meetings on Saturday from 09:00- 13:00

16.3, 23.3, 13.4, 4.5, 11.5

350 CHF early bird until 16.2, or 400 CHF after

please register in email, phone or whats' up

Shiatsu is a Japanese therapy in which manual (hand) pressure is applied to certain points on the body to work on the body energy (qi/meridians). Based on the same principles as acupuncture, the purpose of Shiatsu treatment is to release energetic blocks that cause pain and disease, allowing energy to flow throughout the body. By applying pressure on the tissues we gain relaxation, flexibility and release of pains. In shiatsu, we work on the meridian channels. The term “meridians” comes from the Traditional Chinese Medicine (TCM) and describes the energetic channels that move and flow inside the body. TCM discovered 12 main meridians that are responsible for the circulation of qi (life energy or prana). People often carry blockages in one or more meridian, which can result in pain, problems, and disease.

In this workshop, we will learn the basic principles of shiatsu, and understand how Shiatsu works by both feeling (receiving) and doing (giving).

We will work on pairs on mattresses on the floor and practice the prone(lying on the belly) and supine(lying on the back) position.

We will also learn the basic exercises of the 5 Elements from Chinese medicine based on the book Meridian Exercises by Shizuto Masunaga, which is very similar to Yoga Asanas & some **Meridian yoga & Qi Gong movments** in order to open the energy blocks and prepare our body to the practice.

according to Chinese medicine the major reasons for imbalance, problems and disease are excessive of emotions: when we have too much anger& frustration, too much worries, too much fears, sadness, grief, anxieties we are out of balance.

One of the purposes of this workshop is to let go these emotions, love yourself the way you are and then become much more calm and complete. also to develop awareness to yourself and others.

By the end of this 5 meeting workshop, participants will be able to give a full

body Shiatsu treatment and have better understanding about their body in relation to the 5 Elements and the meridian system.

We will receive as well, a paper with all of the postures ("KATA") that we practiced including photos and explanations, which will help us to practice at home on our friends, family, partners and children's.

Also, it will help you to connect to your body better, listen ,understand and accept yourself and others the way they are and gain vitality, strength and inner silence.

No experience need, This workshop is good for anyone that like to work with their body, for those who never practiced Shiatsu or Yoga before, for Therapists of any kind, Yoga teachers, Qi gong teachers, dancing teachers and for people who would like to feel the Qi and understand their body better.

Shiatsu, Meridian Yoga & Qi Gong workshop

15.6-16.6 from 09:00- 18:30.

300 CHF early bird until 15.5, or 350 after. please register in email, phone or whats' up

Course intent

Come and Join this magical 2 days workshop and give yourself the chance to learn important skills and gain knowledge that will connect you to your body, improve your health, and make you more calm, peaceful, happy and strong.

Learn to do a full body Shiatsu treatment.

Learn a fun and easy to make of Meridian Yoga exercises and magical Qi Gong movements and turn it into important and sacred daily practice.

Learn the basics of the 5 Elements and 12 meridians of the T.C.M

Learn to listen to yourselves and others, accept yourself and others as they are.

Learn to be present and aware.

Learn important Pranayama breathing.

Course details

In this workshop we will learn **shiatsu from the basic until we will be able to do a full body shiatsu treatment.**

We will learn a series of **meridian exercises** (energetic channels that flow in our body), **Yoga "Asanas"** (postures) and **Qi Gong** movements in order to release energetic blockages and gain vitality, inner silence and peace.

We will learn **basics functions of the meridians & the five elements theory**, based on the T.C.M(traditional Chinese medicine), and **receive important tips for healthy lifestyle and nutrition recommendations** according to the Chinese medicine and Ayurveda.

about Shiatsu

Shiatsu is a Japanese therapy in which manual (hand) pressure is applied to certain points on the body to work on the body energy (qi/meridians). Based on the same principles as acupuncture, the purpose of Shiatsu treatment is to release energetic blocks that cause pain and disease, allowing energy to flow throughout the body. By applying pressure on the tissues we gain relaxation, flexibility and release of pains. In Shiatsu, we work on the meridian channels. The term "meridians" comes from the Traditional Chinese Medicine (**TCM**) and describes the energetic channels that move and flow inside the body. TCM discovered 12 main meridians that are responsible for the circulation of qi (life energy or prana). People often carry blockages in one or more meridians, which can result in pain, problems, and disease.

In this workshop, you will learn how Shiatsu works by both feeling (receiving) and doing (giving).

We will work on pairs on mattresses on the floor and practice the prone(lying on the belly) and supine(lying on the back) position.

About meridian yoga & qi gong

For many years, Yaor has been investigating the impact of the meridian systems over the body and after he felt the great impact of the practice on his body and mind, he decided to teach, and developed a unique combination of **meridian exercises, Hata yoga and qi gong movements which work together harmonically, balancing body and mind and helping people to gain vitality, strength & inner silence.**

By the end of this workshop, participants will be able to give a full body Shiatsu treatment and have better understanding about their body in relation to the 5 Elements and the meridian system.

You will receive a paper with all of the postures (supine and prone position "KATA") that we practiced **including photos and explanations**, which will help us to practice at home on our friends, family, partners and children.

You will receive as well a paper with important tips for healthy lifestyle and nutrition recommendations according to Chinese Medicine and Ayurveda.

No experience need, This workshop is good for anyone that like to work with their body, for those who never practiced Shiatsu or Yoga before, for Therapists of any kind, Yoga teachers, Qi gong teachers, dancing teachers and for people who would like to feel the Qi and understand their body better.

Yaor Barhum

Yaor is a Zen Shiatsu therapist and yoga teacher from Israel with 8 years experience.

Over the past few years, yaor has being guiding Shiatsu workshops, and meridian yoga & qi gong classes and workshops, in Israel, India and Europe.

Yaor has a senior diploma in Zen Shiatsu Therapy, Aromatherapy and Bach Flower Remedies.

He completed his yoga Teacher Training with Surinder singh from Swasti Yoga in Rishikesh, one of the best teachers in India.

He has also completed a course in T.C.M and Chinese nutrition (Israel) and course in Ayurveda & herbs at Anjali school (Kerala India), learned Thai Massage with Sunshine Network in North Thailand and Hata yoga in India, Israel & Switzerland.

Yaor is guiding a 6-day Zen Shiatsu, Meridian Yoga & Qi Gong retreat including pranayama, meditation & nutrition according to Chinese medicine and Ayurveda in order to encourage people to adopt a healthy lifestyle.

Yaor Barhum

Yaor est un thérapeute de Zen Shiatsu et un professeur de yoga israélien avec huit années d'expérience.

Au cours de ces dernières années, Yaor a dirigé des ateliers et dispensé des cours de shiatsu, yoga des méridiens et qi gong en Israël, en Inde et en Europe.

Yaor est diplômé et certifié en Thérapie Zen Shiatsu, Médecine Traditionnelle Chinoise, Aromathérapie et Fleurs de Bach.

Il s'est également formé en Ayurveda et phytothérapie à l'école Anjali (Kerala, Inde), en Thai Yoga Massage à l'école Sunshine Network en Thaïlande du nord et en Hatha Yoga en Inde et en Israël.

Yaor propose des retraites de six jours en Zen Shiatsu et yoga en Europe et aux Etats-Unis. Ces retraites comprennent également des enseignements en qi gong et en nutrition afin d'encourager l'adoption d'un mode de vie sain.

Yoga des méridiens & Qi Gong

Le terme “méridiens” provient de la Médecine Traditionnelle Chinoise (MTC) et décrit les canaux du corps humain, interconnectés, par lesquels circule le **qi**, l'énergie vitale du corps. Au cours de cet atelier, nous apprendrons des asanas du Yoga des méridiens (postures) ainsi que des mouvements de Qi Gong afin de libérer les blocages énergétiques et gagner en vitalité, paix et silence.

zen shiatsu pour les débutants

Le Shiatsu est une thérapie japonaise dans laquelle on applique de la pression manuelle sur certains points du corps pour travailler avec l'énergie corporelle(Qi/Méridiens)

Dans ce cours nous traiterons les principes de base du Shiatsu. La pratique se fait par couple de personnes que reçoivent et donnent les massages tour à tour, dans un matelas dans le sol. Il n'est pas nécessaire d'avoir de l'expérience, tout le monde est bienvenu. S'il-vous-plaît, amenez votre matelas, cousin et draps.