



TO THE POINT

Shiatsu Therapy Association of British Columbia
Providing professional standards and ethics in Shiatsu Therapy

FALL 2010

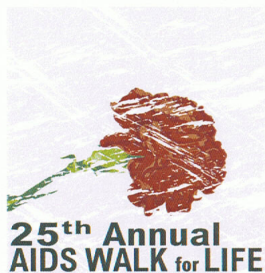
Volume 18, issue 4



Mario Teixeira Story on page 8

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Certificate of Appreciation

presented to

Shiatsu Therapy Association of B.C.

Thank you for your amazing hard work and incredible long term commitment to the Complementary Health Tent for the Scotiabank AIDS WALK for LIFE. Your ongoing dedication to volunteer for the Scotiabank AIDS WALK for LIFE is appreciated by everyone whom the BC Persons With AIDS Society touches. Your support means thousands of individuals' lives are touched by your efforts.

Thank you!

Issued by

**Glyn Townson
Chair, BCPWA Board of Directors**

FROM THE PRESIDENT

As fall unrolls, with sunny damp days and plenty of fruit and vegetables to enjoy, I appreciate the summer we have had which created this bounty. Although our new board did not meet during the summer, we were active in communicating and processing new members. We had a very brief informal meeting directly following our AGM in June when we welcomed the returning members, myself, Lynn Zeleschuk as vice president, Jasjit Saraw as secretary, Jane Tennant on our education committee and Mariesa Angco as Vancouver Island Representative, as well as newly elected members, Elizabeth Close as Treasurer and Amber Pitman and Tomie Shimizu Neubauer as members at large. It is wonderful to have this balance of new and continuing energy, with the support of Karen Jacobson in her role as membership assistant and Allison Dunn who has remained on the education committee even though she has left the board. I also want to thank Moneca Yardley, who resigned from the board, for her years of membership. I cannot begin to describe to you all the work done on behalf of this association, the membership and shiatsu and health in general, but many hours and much love go into this work. Reading this newsletter and hearing reports on shows, will give you an idea of how much has happened!

Welcome also to the new members we have received over the past year and I extend a hearty invitation to you to get involved in shows, the newsletter, a committee, the board, or wherever you feel you might contribute. We are glad to have you!

And now for my report from last year....

President's Report 2009/10 for the STA of BC—Shelley Easthope, RST

Looking back over this year, it has been successful! At our first board meeting of the year, with three new board members and five continuing board members, many of us were new to our roles. Our bank account was depleted compared to past years and expenses had been escalating, while membership seemed on the decline due to low enrolment in shiatsu programmes and the natural attrition that occurs in all organizations and professions. We decided that our main overall goal was to make the STA a vibrant organization in which the members enjoyed participation.

We decided that two priorities were to attend to applications for membership in a timely manner and update our web site to reflect the current state of the association. Jane and Allison undertook the education committee to review and respond to applicants for RST membership. They worked closely with membership volunteer Karen Jacobson to be sure applications were processed as quickly and efficiently as possible. Darlene Hegedus worked with Karen to keep our data base of membership up-to-date. Lynn took on the updating of the web site and with this also the preparation of our web 'blitzes', to send reminders and any information that we thought may be important to RST's. Jasjit also updated the Benefits to Membership document for posting on the site.

During the previous year, discussion with Windsong School of Healing Arts had resulted in the addition of courses to their programme to qualify their shiatsu graduates as RST's. This year we are happy to say we have accepted new applicants from Windsong.

Over the year we discussed how we could support our members. We considered how we might reach out to other associates in similar disciplines in order to cooperate for common benefit. We undertook not only the Wellness Show, but also a presence at the EAT Vancouver show. Lynn provided the organizing and motivating force for both these shows which created some much needed revenue for the association, as well as a public presence for shiatsu. We have also begun preparation of an educational pamphlet which when completed, will be available to our membership at a small cost and will be used at health shows as well.

With our bank account always a concern, we undertook cost-cutting measures. One of these was to distribute the newsletter online—also reducing paper use! Karen Jacobson and her daughter edited two very full newsletters. We look forward to more newsletters in the coming year and encourage you to submit articles – a way to contribute to your association from afar! We also cut advertisement in the Georgia Strait and reduced the yellow page ads. Costs for these had escalated over the years, while return did not seem to warrant the cost. We do maintain advertising in yellow pages in all areas where RST's are practising.

During the year we regretfully accepted the resignation of Howie Rahn who served on the board for a number of years. We approached Mariesa Angco of Victoria as a replacement board member and she accepted this position. Darlene Hegedus also withdrew from her volunteer role of data-base assistant. We appreciate her many years of work on behalf of the association. Lynn is now undertaking this role as well!

With the elections for a new year in sight, secretary Allison Dunn, gave notice of her resignation as did treasurer, Helen Brandon. We express great appreciation to them both for their service and wish them well in their pursuits. Preparing this report, I realize how much all members contributed over this past year and want to thank Karen for her unflagging support to the board and warm hospitality for all our meetings.

This is a time when our society is relying more and more on complementary therapies for health and I am proud to be a part of an association that promotes a sustainable and environmentally responsible form of therapy.

The Sotai Method & Integrative Yoga Program

By Yanti Manganatmodjo, RST, RYT

Keizo Hashimoto, MD (1897-1993) developed The Sotai Method in the 1930's to regain structural integrity caused by old injuries or over use that lead towards muscular hyper tonicity and long holding tissue patterns. He devised this method to regain balance in the body by facilitating resisted (isometric actions) movements in the direction of ease. He studied Western medicine in Niigata, Japan. After many years of study and practice, Sotai Therapy and his work became well known in the 1980's in Japan. The Sotai technique is composed of the contract- release method very similar to muscle energy method and proprioceptive Neuromuscular Facilitation (PNF). Changes can be made in the reflex stretch receptors after sustained muscular contraction. The role of Sotai in addressing and facilitating the release of hypertonic muscles by means of contract-release contributes toward enhanced co-ordination by means of attaining muscular symmetry and neuromuscular re-education. The release of muscular tension increases meridian qi-flow and cranial sacral fluid flow. The goal of structural integrity is to be consistent with optimal or improved alignment and co-ordination.

After I was introduced to Sotai in 1993 whilst undergoing the tail end of the shiatsu program in Ontario, I immediately received positive results with my clients in terms of non-invasively dispersing jitsu areas in the body, increasing mobility, and flexibility. Applying passive stretching after sotai made it further efficacious. As I became familiar with Somatics from diligently practicing Feldenkrais and personally processing sensory-motor awareness, I developed a dialogue to guide and encourage the process of SMA with my clients/students. One would not find such terminologies such as Somatics, SMA, communication-manipulation, and neurophysiologic mechanisms in the Sotai books by Hashimoto. However; the translations of his books expounds that structural integrity also relies on the importance of being aware of how one moves and increasing the level of sensitivity along with movement. Indeed the terminologies I used to describe essential elements of the Sotai system and the process that takes place are congruent to what Hashimoto advocates. This is what I believe that unifies the Sotai system as a whole.

The Somatic (sensory-motor awareness) link to Sotai contributes toward neuromuscular re-education and thereby structural integrity. The therapist initially differentiates and communicates to the receiver the movements with ease and lack of ease. Sotai is facilitated in the direction of ease. Evaluation and improved range of motions are acknowledged with communicative-manipulation to initiate sensory-motor awareness. *“And this includes sensitivity to comfort and ease as well as discomfort and pain.” Hashimoto, 1983, Foreword.* Simultaneously, the receiver acknowledges this as sensory-motor awareness. This new sensory awareness elicits neuromuscular re-education by altering the neurophysiologic mechanism loop that was established sometime after an injury or change of biomechanics.

“The purpose of Sotai is not so much to correct physical bias or structural distortions as it is to facilitate a more integrated and optimal state in body and mind.”

Hashimoto, 1983

Continued page 4

The Sotai Method & Integrative Yoga Program Continued from Page 3

The 5 principles that make Sotai distinguishable from many other isometric actions and release techniques are:

1. The technique is part of a whole system that is essentially composed of body reading, mobility examination, communicative-manipulation and re-evaluation.
2. Sensory-motor awareness is initiated from facilitating communicative-manipulation during all aspects of the Sotai system.
3. The Sotai technique is initiated at the feet to support the body's relation to gravity.
4. The Sotai technique is facilitated in the direction of ease and the movement is likened to the speed of Tai chi.
5. The Sotai method is an indirect approach in affecting parts of the body. (i.e.: facilitating techniques at the feet to release muscular tension in the lower spine)

All of which contributes towards movement with ease in an integrated way. Furthermore, it is important to note that this component of Somatics applied to Sotai does not stand-alone. Initially a complete change in neurophysiologic feedback mechanism involves a process of awareness with movement such as, Feldenkrais, Hanna Somatics and/or The Alexander Technique. The communication-manipulation component of Sotai provides a conduit to sensory-motor awareness development as well as re-iteration of the SMA. The intention is informative as opposed to a means to a result. Whatever the impact this component of Somatics applied to Sotai; I firmly believe is a significant one. To not mention the efficacy due from the process of awareness with movement involving other forms of Somatics would make this theoretically false.

The recipient's direction of movement as the therapist facilitates resistance.



Sotai Therapy is a systemic method of introducing movements from the extremities to regain functional balance and integration. When the body is overwhelmed with the resistance more muscles come into play and thereby become a synchronized movement. This also applies to distortions and torque position. Other parts become affected due to a compensational response. Conversely, to correct distortions, the manipulations of distal parts can have positive results with its compensational counterparts. It is a basic fundamental way of understanding the physical body and its relation to gravity. Facilitating movements from the base to align with the law of gravity. When there is misalignment in the physical body disorganization within the myofascial system will follow. And thus a domino effect comes into play, the skeletal system, neuromuscular feedback mechanisms; functions of the internal organs, energy flow, and the cranial sacral rhythms get affected.

Continued page 5

The Sotai Method & Integrative Yoga Program Continued from Page 4

Dr. Hashimoto and Dr. Ida Rolf (who developed Rolfing and Structural Integration) both use the same analogy using the structure of a house in relation to gravity. The fundamentals of architecture is building a strong foundation based on the structures' relation to the gravitational field. If a natural phenomenon affects the dimensions of one side it will disorganize the gravitational impact on the house. Another example being if for some reason in the course of time there is increased space under a door. Instead of replacing the door the solution is to make the house level to align with the gravitational field.

This basic law of physics also applies to the physical body. A quote from Dr. Ida Rolf; *"What we can do is to change the way the parts of the body fit together into a whole which can transmit the gravitational field through that body in such a way that it enhances its energy field. You can change the body by virtue of the fact that it is segmented, and when you have changed it appropriately, gravity can flow through."* Rolf, *Rolfing and Physical Reality*, P.36

Hatha Yoga is based on a similar premise. A strong foundation will give you freedom in the poses. The foundation starts at the feet. Initiating a standing pose by curling the toes with the toes spread apart will activate the muscles of the feet and encourage a natural arch. This tonifies the energetic function of the spleen. Grounding yourself into the earth by pressing into the four corners of your feet will keep you balanced. Standing with feet parallel and isometrically drawing your feet together without moving them will give you stability in the sacral iliac joint. This simple action tonifies the kidneys. In comparison to a house, working from the ground up, the segmental parts of the body can effectively be aligned for optimal performance and strength in relation to the gravitational field. Ultimately, as the body effectively aligns with gravity, the qi will flow in the appropriate channels of congruency towards the earth with less obstruction. One of the essential keys to vitality.

Beauty resides in the integration of appropriate modalities to reach the easiest path of efficacy. At best, therapeutic benefits of self-healing and repair can be achieved when the least invasive therapy or modality is chosen. In the case of Sotai, optimal mobility and co-ordination can be reached by moving in the direction of ease. As such, Sotai helps reduce the adaptive load due to distortions in alignment or helps the individual to better handle the stress placed on compensated structures of the body. I choose to share the applications of the Sotai system because of the gentleness approach (for both therapist and patient), the effectiveness, its' great contribution to self-healing, muscular balance, sensory-motor awareness, enhanced co-ordination, mobility, qi- flow and, craniosacral fluid- flow. This system can easily compliment and be integrated in most manual therapies, sports and yoga programs. In addition; self-sotai can also be introduced and adapted to your stretching and self-healing program for yourself and your clients.

"What we can do is to change the way the parts of the body fit together into a whole which can transmit the gravitational field through that body in such a way that it enhances its energy field. You can change the body by virtue of the fact that it is segmented, and when you have changed it appropriately, gravity can flow through."

Rolf, 1978, Rolfing and Physical Reality. P.36

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The Sotai Method & Integrative Yoga Program Continued from Page 5

As a congruent adjunct to Sotai, I will be offering an Integrative Yoga Program along side the Sotai course. It consists of, movement with awareness, isometric actions, self-sotai, yoga asanas designed to enhance the directional flow of qi in the meridians and yoga principles that build a strong foundation in relation to gravity. Overall the IYP will enhance sensory-motor awareness, , optimal mobility and vitality. The therapist can directly experience how isometric actions can create stability, thereby offer freedom in the poses and free-course of qi. Direct experience of establishing sensory-motor awareness and surrendering the weight of you body into the earth will encourage self-healing by means of “un-winding” (release).

The integrated yoga program included in the Sotai training will also further enhance the students’ understanding of how Sotai and Somatics can positively influence structural integrity while providing a foundational movement program that supports the biomechanics of their work.

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Yanti Mangunatmodjo is an accomplished Registered Shiatsu Therapist, Craniosacral Therapist and Registered Yoga Teacher. She graduated from a 2200-hour shiatsu program at The Shiatsu School of Canada in 1994. Yanti was introduced to the Sotai method in 1993 and has continued to integrate this modality with Shiatsu Therapy and private yoga sessions.

For more information on courses such as Sotai and Integrative Yoga, contact Yanti at 604-767-8556 or zenyogama@gmail.com <http://www.zenyogamassage.com>

A New CPR Technique

An interesting development. If you haven't seen this, you should. If you have seen it, it won't hurt to see it again. This is a new CPR technique which is much simpler.

This is a very important video regarding the latest CPR procedure. Please watch and forward the link to your friends and family if you haven't already done so. You never know, a life may be saved utilizing this new procedure. Look at the site below.....

<http://tinyurl.com/2fx8r59>



posAbilities Wellness Fair

The first annual *posAbilities* Wellness Fair was held on September 16 this year. The Shiatsu Therapy Association was invited to participate in this event as an opportunity to showcase our profession as a focus on health and wellbeing. Organizers of the fair provided a large space for our association including table display and floor space which would have been ample space for three practitioner chairs.

The fair was organized by *posAbilities*, an organization which creates opportunities for independence and growth for individuals with developmental, physical and mental health challenges. Organizers invited staff members of this large organization, families and the general public to attend. The goal for the event was to bring vendors and exhibitors together under one roof to combine resources in sharing a healthier and happier future. Performances and guest speakers kept guests entertained while they explored the fair.

The event was held at Heritage Hall on Main Street in Vancouver. This venue was a wonderful space to work at with classical architecture, high ceilings and tall windows allowing natural light. There was a wonderful energy and enthusiasm among exhibitors and guests alike.

Regrettably, few STA members participated in this event. If we are to participate in this event in future, I encourage more members, especially those in the Vancouver area, to participate. It is one more excellent opportunity to promote your practice in the community. I also recommend that we have speakers and presenters go on stage at this event to further showcase our profession. This could only be done if more members showed their support.

In conclusion, I would like to thank several people for their hard work and dedication for the success of this event. I especially want to thank Amber Pitman and Tomie Shimizu Neubauer for helping at the event. The event would not have been a success without their dedicated assistance. Thanks also to Karen Jacobson who provides ongoing support for our association, including but not limited to the well supplied Exhibitor suitcase. And thanks to Lynn Zeleschuk who provides ongoing publicity about events through the e-mail blitzes and website support.

Jane Tennant, RST



THE 19th ANNUAL WELLNESS SHOW

February 18, 19 & 20, 2011

Vancouver Convention Centre – **West Building**

THE WELLNESS SHOW AND THE EAT VANCOUVER SHOW

The STA decided to do two shows this year (so far) – we maintained our traditional participation in the Wellness Show Mar 30th – Apr 2nd and then branched out a bit and added the Eat Vancouver Show May 28-30th. As the new membership year started, financial stability of the association was a concern and both shows helped alleviate this.

Each show draws a distinctly different kind of participant and yet we found the interest in our booth was good at both shows – this came as a relief at the Eat Vancouver show because the payment for the booth comes long before we know if it is successful or not.

Wellness Show - The STA booth is always a popular stop at this event and although the show did not seem as busy as previous years and there seemed to be longer “lags” in the action, when it was busy it was BUSY.

For a few years an honorarium had been paid to the therapists who worked at the booth, but to regain the fund raising aspect we did not continue with it this year – the good news is that we still had solid support from RST’s. I believe that therapists who come are skilled self promoters but more than that they find this a worthwhile way to keep shiatsu in the minds of the public.

Although we sometimes question if RST’s are still interested in participating at this event, it still seems like an important venue for shiatsu to have a presence. We always welcome your feedback about these events and suggestions for others.

EAT Vancouver was in some ways a big surprise - the attendance was huge; bigger than the Wellness Show by 25% and the new Vancouver Convention Centre was beautiful and easy to get to. It is a show that features all things culinary with health and wellness offerings included, and the next surprise was a learning experience: never get a booth next to free food samples! The first day we were overrun by what we affectionately called “the cheese people” and on day two managed to move to another booth sans fromage.

This show was new ground for us and a nice surprise: the attendees were very receptive and appreciative of shiatsu. We discovered that participation at this show could easily support a larger booth than the 6x6’ one we purchased. The booth space allowed for two chairs and even that was a squeeze. It would have been easy to fill four chairs for much of the weekend which was another surprise/lesson.

Special Mention: I would like to acknowledge Mario Teixeira for all the volunteer time he contributed to both of our shows and for his 100% presence while he is in the booth, including his handling of a very unusual occurrence of a client seizing while treatment was in progress. Mario stayed very focused, asked for a back up therapist to press Pericardium 6, kept in constant connection with the client, requested back up first aid should it be needed and gently supported her while she recovered. Her privacy and dignity was so well respected and her safety ensured. His calm, professional manner was impressive - what a great representative of Registered Shiatsu Therapists! Although this type of incident is very rare, it was a good reminder why it is important for RST’s to keep their First Aid certification up-to-date.

Lastly, THANK YOU to all the RST’s who came out and made the shows happen – without your time and your skills that keep the public coming and enjoying shiatsu we would all lose a great deal more than the cost of the booth.

Lynn Zeleschuk, RST

Sotai and Integrative Yoga

Workshop presented by Yanti Mangunatmodjo, RST, RYT

This comprehensive course is an introduction to Sotai Therapy, which is a Japanese method developed to improve the body's alignment and co-ordination. Non-invasive techniques of isometric actions are facilitated in the direction of ease to release chronic holding tissue patterns caused by injuries or changes in biomechanics. The contract-release method alleviates hypertonic muscles enhancing co-ordination by means of attaining muscular symmetry and neuromuscular re-education. The release of tension also increases meridian qi-flow and craniosacral fluid-flow. Sotai is a modality that can be easily integrated into any therapeutic bodywork. It is an easy path of efficacy without placing any stress on the body of the practitioner. Applying passive stretching after the Sotai technique will also be covered. Ample time will be given for hands-on practice to become familiar with all aspects of the Sotai system.

An Integrative Yoga Program will be provided daily to further enhance the student's understanding of how sotai and somatics can positively influence structural integrity as well as a foundational movement program that supports the biomechanics of their work.

Learning Outcomes:

- **Schematically assess the client's posture through Body-reading**
- **Evaluate the 8 range of motions of the joints of the body**
- **Expand communication skills by applying communicative manipulation to initiate sensory-motor awareness intended for neuromuscular re-education**
- **Facilitate a 60-90 minute Sotai session designed for the client's needs**
- **Effectively integrate the Sotai method with the practitioners' professional practice**
- **Facilitate the Sotai technique in sitting, supine, side and prone positions**
- **Gain good body mechanics on a massage table to sustain a long-term career**
- **Strategize successive Sotai sessions for the returning client**
- **Facilitate passive stretching**
- **Facilitate less invasive manual techniques conducive for both therapist and client**
- **Develop sensory-connection (with movement) with clients**

The Integrative Yoga Program objective:

- **Expand the students' knowledge of Sotai and somatics and how they affect muscular symmetry, and neuromuscular re-education**
- **Learn a yoga sequence designed for the directional meridian qi-flow**
- **Enhancement of sensory-motor awareness**
- **Learn self-sotai for clients and self-healing**
- **Gain a heart-centred yoga practice with a foundation that aligns with gravity and offers stability**

Location: Vancouver, TBA Date: Nov 29-Dec 2, 2010

Time: Mon-Wed 10-6pm, Thurs 9-1:30pm

Location: Victoria, TBA

Date: November 15-18, 2010

Time: Mon-Wed 10-6pm, Thurs 9-1:30pm

Cost: \$450 including manual

Please contact Yanti 604 767-8556 or

zenyogama@gmail.com

www.zenyogamassage.com

Awareness Heals

In both May and July this year I was fortunate to hear Dr. Nelie Johnson MD speak and found her to be a breath of fresh air in the world of Western scientific medicine. After many years of traditional medical schooling and 28 years as a General Practitioner, Dr. Johnson spoke with humility and openness on her deep doubts about her traditional western medical practice and the eventual search for how she could best help her patients to be well. Ten years into her practice there was despair that her role as it was laid out was falling far short of the potential to really help and she considered abandoning her medical career. The result has been her new practice called AwarenessHeals in which she helps her patients go deeper into the source of their disease by guiding them through their mental, emotional and spiritual journey looking for the long held, unconscious origins of the current physical problem and bringing this into conscious awareness. The discovery process is through questioning and examination of life events and patterns to uncover these unconscious beliefs. Dr. Johnson spoke about the immense fear involved in illness and the loss of control and she helps each patient see that they are hugely powerful in their own lives if the work is done of knowing oneself and hearing what the body is communicating.



DR. NELIE JOHNSON

As a Shiatsu Therapist I find this approach by a traditional medical doctor in the western system to be very good news and it seemed to me to be one example of the future goal of merging different schools of thought in health care. We already see many wellness centres that offer a variety of practitioners including shiatsu therapists, but not often enough do they include a western trained medical doctor. It will take time for these changes to take place, not only in doctors but also in the expectations of patients – who often look for easy fixes and resist meaningful change unless cornered by a life altering illness. Doctors like Nelie Johnson are helping to open minds to the real task of healing.

Shiatsu therapy seeks to work with the receiver for energetic shifts in the ki body that impact the body, mind and spirit deeply – all through empathetic knowledgeable touch. On the surface, our approach looks different from that of Dr. Johnson – we work with the Traditional Chinese Medical theory of meridians and points and the skill of deeply empathetic touch therapy to access ki energy – however the guiding belief is shared that the deeper truth of the body is where healing truly happens. Most of us sense that someday this will be mainstream and standard in medical care and hope that day is sooner than later.

Dr. Nelie Johnson practices in Maple Ridge and now at an integrative medical clinic in Vancouver. You can visit her website for more information at www.awarenessheals.ca

Lynn Zeleschuk, RST

Announcement to physicians and therapists

An **International Conference on Integrative Medicine** will be held in October 2010 in Jerusalem. It will be a meeting of professionals in the field of medicine from around the world that will deal with ways to unite the scientific principles of modern medicine with the holistic principles of alternative medicine.

In order to give all those interested the possibility to participate (or to give a paper) we hereby announce that registration has started. The scientific committee of the convention is still open to accept additional topics to the conference program.

More details and information in **English, German, French, Spanish and Russian**.

Are available in our site: www.mediconvention.com

Always at your service, Avraham Fried, Director

The Jerusalem International Conference on Integrative Medicine

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The STA line of Shiatsu wear :

Sweat-shirts are made of a heavy black cotton knit material and are available for \$32. They also feature the STA mountain logo over the left chest area.

COMMITTEES

Education: Jane Tennant/Allison Dunn
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Newsletter: OPEN
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Other committees or task forces (usually ad hoc)
may periodically be set up to handle issues as they arise.

Brochures are Available at the cost of 50 for \$10. Covers the STA cost .

To order any of the above call the STA line at 604-433-9495. Shipping is not included in the above noted prices

If you wish to participate in any committee, please give us a call at 604-433-9495.

Please check your STA website directory listing to confirm that your information is accurate.

***STA website* At: www.shiatsutherapy.ca**

MOVED? NEW PHONE NUMBER?

Name: _____
Home address: _____
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Please help us keep our files up to date.
Complete this form (or copy it) and mail it to the STA:
Gordon Park Postal Outlet PO Box 37005, Vancouver, BC, V5P 4W7
Or simply drop us a line via e-mail, fax or snail mail. Thanks.

**We are looking for speakers/
teachers to offer workshops for our
members.**

Subjects have to be somehow related to Shiatsu: specific treatment protocol, some aspect of TCM theory as it relates to Shiatsu, health related information, self-care for therapists through DO IN, Yoga, etc. If you are interested in teaching or you know somebody who may be, please submit a written proposal including subject covered, teacher's credentials, length of proposed class, fee, availability.

Thank you.

This newsletter is open to all STA members to express their opinions, suggestions, or concerns. The newsletter committee would love to hear from you in the form of an article, letter, prose or poetry to be read by all our members, your Shiatsu colleagues. We will also publish any black and white art that you would like to submit.

To help with the typesetting, please submit your writing on floppy disk or through our e-mail address in Text format. Art work should be scanned and e-mailed or submitted on a zip disk as photocopies just do not do justice to a beautiful drawing.

Deadline for submission for the winter newsletter:
December 15, 2010
Publication date:
December 20h, 2010

Newsletter Committee:
Layout and proofreading:
Karen Jacobson /Shelley Easthope

To maintain the integrity and flow of the newsletter, the newsletter committee reserves the right to make changes to submitted material.

The views and opinions expressed in this newsletter do not necessarily reflect the views and/or opinions of the STA Board of Directors or the newsletter committee.

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