

The richness of your life is a tremendous influence and I have left your class with many gifts.
~ Caroll, Newport



Always popular at the Integral Yoga Institute, Ohashi is a passionate teacher, bringing both humor and joy to his classes. OHASHIMethod techniques are complementary to Hatha Yoga, blending two respected therapeutic traditions.

Follow the OHASHIMethod from
[Linktr.ee/OHASHIMETHOD](https://linktr.ee/OHASHIMETHOD)



OHASHI-Method.biz ■ Ohashiatsu.org

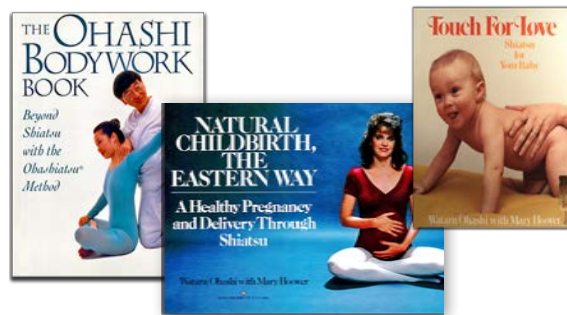


Ohashi's experience with traditional Eastern healing began in his infancy. Born in 1944, near Hiroshima, Japan, he had a weak constitution that made him vulnerable to illness. As a young child his strength was restored and has been maintained since by the healing techniques that are central to his

teachings. Ohashi has been teaching and practicing for more than 50 years. A master teacher who brings humor and joy to his classes, Ohashi enriches the lives of everyone he meets with his positive view of the human condition.

He is the author of: *Do It Yourself Shiatsu; Touch for Love, Shiatsu for your Baby; Natural Childbirth the Eastern Way; Zen Shiatsu (with Masunaga); Beyond Shiatsu and Reading the Body.*

All have been published into many languages.



Ohashi is the author of 12 books translated into 10 different languages. He has also published 11 instructional DVDs and has an archive of online streaming courses.

OHASHI 20 NYC 24



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OHASHI Method for a Healthy & Happy Pregnancy
August 3 & 4, 2024

Joyful Practice, Joyful Life with the OHASHIMethod®, A Bodywork Technique
December 5, 6, 7 & 8, 2024

Tutorials & Sessions with Ohashi
August & December, 2024



SESSIONS & TUTORIALS WITH OHASHI

August and December visits in 2024



ABOUT TUTORIAL & SESSION COMBINATION PACKAGE:

During Ohashi's visit, he will conduct a special 4-person tutorial for dedicated students and practitioners. This is a one-on-one learning opportunity to "work with" and "work on" Ohashi. You will receive immediate feedback, correction and instruction from Ohashi on your technique. A small group learns best together, so tutorials are limited to



4 students. Each student is allotted one hour of hands-on instruction from Ohashi. Tutorials are a perfect way to maximize your educational investment by learning from

Ohashi's direct touch. Right after the tutorial, students will receive a 30 minute session from Ohashi. Receiving a session from Ohashi's is a great way to learn and is part of the day's studies.

SESSIONS: Ohashi will offer sessions during his visit. Each treatment is a half-hour and is held in a tranquil, peaceful room. We ask that clients arrive at the time of the first session so that all enter the room at that time. As Ohashi works on each participant, the others are welcome to rest or observe while waiting for their session to begin. Only those receiving session are invited to observe. Observing is a very good way to learn. Recording is prohibited. Please wear loose comfortable clothing with long sleeves and trousers.

Reserve your one-on-one time with Ohashi today.
OHASHI-Method.biz

OHASHI Method® for a Healthy and Happy Pregnancy

August 3 & 4, 2024
SATURDAY—SUNDAY, 10A.M.—5P.M.

REGISTER TODAY!

Search... [Ohashi at IYINY.org](https://www.yinyoga.com/ohashi) 🔍



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Sponsored and Hosted by:
Integral Yoga Institute
227 West 13th STREET
New York City
212 929 0585

The Ohashi Method, or Ohashiatsu, is an energy-based method that works on the body's meridians and acupressure points (tsubos). These directly affect our inner organs, influence our psychological states, and alleviate aches and pains.

Ohashi will demonstrate and teach you which meridians and tsubos to use during pregnancy, which ones to avoid, and which positions are most comfortable for the pregnant woman. Ohashi's techniques will help you help your clients and give you a way to relate to both parents by showing how the spouse can help the pregnant woman at home.

TOPICS COVERED IN THE WORKSHOP:

- Promote conception
- Alleviate common pregnancy problems, such as lower backache, insomnia, and nausea
- Decrease stress and fatigue
- Facilitate easier labor and delivery
- Ease postpartum recovery and breastfeeding

The professionals who can benefit from this workshop are: Mid-wives, Nurses, Massage therapists, Shiatsu therapists, Other Bodywork therapists, Exercise and Yoga instructors.

December 5, 6, 7 & 8, 2024
THURSDAY—SUNDAY, 10A.M.—5P.M.

Joyful Practice, Joyful Life with the OHASHI Method®

The OHASHI Method, developed by world renowned teacher Ohashi, emphasizes the preservation of the giver's body. Taught to thousands of students and bodywork therapists around the world, Ohashi's unique technique will benefit any practitioner, professional or beginner, by showing how to give the best quality of touch.

You will learn the meridians and acupoints and how to apply this knowledge to give a basic treatment. But more importantly, you will learn how to move your body in order to achieve longevity in your practice and maximize the effectiveness of your touch.

Since arriving in the United State in 1970, for 50 years Ohashi has been teaching his proven idea of, not "bodywork" but "my-body-works", to thousands of students, teachers and practitioners. The OHASHI Method has stood the test of time as many have adapted his techniques into their practice. Now is your chance to learn directly from Ohashi. Always taught with joy and humor, Ohashi's teachings will enhance your personal well-being and professional career. Space is extremely limited.

**DON'T MISS THE EARLY
REGISTRATION DISCOUNT!**
Search... [Ohashi at IYINY.org](https://www.yinyoga.com/ohashi) 🔍



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The use of cell phones in class is prohibited for all purposes. Please respect the learning environment and place your phone on silent mode and out of sight. Opportunities to take photos with friends and Ohashi will be available at an appropriate time.

