

# OHASHI Method® for Structural Problems

## EARLY REGISTRATION ENDS MARCH 31<sup>ST</sup> 2024

395€ until March 31.  
495€ after. **SAVE 100€**

**Space is extremely limited.**

Register today at [Ohashiatsu.at](http://Ohashiatsu.at)

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Ohashiatsu® in Austria



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### Margarete Eller, COI & Director of Ohashiatsu in Austria

Margarete Eller, Ohashiatsu® Senior Instructor, is the founder and director of Ohashiatsu® in Austria. From 1999 to 2002 she completed her training at the

Ohashi Institute in New York, USA and since then has taught the Ohashiatsu program in various countries in Europe, the USA, Canada and online. Growing up in the countryside made her feel a natural connection to the mysteries of life, which led her on a spiritual, body-centered path. Through various teachings such as bioenergetics, tantra, macrobiotics, kyudo, taiji and yoga, she finally encountered sufism and ohashiatsu, two practices that have determined her life ever since and fill it with lightness, harmony and joy. Margarete's Ohashiatsu sessions and classes are an expression of her gratitude and desire to share this gift with others.

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# VIENNA 2024

## OHASHI Method® for Structural Problems

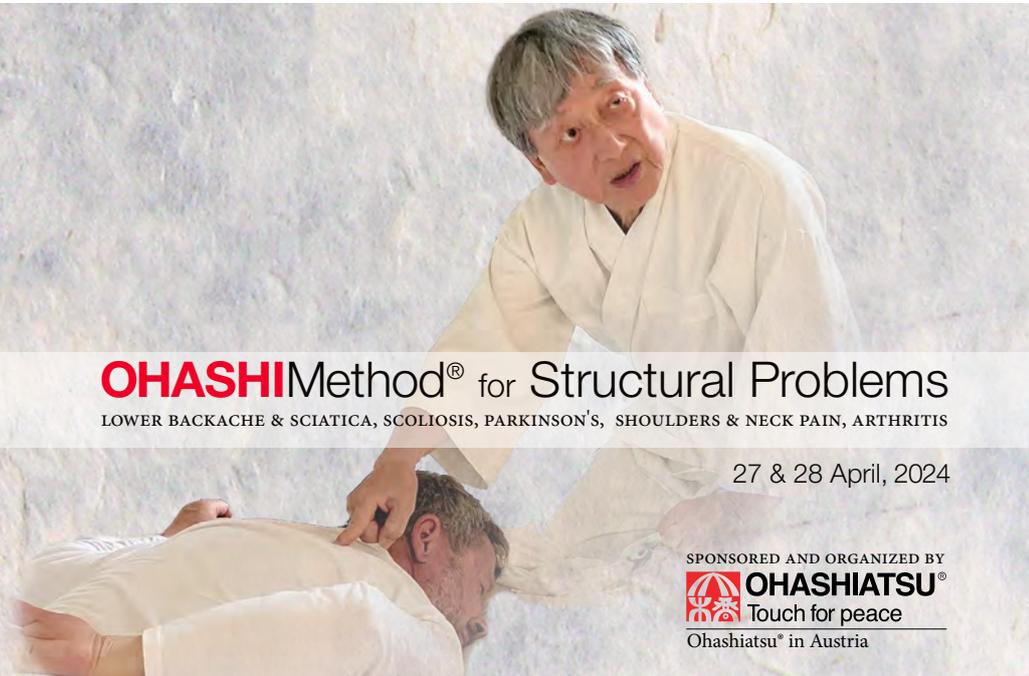
LOWER BACKACHE & SCIATICA, SCOLIOSIS, PARKINSON'S, SHOULDERS & NECK PAIN, ARTHRITIS

27 & 28 April, 2024

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**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.

In 1974 he founded the Ohashi Institute in New York City, which offered courses in his bodywork method Ohashiatsu® to both lay people and professionals. Soon after, he began to teach in Europe and established many international affiliates. He has lectured and taught at the Omega Institute, the Esalen Institute, Harvard University Medical School, Rockefeller University, various retreat centers, and for L'Oreal Paris.

He also built a successful practice over the years, attracting such notable clients as Liza Minelli, Ralph Lauren, Ani DiFranco, and Henry Kissinger.

He is the author of six books: Do It Yourself Shiatsu; 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.



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In order to be a successful shiatsu practitioner, it is important to develop modalities that fit your clients' needs.

When Ohashi started his practice in New York City, he specialized only in structural problems, especially those of the lower back. Over 50 years he learned valuable lessons on how to improve his technique and treatment for structural problems, earning much of his fame and success as a professional therapist. In this course, you will learn some of Ohashi's top secrets. Class participants will practice on each other, and Ohashi and his COIs will personally correct your technique. You will gain confidence and feel more respected as a professional practitioner.

**ADVICE # 1:** Do not give any treatment that you want to give; give the treatment your client wants to receive

As a practitioner, you should have many techniques to deploy when treating your clients. Each client requires a different approach, and the methods you use as a professional will change, readjust, and alternate from client to client. It is your responsibility as a professional practitioner to modify your technique to meet their individual needs. This professional course will show you how to enhance your repertoire, guiding you to develop as a successful practitioner who can help your clients find relief.

**ADVICE # 2:** Specialize your treatment to what clients need and want to receive

Treating structural problems that cause pain is probably the most reported medical problem in your practice. When people have lower backache, sciatica, and body pain, they may try your modality as the last hope after failing with other medical professionals.

In this course you will learn techniques to mitigate:

- Lower backache & sciatica
- Scoliosis
- Parkinson's
- Shoulder and neck pain
- Arthritis

**ADVICE #3:** Specialization can give you training, confidence, money and fame

Ohashi will show you how to safely treat and relieve low back pain, how to treat neck, shoulders, and legs to release stored tension, and how to treat the upper back to relieve lower back pain without causing more pain to your client. You will learn how to position your client for the most effective and beneficial stretches, and to use special stretches and range of motion to find where pain originates. Ohashi will teach you how to determine when pain has physical or emotional causes, and to assess the effectiveness of your treatment.

## CASE STUDIES

On the second day, at the end of the course, Ohashi will apply what he taught to three case studies. These case studies will be picked from the pool of students, with three students selecting a family member, a friend or client to be a guest. These three case-study participants will be diagnosed by Ohashi. He will talk about their condition as well as some potential treatments. Students will be asked for their analysis and observations. The purpose of this demonstration is to give you a real-world example of the complaints and issues you'll come across in your day-to-day practice.

**SATURDAY & SUNDAY, 27 & 28 APRIL, 2024**

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