



# GLOBAL SHIATSU VIRTUAL GATHERING

FOR STUDENTS AND PRACTITIONERS

2023



Global  
Shiatsu  
Community  
For All



# PROGRAM AGENDA

## GATHERING 1 - FEBRUARY 4, 2023

**Shiatsu beyond symptoms: — EMPTY TOUCH - healing on a higher plane**  
by Helmut Kigen Bräuer (Germany)

## GATHERING 2 - MARCH 18, 2023

**The Poetry of Touch: Alchemy Transformation and Oriental Medicine**  
by Chris McAlister (Sweden)

## GATHERING 3 - MARCH 25, 2023

**Meridians - Maps of the Soul**  
by Mike Mandl (Vienna, Austria)

## GATHERING 4 - APRIL 22, 2023

**Fine-tuning the Heart - Expanding Your Heart Space in Practice & Life**  
by Kristen Mangione (USA)

In the Five Elements, the Heart is said to be the seat of the Shen or Spirit. Within this sacred space live our greatest joys, core values and compassion. Emotions, including sadness, fear, anger, and disappointment, can leave an indelible mark on our Hearts, closing us off from our fullest potential for experiencing love and empathy. In this experiential session, explore Dance Alchemy, a guided movement meditation using energy and imagination, in order to reawaken, heal and expand your Heart space. Dance Alchemy can bring more vitality back to your life and the life of the clients you support.

# PROGRAM AGENDA

## GATHERING 5 - MAY 6, 2023

**“How to heal without healing — Healing shiatsu on a higher plain!”**

**The Dance Floor Rendezvous with Your Client**

by Helmut Kigen Bräuer (Kempten, Germany)

We are going to explore and realize that any conditions of our clients are just energy, the Power of Life itself. So how can we look deeply and listen to the Mystery of Life — in each and every moment? By going deeply into the True. Being of the client, into the realm beyond good or bad, right or wrong, pleasant or uncomfortable.

## GATHERING 6 - MAY 13, 2023

**Quantum Shiatsu, the work of Pauline Sasaki Sensei**

by Tom Banasiak (New York, USA)

Quantum Shiatsu, the work of Pauline Sasaki sensei- we will talk about how it developed and how it has influenced all the work that I and many practitioners do. Pauline developed a new template for working with the holographic nature of the body -how Shiatsu can be practiced, and how it can serve as a starting point for working in the multidimensional realm, where we all exist.



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## **GATHERING 1 - JANUARY 15, 2022**

Shiatsu and Children by Meri Fogarollo (Italy)

## **GATHERING 2 - JANUARY 22, 2022**

Shiatsu in family-like setting: foot treatment by Oriana Viozzi (Italy)

## **GATHERING 3 - JANUARY 29, 2022**

The philosophy behind shiatsu practice by Fran Copers (Belgium)

## **GATHERING 4 - FEBRUARY 12, 2022**

An Eastern Medicine Vaccine for Stress? — Qigong and Chinese Medicine to keep you well in 2022 and beyond. by Dr. Paul F. Ryan DACM, L.Ac. and Anastasiya Hozyainova, MSW (New York, USA)

## **GATHERING 5 - FEBRUARY 19, 2022**

### **Embodying Wholeness - Experiencing Oneness**

by Nini Melvin (Northampton, Massachusetts)

Our shiatsu tools can guide us to be a healing, loving presence in this chaotic world. Using the Qigong movement, we awaken and clarify our luminous central channel, Conception and Governing Vessels, and elemental meridians. Using self-shiatsu, we align these energies with the earth and cosmos, we fully embody spirit in human form. Experiencing our true selves, we can feel our oneness with each other and all of life. Nini will share images of these energies from her upcoming book HUMANATURE, and companion divination deck of cards.

# PROGRAM AGENDA

## GATHERING 6 - MARCH 12, 2022

**How Shiatsu and manual methods (Te ate) Work**  
by Fran Copers (Belgium)

## GATHERING 7 - MARCH 19, 2022

**Introduction to Light Body Activation: learning to work with your developing energy system**  
by Lynn Wulff Goodman (PA, USA)

"Learning to interface with your light body is vital to maintaining balance and strength in daily life and is one of the most effective ways to generate personal and planetary health. Saul Goodman, a founder of the International School of Shiatsu and author of Light Body Activation, has developed and taught these unique processes for over 30 years throughout the U.S. and Europe."

## GATHERING 8 - APRIL 9, 2022

**Introduction to Fukushin**  
by Nigel Dawes, MA (Cantab.), L.A.c (NY, USA)

## GATHERING 9 - APRIL 23, 2022

**Theme: Quality of touch Ishin Denshin & Seiki Soho**  
by Fran Copers (Belgium)

Frans will guide the practice of Seik and Gyooki (Ki Practice).  
Please join with your family, a partner, or a friend.

# PROGRAM AGENDA

## GATHERING 10 - MAY 14, 2022

**Treatment of Water Tiger: How to awaken willpower and courage through Shiatsu**  
by Valentina Capoduri (ITALY)

## GATHERING 11 - JUNE 11, 2022

### **Methods for self-care**

by Ken Nelson, Ph.D. (Massachusetts, USA)

Presentation to include sounding, chanting, meditation, do-in self-massage, and easy qigong movements designed for stress reduction and focused on calming and restoring the nervous system." followed by Q&A.

## GATHERING 12 - JULY 9, 2022

### **Mak the Dragon That Loves To Stretch**

by Natalie Ventilla (Glasgow, UK)

## GATHERING 13 - SEPTEMBER 10, 2022

**Communicating beyond form: Make space and change happen naturally!**  
by Keith Stewart, FwSST, NI Dan JKA. Dip CATC (UK)

## GATHERING 14 - OCTOBER 22, 2022

**An Introduction to Shonishin: Demonstration Shonishin treatment with a current project with traumatized children**  
by Dr. Thomas Wernicke (Germany)

# PROGRAM AGENDA

## GATHERING 15 - NOVEMBER 19, 2022

### **Baby Shiatsu**

by Karin Kalbantner-Wernicke (Germany)

## GATHERING 16 - DECEMBER 3, 2022

### **Mak the Dragon Who Loves To Stretch**

by Natalie Ventilla (Glasgow, UK)





# GLOBAL SHIATSU VIRTUAL GATHERING

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2021



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# PROGRAM AGENDA

## GATHERING 1 - JANUARY 9, 2021

### **Working Creatively with Cancer Survivors**

by Pamela Ellen Ferguson (Austin, TX and Europe)

## GATHERING 2 - JANUARY 16, 2021

### **Healer's Syndrome- The Making or Breaking of Healers and Helpers**

by Debra Troy (Lambertville, NJ)

## GATHERING 3 - JANUARY 23, 2021

### **The Four Seas: A Voyage of Discovery; The Sea of Marrow: Human Bedrock. An exploration in Shiatsu and Qigong formats.**

by Chris McAlister (Uppsala, Sweden)

## GATHERING 4 - JANUARY 30, 2021

### **Yoga and Shamanism**

by Jai Sugrim (New York, NY)

## GATHERING 5 - FEBRUARY 6, 2021

### **Introduction to Kaneko Shiatsu Anma to Boost the Immune System.**

by Dr. DoAnn T. Kaneko (Santa Monica, CA)

Alan Saruwatari, co-presenter (Torrance, CA)

## GATHERING 6 - FEBRUARY 13, 2021

### **Shiatsu Diagnosis**

by Carola Beresford-Cooke (UK)

## GATHERING 7 - FEBRUARY 20, 2021

### **Sufi Meditation**

by Margarete Eller (Vienna, Austria)

## GATHERING 8 - FEBRUARY 27, 2021

### **Yoga and Shamanism**

by Jai Sugrim (New York, NY)

# PROGRAM AGENDA

## GATHERING 9 - MARCH 6, 2021

**Introduction to Do-In**

by Caterina Matteoda (UK)

## GATHERING 10 - MARCH 13, 2021

**Introduction to Hado Shiatsu; Human Systems as Quantum Systems**

by Patrizia Stefanini, Ph. D. (Milano, Italy)

## GATHERING 11 - MARCH 20, 2021

**Espirits de Toshiatsu - Feeling the Internal Energy of Tanden**

by Toshi Ichikawa (Paris, France)

## GATHERING 12 - MARCH 27, 2021

**Gyoki and the Sei-Ki Touch**

by Klaus Metzner (München, Germany)

## GATHERING 13 - APRIL 3, 2021

**Finding Balance with Yoga and Ayurveda**

by Ambria Mathew (Ontario, Canada)

## GATHERING 14 - APRIL 10, 2021

**The Energetics of Essential Oils and Introduction to Aroma Acupressure**

by Raizelah Bayen (CA)

## GATHERING 15 - APRIL 17, 2021

**Chado, the Way of Tea**

by Todd Frey Sensei and Dr. Nobuaki Takahashi (PA)

## GATHERING 16 - APRIL 24, 2021

**Masunaga Zen Shiatsu with Cloth**

by David Sergel (CT)

## GATHERING 17 - MAY 1, 2021

**Acupressure with the Antique Points**

by Chilán Mustain MSOM, L.Ac (AZ)

# PROGRAM AGENDA

## GATHERING 18 - MAY 8, 2021

**Touching the Invisible: Exploring the Way of Shiatsu**  
by Chris McAlister (Sweden)

## GATHERING 19 - MAY 15, 2021

**A somatic meditation around the 5 elements**  
by Barbara Anemone Aubry (Paris, France)

## GATHERING 20 - MAY 22, 2021

**Sei-ki: Discipline & Surrender**  
by Alice Whieldon (UK)

## GATHERING 21 - MAY 29, 2021

**Second Spring - Shiatsu through the Menopause**  
by Kate Burford (UK)

## GATHERING 22 - JUNE 12, 2021

**Extraordinary Vessels and Women's Health**  
by Suzanne Yates (UK)

## GATHERING 23 - JUNE 19, 2021

**Shiatsu Talks: Living Longer Younger Blueprint**  
by Ray Ridolfi (Australia) and Kate Burford (UK)

## GATHERING 24 - JULY 3, 2021

**Shiatsu Spirit in Southeast Africa**  
by Ivan Bel (Belgium, France & Malawi)

## GATHERING 25 - JULY 10, 2021

**Summer Breeze**

## GATHERING 26 - JULY 17, 2021

**Therapeutic Applications of Meditation**  
by Yogarishi Deolal Mahabir (Florida)

# PROGRAM AGENDA

## GATHERING 27 - JULY 31, 2021

**Shiatsu meets children with cancer:  
Experiences from the pediatric oncology department**  
by Raviv Peleg (Israel)

## GATHERING 28 - AUGUST 7, 2021

**Detoxification and Nutrition**  
by Manu Dawson, CYNTh (New York)

## GATHERING 29- SEPTEMBER 18, 2021

**Touch makes us Human**  
by Rita Griesche (Spain)

## GATHERING 30 - SEPTEMBER 25, 2021

**Beyond the Private Clinic: Shiatsu in a Hospital Setting**  
with Leisa Bellmore (Canada)

## GATHERING 31 - OCTOBER 2, 2021

**Five reasons why Shiatsu is the best therapy for the world in the C21**  
by Cliff Andrews (UK)

## GATHERING 32 - OCTOBER 9, 2021

**Harmony By Karate**  
by Sensei John P. Mirrione (New York, NY)

## GATHERING 33 - OCTOBER 30, 2021

**NeuroPath Reset & Complex Chronic Pain**  
by Mihael Mamychshvili (Canada)

## GATHERING 34 - NOVEMBER 6, 2021

**The space of awareness, developing awareness,  
and how this manifests in our practice**  
by Adam Hellinger FWss (UK)

# PROGRAM AGENDA

## **GATHERING 35 - NOVEMBER 13, 2021**

### **Shiatsu with the psychological crisis**

by Wilfried Rappenecker (Germany)

## **GATHERING 36 - NOVEMBER 13, 2021**

### **Moving Like Water: Exploring how movement coupled with attention opens us to new possibilities**

by Margot Rossi, M.Ac. (North Carolina, USA)

## **GATHERING 37 - NOVEMBER 20, 2021**

### **Zen Mind, Zen Shiatsu with Qi**

by Nick Pole, FwSS (UK)

## **GATHERING 38 - DECEMBER 11, 2021**

### **Winter Water Element self-care workshop**

by Raizelah Bayen (Washington)

## **GATHERING 39 - DECEMBER 18, 2021**

### **Sei Shiatsu Do workshop**

by Bernard Bouheret (Paris, France)



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2020



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## GATHERING 1 - APRIL 11, 2020

**Do-In, breathing and stretching** by Virginia Miller from Arizona

**Finding, listening, and holding to connect tsubos to deepen our inner wisdom**  
by Laurinda Poirier-Solomon from Vermont

**Yin Yoga based on Masuanga extensions** by Joyce Cobb from Roslyn, Long Island, NY

## GATHERING 2 - APRIL 18, 2020

**Energy Awakening** by Silvia Marchesa Rossi from Milan, Italy

**How the Lymphatic system works, and how to stimulate the Neuro Lymphatic Reflex Point**  
by Emine Eyidoan from Istanbul, Turkey

**Tantrik Meditation** by Joan Weinstein from Brooklyn, NY

**Chakra and Meridian System** by Diego Sanchez from Uruguay

## GATHERING 3 - APRIL 25, 2020

**Kōdō (香道, "Way of Fragrance")**: Introducing Fragrance Energetics to stay centered and grounded during the Pandemic  
by Sara Vanin from Treviso, Italy & Chicago, USA

**Ear Shiatsu: NADA Protocol Using Five Acupressure Points**  
by Wendy Bolognesi from Richmond & Hardwick, MA

**Shodō (書道, Japanese calligraphy)**: Power of Pause Breath, Spirit and Air/ Ki 静止と息とス  
ピリッツと空気  
by Yoshi Nakano from Tuscon, AZ & Santa Fe, NM

# PROGRAM AGENDA

## GATHERING 4 - MAY 2, 2020

**Five Element Meridian Movement** by Nini Melvin, Northampton, MA

**Our Energetic Structure and Doing Distance Sessions to Support both Giver and Receiver**

by Kathy Powers, New York, NY

**“The Power of Silence” to improve your listening skills through mediation**

by Joshua Pittman, New York, NY

## GATHERING 5 - MAY 9, 2020

**Getting in Touch with Your Inner Wisdom through Laughter**

by Sooyong Kim, Takoma Park, MD

**The Healing Sounds of Yin Style Bagua** by Richard Martin, Sarasota, FL

**Qi experience** by Lorelei Chang, Connecticut

## GATHERING 6 - MAY 16, 2020

**Marvelous Meridians into Our Life** by Domenico Bassi, Turin, Italy

**Everyday Yin/Yang: Practices for Posture** by Karen Dodds, New York, USA

**Relaxation with Gong Bath** by Silvani Cruz, São Paulo, Brazil

## GATHERING 7 - MAY 23, 2020

**A long-distance Zen-Stretching® session**

by Silvia Marchesa Rossi (Milan, Italy) and Barbara Aubry (Paris, France)

**How the Lymphatic System Works; How to Stimulate the Neurolymphatic Reflex Points**

with Emine Eyidoan (Istanbul, Turkey)

# PROGRAM AGENDA

## GATHERING 8 - MAY 30, 2020

**The Secret of Qigong** by Andrzej Leszczynski, Florida & New Jersey  
**Fourth Uncle in the Mountain** by Margie Pivar, Brattleboro, VT  
**Self-Care Tool Kits** by Virginia Miller, Tucson, AZ

## GATHERING 9 - JUNE 6, 2020

### **A presentation of Tsubook**

with Carla Sofia, Graphic Designer and Shiatsu practitioner  
and Nicolas Form, Engineer in Computing Founders of Tsubook Shiatsu (Japan)

**Riding the Waves: an Energetic Dance from Hara** by Kristen Mangione (Hoboken, NJ)

### **Positioning for Shiatsu using Restorative Yoga Techniques**

by Ellen Driscoll (Ellicott City, MD)

## GATHERING 10 - JUNE 13, 2020

**TaoiChi Ruler** by Nayo Takasaki (Tokyo, Japan)

**Boost your immunity system with TCM** by Sandra Fernandez (Brussels, Belgium)

**Body as Garden, Meridian Gesture Qigong** by Matthew Sweigart (Nevada City, CA )

## GATHERING 11 - JUNE 20, 2020

**Complex systems: A bridge between shiatsu and Western science?**

by Paula Derry, Baltimore, MD

**Introducing Chōwa Dojo** by T'Agyol Daniel Adler, Toronto, Canada

**Embodied Mindfulness** by Marco Beghin, Los Angeles, CA

## GATHERING 12 - JUNE 27, 2020

**How to use our Shiatsu skills when working with death and loss**

by Tamsin Grainger, Edinburgh, Scotland, UK

**The Six Secret Sounds of Qi Gong: A Practice of Voice and Movement to Strengthen  
Organs' Energy**

by Silvia Marchesa Rossi, Milan, Italy

# PROGRAM AGENDA

## GATHERING 13 - JULY 4, 2020

**Celebrate Independence Day the Shiatsu way! Shiatsu Party!**  
**Meditation** by Thin Thin Lay, New York, NY

## GATHERING 14 - JULY 11, 2020

**Introduction to Kototama misogi (purification): Hachiriki (the eight powers of the universe), Chinkon Kishin (unification with kami)**  
by Luigi Gargiulo, Bari, Italy

**Direct from the Source: Guided Journey to Dialogue with the Inner Officials**  
by Deborah Valentine Smith, New York, USA

## GATHERING 15 - JULY 18, 2020

**Practicing Ki-Hygiene: Establishing the Boundary, Maintaining the Boundary, Clearing the Boundary (practices to keep yourself clean before, during, and after treatment)**  
by T'agyol Daniel Adler (Toronto, Canada)

## **Sharing Ki- Ki-Technology tips**

by Team Zoom Ewa Niemczewska, Gail, Sara and Virginia  
(New York, San Francisco, Italy, and Arizona)

## GATHERING 16 - JULY 25, 2020

**Yin Yoga based on Masunaga Extensions** by Joyce Cob (Long Island, NY)  
**Zen Pickling** by Yoshi Nakano (Tucson, AZ)

## GATHERING 17 - AUGUST 1, 2020

**Auto Shiatsu** by Cristian Laniauskas (Buenos Aires, Argentina)  
**Sitting Well: Support, Breath and Movement** by Marco Beghin (Los Angeles, CA)

## GATHERING 18 - AUGUST 8, 2020

**Awakening Body Consciousness** by Patty de Llosa (New York, NY)  
**Coming Home and Connecting to Our Center** by Dawn Oei (Edinburgh, Scotland)

# PROGRAM AGENDA

## **GATHERING 19 - AUGUST 15, 2020**

**Walking the Tightrope** by Patricia Llosa (New York, NY)  
**The Heart-Uterus Meridian** by Diego Sanchez, (Uruguay)

## **GATHERING 20 - AUGUST 29, 2020**

### **Our History of Sharing and Caring**

by AOBTA founding member Grandmother Winter Jade Forest (Lindy Ferrigno)  
(Evanston, IL)  
and AOBTA president Deborah Valentine Smith (New York)  
Music by Derrik Joran (Vermont)

## **GATHERING 21 - SEPTEMBER 5, 2020**

### **Qigong for Covid-19**

by Sharon Smith (New York, NY)

## **GATHERING 22 - SEPTEMBER 12, 2020**

**Thai traditional massage** by Koji Hiroshige (Japan)  
**Self-care with energy medicine exercise** by Yumi Asakura (New York)  
**Moxibustion for Self-Care** by Wendy Bolognesi (Massachusetts)

## **GATHERING 23 - SEPTEMBER 19, 2020**

### **Assisted Self Study**

by Renate Novack (New Jersey & Pennsylvania )

## **GATHERING 24 - SEPTEMBER 26, 2020**

**Powerful pathways for creating and sustaining healthy living**  
by Alix Keast (New York)

### **The Value of Shiatsu**

by Lynn Colleran (New Jersey)

## **GATHERING 25 - OCTOBER 3, 2020**

### **Coping with COVID-19 - An interactive discussion**

by Pamela Ellen Ferguson, Dipl.ABT (NCCAOM), AOBTA(r)&GSD CI, LMT (TX)

## **GATHERING 26 - October 10, 2020**

### **How Traditional Reiki Practice Can Help**

by Pamela Miles, New York, NY



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## GATHERING 27 - OCTOBER 17, 2020

**Introduction to Shizuto Masunaga sensei's Zen Shiatsu**  
by Roberto Palasciano, Shiatsu Milano Editore Team

## GATHERING 28 - OCTOBER 24, 2020

**Evocation: Sound and Visualizations**  
by Mark Dodds, Durham, North Carolina

## GATHERING 29 - OCTOBER 31, 2020

**Walk in Balance**  
by Sensei Reggie Ceaser, New York, NY

## GATHERING 30 - NOVEMBER 7, 2020

**Creating structures and holding space for Shiatsu practice**  
by Elaine Liechti (Glasgow, UK)

## GATHERING 31 - NOVEMBER 14, 2020

**Somatic Experiencing (R) Trauma Resolution: A Journey of Self-Regulation, Restoring Resilience, and "Re-membling" Ourselves. An experiential talk**  
by Stephanie Ann Pappas, (aka Stefani) (New Jersey & Pennsylvania )

## GATHERING 32 - NOVEMBER 21, 2020

**Topical Application of Common and Exotic Herbs**  
by Chilán Mustain (Tucson, AZ)

## GATHERING 33 - DECEMBER 5, 2020

**Self-care with energy medicine exercise**  
by Yumi Asakura (Ithaca, New York)

## GATHERING 34 - DECEMBER, 12 2020

**Introduction to the Art of Jin Shin**  
by Alexis Brink (New York, NY)

## GATHERING 35 - DECEMBER 19, 2020

**Sho(diagnosies) on Keiraku to Shiatsu**  
by Roberto Palasciano, Shiatsu Milano Editore Team (Milan, Italy)