

Shiatsu with Georgina

**Shiatsu support for
Menopause and
Perimenopause**



Shiatsu is a type of clothed body work that draws on the wisdom of Eastern and Western traditions.

Every treatment is tailored to you as a whole person, taking in your symptoms on the day and longer patterns of holding.

Shiatsu helps with menopause by regulating and calming stress responses and promoting sleep.

Yin energies are nourished, which calms many of the hot, dry menopause symptoms.

A treatment creates a safe space for you to be seen and accepted in all your glory - rage, frustration and vulnerability included. Acknowledging where we are is the first step towards transformation.

About me

I have been working with women in menopause and perimenopause for close to 10 years, and now, at 49 I'm going through perimenopause myself. My regular shiatsu treatments definitely help me to stay on an even keel emotionally, and to find self compassion and humour.



HRT?

I work with women who embrace HRT, but still need support (it's not a magic bullet), as well as those wishing to avoid supplementing their hormones and those who are unable to for medical reasons - whatever works best.

My approach

This work is a privilege and a joy!

I aim to create a space where you are accepted and seen as a multifaceted person rather than a collection of symptoms and situations.

We will talk about what you hope to get from Shiatsu, and build a treatment around that.

Drop me a line for a chat to find out more



Shiatsu is based in
Japanese and Chinese
philosophies and
traditions that are rich
in beautiful metaphors.

Yin and Yang

These are relative to each other, and are always shifting. Like shadow moving across a hillside as the day progresses, some areas will be cooler, darker and wetter than others as the sun moves across the sky, but they will become more warmer, dryer and lighter as they move into the light. Nothing is fixed in one state, even the most yin or most yang contains the seed of its opposite.

While yang is the energetic energy of fire, yin is like a cool pool of crystal clear water - slow and restorative. We need both.

Yin is depleted by the relentless demands of middle age and slowing of hormone production, so yang takes over. Many of the physical and emotional symptoms are hot, dry and irritable.

There are two ways to restore balance - to suppress the excess or nourish the depletion.

In Shiatsu we bring balance by nurturing the depleted energy and improving its flow - it's more sustainable than suppressing excess (although we will do a little of this too).

Some techniques and points to nourish Yin



Working with SP6 (3 yin meeting) acupuncture point - this is a powerful point for hormone regulation. It is also where 3 major yin meridians cross - balancing energy here can restore the flow of cooling yin.

Holding these points at the end of the zen shiatsu Water meridians can be deeply grounding, cooling and restoring.



Working down the kidney meridian towards KD1, the most yin point of the most yin meridian. It calms the mind and brings renewed energy. This point is very grounding, calming anxiety and promoting sleep.

Wu Wei

Another lovely idea is that of Wu Wei.

The spokes and edges of a wheel whirl around and around, much like all the parts of life - work, relationships, children, parents, families, community, friends. It can feel hard to keep up and impossible to find time to look after yourself.

Wu Wei is the still point at the centre, in the midst of all the movement it's the point of inaction that all action springs from.

When everything feels too much, and like you want to jump off the wheel, there's another option - find the centre. In a shiatsu session we can practice mindfulness techniques to help you step out over stress and overwhelm.



Energy work - what is it?

The idea of working with the energy in your body can seem a bit out there, but we are all aware of our energy levels and can feel the vibes from other people.

It can seem like an energy worker should have some kind of special powers. I don't think that's the case, it's just a way of paying attention.

When you find a still, quiet space within yourself you notice different things, like the subtle shapes caused by patterns of tension. It might be heat, or skin tone, it could be tiny movements in response to touch, the strength of a pulse, the depth and speed of the in and out of the breath - these are some of the ways that we feel energy - there's so much data! And sometimes it's just a gut feeling that the brain can't decipher, and that's fine too - not knowing is all part of it.

When you have a treatment the invitation is for you to find that quiet space where your mind settles so you can hear the whispers, feel your body respond to touch, allow emotions to arise and shift. This is the place where the sparks of insight can grow and transformation happens.

It's not out there, it's in all of us. Sssssh! Listen!

Releasing with movement



Rotating the shoulder to release tension. Working in this position allows a lot of movement that can help to access the places under the shoulder blades where many of us feel tight. Combining shiatsu points with movement can lead to greater release.

Hip release - supported stretches and rotations release tension held in the lower back and hips. This can alleviate pain and help us to release emotional tension.



Gently stretching the spine - just because it feels lush!

Releasing with stillness

An invitation not a command



So much can happen in stillness. Holding the head can stimulate the vagus nerve to calm the nervous system. It's deeply relaxing - one of my favourite parts of a treatment.

Holding points on the front and back of the body. This can feel deeply nurturing and connects the flow between front and back.



We can hold so much in our faces, but gentle touch can help tension to melt away. This point on the outer canthus of the eye also removes heat and is great for headaches and migraines. It subdues yang.



Moving through this great transition is an emotional journey.

Just some of the things we might experience:

Grief - for what we are leaving behind.

Anger - lack of sleep and fluctuating hormones, but also anger at the way the patriarchy devalues older women.

Frustration - dealing with menopause symptoms can be maddening, and ... what was the word I was looking for?

Loss of sense of self - many of us have spent our middle years focusing on others, and then all these changes - we need to find space to reconnect with ourselves.

Stress, anxiety and overwhelm - it's a lot. I'm glad that people struggling are now less likely to go through it alone.

Hope - for what we aspire to post menopause. Liberation from caring what others think? End of periods? Becoming a wise, joyful twinkly eyed crone?

Shiatsu gives you space to deeply feel and explore the emotions in your body, and allow them to shift.

The Five Elements

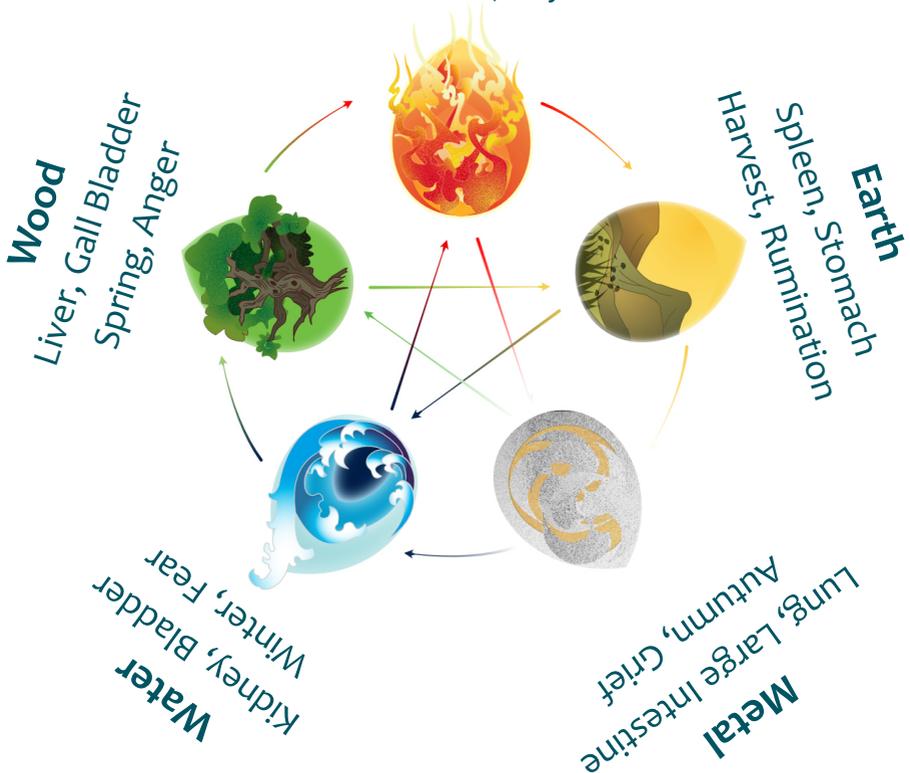
And some of their associations - meridian pairs, seasons and emotions.

Fire

Heart Protector, Triple Heater

Heart, Small Intestine

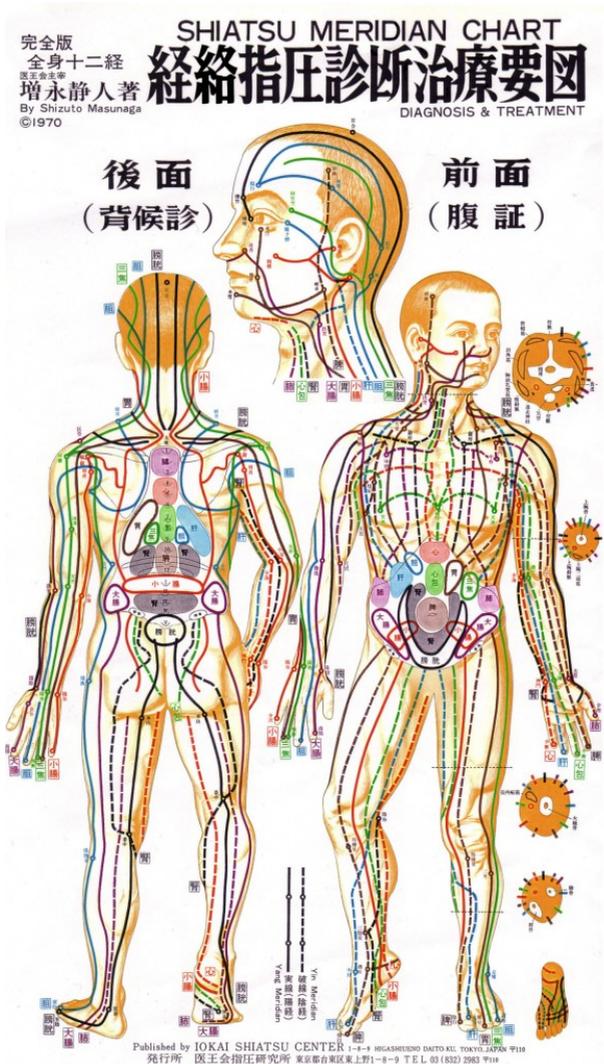
Summer, Joy



Five elements is a beautiful lens to view all part of life through - it helps to make connections between different aspects.

Shiatsu works to support and balance these.

The Meridians



After a treatment I usually show you some points to use until I see you again. It's less complicated than it looks!

If you're curious about booking a treatment, or if there's anything you'd like to ask, drop me a line.

hello@shiatsuwithgeorgina.co.uk

07531717261



Shiatsu with Georgina