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Not satisfied with the restrictions of traditional shiatsu, Ohashi sensei moved beyond to develop a unique method and approach to Eastern energy acupressure. Over 20 years in the making, his Bodywork Book is a rejuvenating approach to this healing art.

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Beyond Shiatsu: Ohashi's Bodywork Method by Ohashi

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Ohashiatsu®. Combination of shiatsu, physical exercises, and meditation developed by Japanese-born Wataru Ohashi, author of The Ohashi Bodywork Book: Beyond Shiatsu with the Ohashiatsu® Method. Ohashi founded the Ohashi Institute, in New York City, in 1974. Ohashiatsu purportedly integrates and rejuvenates body, mind, and spirit.

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He is the author of Do-It-Yourself Shiatsu; Zen Shiatsu, with Masunaga; Reading the Body: Ohashi's Book of Oriental Diagnosis; Beyond Shiatsu: Ohashi's Bodywork Method; Natural Childbirth, The Eastern Way and Touch For Love: Shiatsu for Your Baby. He has also produced 12 educational DVDs.

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