

Shiatsu at Ten Thousand Waves

The development of the bodywork program at Ten Thousand Waves exemplifies our dedication to excellence in everything we do. Fifteen years ago we began development of **Japanese shiatsu therapy**. Today we're one of the few places in the United States offering authentic world-class shiatsu. It's a form of bodywork based on the same principles as acupuncture, in which pressure is applied to certain points on the body using the hands. It is the type of work you would receive from most massage providers in Japan.

Shiatsu disperses tension and pain through rhythmic, dynamic pressure on muscles and connective tissue. It improves energy, blood flow, and the functioning of every organ in the body. As in Japan, we provide sweatpants and a t-shirt, which provides the most effective connection between the therapist's hands and your body.

Our shiatsu therapists participate yearly in an intensive two week workshop with Sensei Masunori Uchida, one of the most renowned shiatsu therapists in Japan. We have brought him to Santa Fe every year for the past 10 years. Some of our therapists also travel to Nagoya for further study with him.

Sensei is part of our family. He brings a joyfulness to the practice of massage that energizes our therapists and deepens their already considerable knowledge of the human body.

The dedicated group of talented healers who



Sensei gets some love
from a fan

study with Sensei provide amazing shiatsu every day at Ten Thousand Waves. These are some of the most professional and effective massage therapists in the country.