



# APPLICATION OF **MINDFULNESS** TO SHIATSU AND YOUR DAILY LIFE

**M**indfulness is the latest buzzword for psychologists nowadays, used as a 'meditation' technique for clients in dealing with depression. In traditional Buddhist culture, a practitioner applies mindfulness in many areas of daily life.

This workshop explores the holistic definition and practice of mindfulness according to the Buddhist tradition, where the word 'mindfulness' has its origins.

Using the basic understanding of mindfulness, we will then explore its application to shiatsu. Understanding the mindfulness practice can change our perspective and approach in therapeutic practices,.

**Yong Kuo** has been practising shiatsu since 1995, and teaches classical yoga at his studio in Eltham. Yong was a Buddhist monk in Burma and Thailand, where he learnt the foundations of meditation practice. He has worked with many community groups — including the Aboriginal Elders in East Brunswick, juvenile justice, drug rehabilitation, and LGBTI counsellors — sharing the benefits of mindful practices.

This workshop is suitable for shiatsu therapists and students interested in integrating traditional mindfulness into their practice and daily lives.



- When:** Saturday, 25 August 2018, 1-5pm  
**Cost:** \$80 STAA members, \$100 non members  
**Bring:** Futon and facecloth  
**Venue:** Grasshopper Yoga Studio, 56 Eucalyptus Rd, Eltham  
**Bookings:** Online at [www.staa.org.au](http://www.staa.org.au) by **18 August**  
**CPE:** 4 hours  
**Enquiries:** Yong Kuo 0466 406 301



*A STAA-supported workshop*