

**Workshop Title Options:**

- Self-Shiatsu for a More Balanced Life
- Self-Shiatsu for an Energetically Sustainable Life

**Proposal:**

Over a single weekend (Fri - Sun), in three sessions, Grand Master Kumkio Kanayama, Founder of The Five Light Center of Shiatsu (the longest running shiatsu practice in the US) will guide students through how to use and practice self-shiatsu techniques that will help them maintain a more balanced, energetically sustainable life – in mind, body and spirit.

Open to all levels, Kumiko will share 5 Elements method stretching; Makko Ho, tapping and acupressure for self-care, Do-in, and Intuitive Shiatsu.

Through hands-on experience coupled with insightful lectures, each student will leave with a deeper understanding of how to use shiatsu in their personal lives as a way to come back to a more balanced state, addressing issues such as: headaches, fatigue, poor sleep, menopause, digestive issues, and hair loss and more.

This is what we say to our students:

Take good care of yourself - eat healthily, sleep well, and balance your energy levels. Self-care is a very important part of your practice.

**Recommended Books:**

Available on website <https://www.fivelightscenter.com/amazon>

- The Ohashi bodywork Book: Beyond Shiatsu with the Ohashiatsu (Ohashi)
- Do-It-Yourself Shiatsu (Ohashi)
- Hara: The Vital Center of Man

**How To Come Prepared For The Workshop:**

1. Arrive at least 5-10 minutes before class to relax or achieve the right mindset.
2. Wear loose-fitting clothes and allow freedom of movement, and a pair of clean socks.
3. Bring a notebook and pen to take notes.
4. Open your mind and smile!

## PROFESSIONAL QUALIFICATIONS

A former Certified Ohashiatsu® Instructor and Consultant, Kumiko Kanayama has developed her Intuitive Shiatsu program based on over 45 years of family tradition, over 5,000 hours of clinical experience, and classroom teaching throughout the United States, Europe, and Japan. She worked for many years in tandem with her uncle, Wataru Ohashi, who was a pioneer of Japanese Shiatsu in the Western World.

Her accomplishments include:

- Founder and Principal Instructor, *Go Shiki Kan, Inc. (Five Lights Center)*, 2012 - Present
  - **Mission statement:** The Power of Touch™  
Description: The Five Lights Center of Shiatsu focuses on self-realization through movement, meditation, breathwork, and touch communication. Our healing philosophy cultivates an awareness of self and others and leads to improved health, vitality, and well-being.
- Founder and Director, *Global Shiatsu Virtual Gathering*, 2020 - Present
  - **Mission statement:** One World-One Planet project.  
Description: Discover how to reduce stress and anxiety by clarifying the mind through lectures and self-healing sessions with the world's most renowned specialists in the field.
- Founder and Facilitator, *Global Shiatsu Community For All*, 2018 - present
  - **Mission statement:** Together we learn and practice self-care shiatsu. Gatherings are a perfect place to refresh the memory of who we are and restore the balance within. It is time to get back on track with your healing energy!  
Description: Providing social media networking and connectivity for the international shiatsu community.

## PROFESSIONAL AFFILIATIONS and EXPERIENCE

- Omega Institute, Rhineback, NY, presenter 2023 to present
- Puyangam, Tiruvannamalai, India, Ayurveda, Siddha, Varma, presenter 2023 to present
- Kripalu Center for Yoga & Health, MA, presenter 2023 to present
- Ōkami Kumo, the Japanese Cultural Association Partner in Italy, 2022 to present
- NYHRE associate, 2022 to present
- AFMTE member, 2021 to present
- ClassPass Partner, 2021, to present
- Mission Shiatsu Humanitaire Partner, 2021 to present
- Florida CE Broker approved CEU provider, 2020 to present

- AMBP approved member, 2020 to present
- FSMTA approved member, 2020 to present
- NCCAOM approved CEUs provider, 2019 to present
- NCBTMB approved CEU provider, 2019 to present
- Founder and Initiator, Global Shiatsu Community For All, 2018- present
- AOBTA Approved Council of Schools and Programs (COSP) member, 2018 to present
- Private Shiatsu Practice in Palm Beach, FL, 2014-Present
- Private Shiatsu Practice in Tokyo, Japan, 2006-Present
- Private Shiatsu Practice, 1991-Present
- Principal Shiatsu Instructor and Shiatsu Trainer, Ohashi Institute, New York, NY, (a non-profit educational organization), 2000-2014
- Shiatsu Instructor, Ohashi Institute, New York, NY, (a non-profit educational organization), 2000-2014
- Ohashi Institute, New York, 1987- 2007

## TEACHING EXPERIENCE

- Five Lights Shiatsu Certification Training Program Developer, Instructor, and Trainer for The Introduction to Shiatsu Program
  - Level 1: Introduction to the Primary Meridians
  - Level 2: The Five Elements Theory
  - Level 3: Introduction to the Metal and Fire Elements
  - Level 7: Introduction to the Masunaga System of Water, Earth, and Wood Elements
  - Level 8: Masunaga System of Metal and Fire Elements
  - Level 10: Supervised Clinic Application
  - Supervised Ongoing Practice classes
  - Elective Courses: Moxa, Cupping, Reiki, Sound Vibrational Therapy
  - Massage Table Shiatsu
  - Chair Shiatsu
  - Smart Healing / Pressure Points for Anxiety
  - Basic Makko Ho
  - Makko Ho / Chair
  - Partner Stretch
  - Pregnancy
  - Weekly Practice Class Facilitator
- Certified Ohashiatsu Instructor (COI) Training Program Instructor, Ohashi Institute
  - Ohashiatsu Beginning I
  - Ohashiatsu Beginning II
  - Ohashiatsu Intermediate I
  - Ohashiatsu Intermediate II
  - Advanced

- Ohashiatsu Certification Training Program Instructor, Trainer and curriculum developer, Ohashi Institute
  - Ohashiatsu Beginning I
  - Ohashiatsu Beginning II
  - Ohashiatsu Intermediate I
  - Ohashiatsu Intermediate II
  - Ohashiatsu Advanced I
- Ohashiatsu Enhancement Program Instructor, Creator, and Developer, Ohashi Institute
- “The Power of the Touch,” Shiatsu training and Hara concept workshop, Ōkami Kumo, the Japanese Cultural Association, September 2022 in Italy
- Professional Refinement Training, Ōkami Kumo, the Japanese Cultural Association, September 2022 in Italy
- Shiatsu Assessment skills at School of Vermont, Brattleboro, VT September 2022
- Feel Good Friday Shiatsu presentation at Women’s Business Development Council, Stamford, CT, 2021
- Shiatsu Hara Diagnosis presentation at Pacific Institute of Oriental Medicine, New York, NY, 2021
- Shiatsu Camp, Mt Pocono, PA September 2016, 2017, 2018, 2019, 2020, 2021, 2022
- Summer Health Retreat, Tokyo, Japan, August 2018, August 2019
- Chair Shiatsu presentation at Meridian Studio for Five Element Shiatsu, Florence, MA, June 2019
- Shiatsu for Seniors at DOROT, New York, NY May 2019
- Self Care Through Shiatsu presentation at ICS Diversity Dojo, Hitotsubashi University Graduate School of International Corporate Strategy, Tokyo, Japan, August 2018
- Self Shiatsu at Dancing Path, New York, NY, January 2018
- Twenty-two years of Japanese Culture Sharing at Family Camp, Tokyo Frost Valley YMCA Partner, New York, August 2017
- Shiatsu, Sustainable Furnishings Council, New York, NY, February 2017
- Shiatsu, Nichibei Exchange, New York, NY, 2017
- Intuitive Shiatsu, Parasutra Holistic Yoga Center, Palm Beach, Florida, 2016
- Shiatsu practice classes, Zen Studies Society, Inc, New York, NY, 2013
- Shiatsu, Dai Bosatsu Zendo Kongo-Ji, Livingston Manor, NY,
- Shiatsu demonstration, The Actors’ Fund of America, New York, NY, May 19, 2003,
- Doula appreciation Brunch Shiatsu demonstration, Community Awareness Responsibility Education & Support, New York, NY, November 27, 2002
- Shiatsu demonstration, Borough of Manhattan Community College, NY, May 30, 2002
- Shiatsu demonstration, Japanese American Social Services, Inc., NY, February 27, 2002
- Shiatsu pregnancy demonstration, Maimonides Medical Center, Brooklyn, NY, 2002
- Shiatsu practice, Women’s Health, NY, NY
- Shiatsu demonstration, New York City Japan Block Fair, NY, NY
- Japanese cultural demonstration, Westchester Middle School, NY
- Japanese cultural demonstration, Ikuei-Gakuen School, NJ
- Japanese cultural demonstration, United Nations School in New York, NY

- Shiatsu demonstration, New York University Langone Medical Center, in New York, NY
- Kids Shiatsu, NY Sakura Nursery in Harrison, NY
- Shiatsu for Seniors, Isabella Geriatric Center, New York, NY
- Shiatsu demonstration and presentation, Whole Life Expo, New York, NY

## **PUBLICATIONS, FEATURES and ARTICLES**

*Change Your Body* by Pavila Rosati, The Village Voice, Mind/Body/Spirit, 1998

*How Healing Touch Works on the Upper West Side*

*Shiatsu Expert Explains Exactly Why: "Massage Is My Religion"* by Botumroath K. Lebus  
Chelsea Clinton News, February 8-14, 2001

*Teaching the Japanese Culture through hands*, Asahi Weekly, December 7, 2003

*Tribute to Late Pamela Hannay* by Kumiko Kanayama, AOBTA, Pulse News, Spring 2002

*Women who love the job*, Picky's, Vol. 14, 2005

Shiatsu Society Journal, (*One Heart & One World - The Power of Touch*) Autumn 2020

Shiatsu Milano Editore, "*Meet Shiatsuka from other countries Global Shiatsu Virtual Gathering*,"  
February 2021

Acupuncture Today Digital Issue, *The Active art of Working With Cancer Survivors*, March 2021

Insider, *What Makes Shiatsu massage unique and how it can improve your flexibility and combat stress*, April 2021

Shukan New York Seikatsu (*New York Women*) May 2021

Hope and Way, (*It's no secret that a massage is relaxing and something we treat ourselves*)  
August 2021

Shiatsu Society Journal, (*Diversity and Inclusion in Shiatsu*) Summer 2021

Elephant Journal (*Using Shiatsu to connect Universal Energy and your higher self: your power to heal and connect is in your hands*) June 2022

Go Solo, (*Interested in starting your own entrepreneurial journey in wellness but unsure what to expect?*) July 2022

Art Du Toucher, (*Accomplish woman who has made a great contribution to the world of Shiatsu*)  
Formations à Paris, July 2022

New York Weekly, (*Leading Shiatsu "Magic" in NYC*) August 2022

Authority Magazine, (*Total health: On how we can optimize our mental, physical, emotional & spiritual wellbeing*) August 2022

Elephant Journal (*What Your Sensitive Stomach is Trying To Tell You*) September 26, 2022

You Aligned (Yogi Approved), (*5 Shiatsu Pressure Points to Alleviate Every Kind of Headache*)  
November 2022

MysticMag, (*Achieve Deep Relaxation and Restore Energy*), February 2023

Fierce Truths Magazine, (*Intuitive Shiatsu, As a Way of Living*), March 2023