
Self Shiatsu in a Seated Position

1. Center yourself, breathe slowly and deeply, imagine and feel your connection to the earth.
2. With fingertips, work along the top of the head, imagine the nose to be the dividing line.
3. Rest elbows against your body, place fingertips of both hands across forehead, starting at the hairline. Drop head forward into fingertips, work out again from nose as center. Do three horizontal lines.
4. Lift the head and slide fingertips under eyebrows. Drop head forward into fingertips.
5. Rub hands together. Rest palms over eyes. Give light pressure.
6. Raise head and slide fingertips down over the cheekbones. Drop head forward into fingertips. Work across cheekbones.
7. Roll the head to the right side. Penetrate along the left side of the neck with the fingertips. Roll the head forward. Clasp the hands and squeeze the back of the neck. Roll the head to the left side. Penetrate along the right side of the neck. Roll the head back and then lift into the upright position.
8. Gently hit skull with the knuckles of both hands.
9. Place fingertips on shoulders, close to the neck. Using elbow pressure and the weight of arm, pull down on arms as you move along the shoulders.
10. Straighten the arm. Squeeze each arm with the opposite hand. Begin at shoulders and work your way down to hands.
11. Rotate each wrist in both directions. Stretch the fingers of each hand using the index and middle fingers of the opposite hand.
12. Thumb the palm of each hand using thumb of opposite hand.
13. Place thumbs along each side of your spine beginning as high as is comfortable. On the exhalation arch the back and press down. Move down an inch or so and repeat the procedure. Work down to waist.
14. Bend forward and tap the sacral area (lower back area) with your knuckles.
15. Using your elbows, work down your thighs. As you look at your legs, imagine a line on the inner side of each leg and on the outer side of each leg. Work legs separately or at the same time. Work inner line and outer line.
16. Work each leg separately from knee down, as follows: Straighten leg and clasp your hands together. Squeeze down the lower leg with the heels of the palms of your hands. Work front and back of lower legs. (If it is easier, work numbers 16 and 17 with leg crossed on opposite leg.)
17. Cross leg. Hold ankle with the hand of the same side. Rotate the ankle by holding toes with your other hand and rotating. Use fingers to press and pull each toe.
18. Take a few deep breaths, relax, and feel renewed energy.