



presented with the
cooperation of



Shiatsu people meeting and feeling good no matter where they come from.

Do-In (Japanese healing exercises) and
Shiatsu the Japanese art of Oriental healing

The Basic Courses are 8 weekly sessions per course and
start on:

Tuesday 29th October from 7.30pm to 9.30pm and

Wednesday 30th October from 8.00pm to 10.00pm

in the Dutch School for Classical Shiatsu building.

The address is Hendrik Zwaardercroonstraat 197-199
in Bezuidenhout, Den Haag.

Tuesday course- Phone: 070 3470188 or mail

anushka@xs4all.nl

Wednesday course-Phone: 070 3831500 or mail

klassieke@shiatsudutch.com



Do-In



Shiatsu

You do not have to be fit or super healthy. You just need to bring easy indoor
exercise clothing. We will do the rest with you and for you. Find out more
about it at www.do-in.nl or go to www.shiatsu.nl

We give demonstrations and quick courses for employees and employers to
strongly improve attention span, focus and concentration without having to
interrupt their work. After training, all people can perform these exercises
while they are working. We also teach people how to improve their stamina
(mental and physical) and immunity to sickness. Want to know more?

Contact us . 
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