

## Water Shiatsu Therapy

At last a grown up body treatment that makes us feel young again - really young. Water Shiatsu originated in America but has been developed as an aquatic body therapy for tropical waters by the *Breathing Space* in Singapore. It is so absorbing and comforting that it must - if only we could remember for sure - recreate the sensations of life in the womb. The rocking and gentle stretches, which are all part of this treatment, make you feel like a baby anyway!



Thanks to the buoyancy of the water for support, the body relaxes in free float. This is the optimum state for carrying out bodywork according to the principles of shiatsu, the Japanese form of massage that concentrates on the body's meridians to stimulate its energy flow and de-stress. The mind goes into limbo as the body is walked very slowly around the pool and gently rocked. This is the starting point for various sequences that revolve, massage and outstretch the limbs. Ardent followers claim that the treatment helps them get in touch with deep feelings of safety and connectedness. However you choose **to** look at it, Water Shiatsu is - for sure - a total tune-out and the ultimate unwind! Try it at a *Breathing Space* weekend retreat or at *their Moana Spa*, both on the Indonesian island of Batam.