

L'esprit des mains

Shiatsu, Soft Nordic Walking, Do In & Qi Gong

In Fontainebleau — Bellifontains or visitors — how can you boost your energies, relax and reconnect with yourself?

Let's discover **three practices**
for seeking harmony through body and mind and keeping healthy:

Shiatsu individual sessions, an ancestral Japanese energy art
Soft and conscious Nordic Walking workshops
Do In & Qi Gong Online workshops

☀ **Shiatsu**, literally "finger pressure", is an acupression practice of Japanese origin, based on Traditional Chinese Medicine. It is an art for health, based on prevention and wellness. Its goal is to stimulate the body's self-healing capacities, and to rebalance the physiological and psychological aspects. Shiatsu practitioner's therapy consists of applying pressure on specific meridians and acupressure points all over the body, supplemented by some stretching. Duration: 80 min, in cabinet. You received it dressed, lying down on a futon.



Possibility also of receiving **seated shiatsu sessions (Amma seated)** on an ergonomic chair, for 20 minutes, during the time of your seminar, conference or in your guest house (reservation from 2 people minimum).

Regularly receiving Shiatsu allows you to:

- Relieve physical pain
- Be supported during periods of effort
- Calm nervousness, emotions and stress
- Stimulate the immune system
- Fight against various disorders (fatigue, digestive disorders...)
- Feed your need to reconnect with the body

Opening hours of the shiatsu practice: Wednesday to Friday, 10 a.m. to 7 p.m., and Saturday apm (13 p.m. to 19 p.m.). The 80 mn Shiatsu session: 60 €

And also :

Soft and conscious Nordic Walking workshops

Saturdays morning, 9:30 am to 11:00 am, in the park outside the castle or in the forest of Fontainebleau. (see info and prices on the website - possibility of private groups online on request).

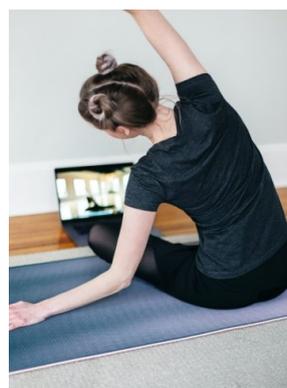
You live in the area or you come for the weekend: Soft and conscious Nordic Walking is ideal for gently reactivate physical and dynamic activity, connecting with nature, mobilizing the whole body in a meditative spirit and thus renewing your vital energy, while relieving stress and strengthening the mind. More dynamic and complete than hiking, Nordic Walking is based on accentuating the natural swinging movement of the arms using two specific poles.



Weekly online Do In /Qi Gong workshops

Thursday evening at 7:30 p.m., from November 2020, 35 minutes to take care of your energies at home! (see info and prices on the website - possibility of private groups online on request).

They are « **prevention & Health exercises** » **for all**, according to the 5 seasons of the Energy of Traditional Chinese Medicine: Do In — self-massage on the acupuncture meridians and "Japanese yoga" — and Qi Gong — Chinese energy gymnastics, meditations with breathes. To awaken your body awareness, your inner feeling, gently relaxing your body and calming your mind.



Nathalie Vandebeulque, musician and therapist, certified in Shiatsu Nonindo and Do In, RNCP graduate in Amma Assis, Qi Gong graduate (Institut Quimetao), FFRP graduate in hiking, Nordic walking and health hiking module, and holder of a CQP of sports leasur facilitator.

Welcome to my two websites:

Individuals: <http://lespritdesmains.com>

Companies and institutions: <http://pro.lespritdesmains.com>

Social networks:

<https://www.facebook.com/lespritdesmains>

<https://www.instagram.com/nathalto>

Practical information

Contact in Fontainebleau:

- **Therapist office:** rue Saint Merry (10 minutes walk from the castle and the forest)
- Weekly **Do In, Qi Gong** workshops: on Zoom
- **Nordic Walking** workshops: in the park outside the Château or in the forest.

I only receive by appointment for Shiatsu, and registration is required for the workshops

Mobile 06 07 71 84 90 / Email: lespritdesmains@gmail.com

I also work in hotels, guesthouses, sports centers, coworking or seminar spaces, hospitals, companies, performance hall...(please email me for more infos)



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