



## klass-shiatsu relaxed in Berlin

Phone & SMS: +49 (0)176 52295544

E-Mail: [post@klass-shiatsu.de](mailto:post@klass-shiatsu.de)

Adress: Genter Straße 14, entrance Salon Senol,  
Sprengelkiez, Wedding, 13353 Berlin-Mitte

### Current

My Shiatsu practice is located at Genter Strasse 14, 13353 Berlin, between metro stops Amrumer Strasse and Leopoldplatz (U9 and U6). So I am still in the vicinity of Charite Campus Virchow.

Regular Shiatsu sessions are Mondays, Wednesdays, Thursdays from noon to 8 pm by appointment.

But if you have an emergency, just call me or contact me via SMS, WhatsApp, Threema or E-Mail.

To honor social distancing in the waiting area, please arrive at the agreed time and not much earlier. If possible, please bring your own sheet (large towel, bath towel, sauna towel).

Due to the Covid situation, I will accept any unused vouchers from 2021 for a year.

Please note that my previous E-Mail address „klass-shiatsu@web.de“ has been hacked and is no longer available. Current E-Mail: [post@klass-shiatsu.de](mailto:post@klass-shiatsu.de)

### Shiatsu

Shiatsu is one of many forms of Asian Bodywork Therapy and a key part of modern Japanese medicine, rooted in traditional Chinese Medicine. The word Shi-Atsu combines two words - finger + pressure, or Acupressure. Shiatsu uses a similar meridian and acupoint system as Acupuncture, but we use no needles. We assess imbalances in the meridian system, and harmonize these imbalances to enhance the flow of Ki energy, through a combination of stretching, thumb, palm and hand pressure.

By activating the body's own energies, Shiatsu contributes to general wellbeing and has proven to be particularly helpful in cases of backpain, headaches, stress and psychosomatic challenges. . Shiatsu is pain free and totally holistic.

Shiatsu is suitable for all ages, from babies to seniors. Shiatsu is often done on a futon on the floor, or in a special chair or on a table. Clients wear loose, comfortable clothing.

I look forward to seeing you!

## Offer and prices

- also as gift voucher -

„take a break“

30 minutes Shiatsu 40,- €

5-card 185,- €

„Shiatsu relaxed“

40 minutes Shiatsu 50,- €

5-card 235,- €

„Shiatsu deluxe“

60 minutes Shiatsu 70,- €

5-card 335,- €

„take a break“ with 30 minutes for Shiatsu in the chair or table. With „Shiatsu relaxed“ and „Shiatsu deluxe“ you lie on the comfortable table. You can choose whether you want to enjoy Shiatsu with oil or in loose clothing. Please plan an additional ten to fifteen minutes for a conversation and rest time afterwards. If you cannot keep an agreed appointment, please cancel it as early as possible; otherwise the appointment will be invoiced. And remember, Shiatsu cannot replace a visit to your doctor for really serious or infectious conditions.

## Gift vouchers to print out

Gift vouchers are available from 40,- €; they are transferable, valid for one year and are equally valid for Shiatsu in sitting or lying position or for the use of oils. So this is a great gift! You can print the voucher directly here and contact me for the details (payment, bank transfer, voucher number). I will be happy to send you the printed Shiatsu session voucher with a processing fee of 3 €. Vouchers are only valid with the corresponding personal number.



Voucher as PDF (see main homepage)

## Coaching

We often come to Shiatsu with many issues from the entanglements of everyday life. Shiatsu is like a little time out, a rest, a „refuelling of energy“, a „finding oneself“ or „coming to oneself“ and always has an effect. Something always changes and sometimes we feel lighter, freer, more relaxed, more present after Shiatsu than before. And perhaps we feel the need to work on our issues.

In addition to the actual Shiatsu bodywork, I offer accompanying conversations. A short pre- and post-talk are part of the classic Shiatsu session. If you would like to have a longer, more comprehensive conversation in the sense of accompanying coaching, I will be happy to be there for you. Additional coaching will be charged 30 € per time unit of 30 minutes each.

I look forward to your visit.

## Gine (Regine) Klass

During my years as a qualified nurse and health care worker in the field of intensive care, I experienced the value of human touch. I discovered my enthusiasm for Shiatsu and massage many years ago on my favourite island, Ireland. I attended various workshops and got to know Shiatsu. I completed my training as a GSD certified Shiatsu practitioner in 1994 at the Shiatsu Centre Edith Storch, Berlin. In the following years I attended advanced Shiatsu courses with Harald Gierl, Joachim Gabriel, Wataru Ohashi and my favourite teacher, the wonderful Pamela Ferguson, among others. Over a period of 17 years I practiced Shiatsu and massage in health promotion for employees at the German Heart Centre Berlin. I am fascinated by the special art of mindful touch in Shiatsu, to promote harmony and well being.

I look forward to seeing you.

Gine Klass

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