



The Extended Meridians of Zen Shiatsu: A Guidebook and Colouring Book

Elaine Liechti, Vicky Smyth

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Struggling to locate and remember the extended meridians?

This guidebook and colouring book allows you to colour and draw along the path of each meridian, supporting visual learning. An effective revision tool for students of Zen shiatsu, it includes 39 double-page spreads with anatomical meridian drawings and tips on locating the meridian and the points. Appropriate treatment positions are also covered, with photographs illustrating the positions for the arms and legs. There are blank anatomical drawings at the back of the book for you to freely colour and draw on to aid your understanding and memory of the extended meridians, which are notoriously tricky to locate and remember. Colour drawings showing the multiple meridians in relation to each other are included at the back of the book for reference.

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