
About Us

Who is involved with Shiatsu-Wales?

The principal teacher and therapist involved with Shiatsu-Wales is Carola Beresford-Cooke MRSS(T).

Carola has been studying Shiatsu since 1978 and teaching since 1983. She has been a qualified acupuncturist since 1982. She is also conversant with the use of essential oils, herbs and basic homoeopathy as well as the Bach Flower Remedies. She originally trained in beauty therapy and massage in 1975 at the London College of Fashion and has been working with massage ever since. She taught her own "meridian massage" style from 1994 to 1998 at the London School of Aromatherapy and continued to teach it from 2000 to 2004 at the Clare Maxwell-Hudson School of Massage. She presented a Thames Television six-part series on Massage in 1986. She has written and co-written several books on Shiatsu and massage; titles include "The Book of Massage" (shiatsu section) (1984) "Massage for Healing and Relaxation" (1986) "Acupressure" (1995) "Your Body's Energy" (aromatherapy section) (1997) and "Shiatsu Theory and Practice" - 1st edition 1996, 2nd edition 2004.

Before retiring to Llangrannog to run Shiatsu-Wales, Carola taught frequent courses in Shiatsu throughout Europe and occasionally in the USA. She was a co-founder of the Shiatsu College UK, where she taught for over 20 years.

Treatments Carola is a fully qualified, insured and registered Shiatsu and massage therapist and acupuncturist.

Teaching Here is Carola's teaching "mission statement".

I believe in encouraging Shiatsu and massage practitioners to develop their own unique style and the quality of their own touch.

In over twenty-five years of teaching I have found that the biggest challenge people ever face is lack of confidence in their own ability to feel and to touch - a natural ability which comes with being human. This is clearly all wrong, and the key to remedying it is relaxation. I support people in relaxing, enjoying what they do and feeling confident in trusting their own experience.

I am familiar with many forms of Shiatsu theory and practice, and believe in breaking down the barriers to understanding that separate one style from another. Each practitioner should feel grounded and confident within the theoretical framework which supports her, and also needs to know the essential unity of all styles within the basic principles of working with energy and touch. I therefore use the theory of the human energy field as my basis for clarifying the different approaches used in Shiatsu today, and unifying the theory with the practice.

I try to help people reconcile the perceived differences between what they have been taught and what they actually experience - and it is very rewarding.

Other people involved with Shiatsu-Wales

-Allan Brown, Carola's partner and co-host

-Overseas supporters who organise visits to Llangrannog

- Various outside teachers who visit occasionally to give specialist workshops