

# SHIATSU

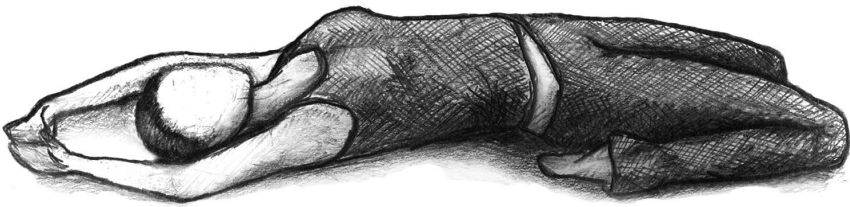
*Meridian-Übungen*  
*Exercices de méridiens*  
*Esercizi del meridiano*



**Metall | Métal | Metallo**

Lunge–Dickdarm | Poumons–Gros intestin | Polmone–Intestino crasso

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Illustrationen: Katrin Wanner



**Erde | Terre | Terra**

Magen–Milz | Estomac–Rate | Stomaco–Milza



**Feuer | Feu | Fuoco**

Herz–Dünndarm | Coeur–Intestin grêle | Cuore–Intestino tenue



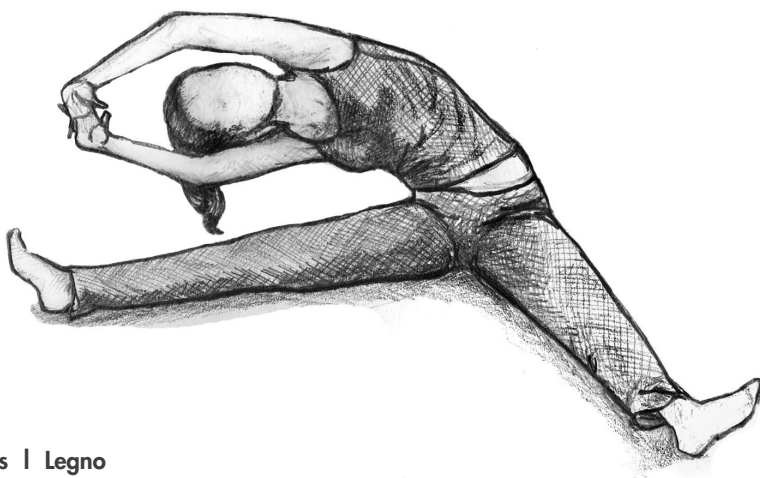
**Wasser | Eau | Acqua**

Blase–Niere | Vessie–Reins | Vescica–Reni



**Ergänzendes Feuer | Feu secondaire | Fuoco complementare**

Perikard–Dreifacher Erwärmer | Maître coeur–Triple réchauffeur | Pericardio–Triplice focolare



**Holz | Bois | Legno**

Gallenblase–Leber | Vésicule biliaire–Foie | Cistifellea–Fegato



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