

John Lewis

John Lewis has been involved with natural health care methods and Eastern mind/body disciplines since studying social anthropology at the University of Kent 1971-74.

He is a qualified teacher with the British School of Yoga and holds teaching qualifications with the Kushi Institute and the East-West Centre in London, where he trained in shiatsu massage, oriental medicine, Eastern philosophy, spiritual practices and martial arts. He has studied and trained with many renowned teachers including Michio and Aveline Kushi, William Tara, Denny Waxman, Michael Burns, Rex Lassalle and Saul Goodman. John also trained with the Actors' Institute in London during the 80s.

He has taught workshops in natural health care, stress management, shiatsu massage and internal energy practices in The U.S., China and many countries in Europe over the last 30 years, and has appeared on television in Finland and America and in numerous magazine articles across Europe in connection with these disciplines.

He is the author of a book on shiatsu, *Opi Shiatsua* (Tammi, 1988) and has several books pending publication, including *Oriental Health Secrets* and *Talking Backwards with The White Knight: a Dormouse's Guide to Surviving The Doyo Time*. He has also privately published *The Diploma Course Study Manual* and *The Master Course Healing Manual* for his students.

Since 1986 he has been living in Finland and is education director of Suomen Shiatsukoulu. He lives in Tammissaari.