



Shiatsu and writing skills for PhD researchers

PhD workshop by Tanja Bastia, Professor, Global Development Institute University of Manchester

When? Thursday, 20 June 2024 from 13.00 to 15.00

Where? Drift 23, room 207

As one of the side events of the [Welcoming Spaces conference](#), we have invited Professor Tanja Bastia to give a workshop for PhD researchers. In this workshop, Tanja Bastia will share her knowledge on how the practice of Shiatsu can improve your writing skills.

If you would like to join the workshop, please sign up [here](#). If you have any questions you can contact Bianca Szytniewski by email (b.b.szytniewski@uu.nl).

What is shiatsu?

Shiatsu is a gentle type of bodywork that is based on Traditional Chinese Medicine (<https://www.shiatsusociety.org/>). Its objective is to promote health and wellbeing by balancing the energy in one's body. Shiatsu is usually delivered on a one-to-one basis and can also be the basis for workshops and groupwork, where participants learn how to practise shiatsu on themselves (self-shiatsu) or to offer it to another person through work in pairs.

About Tanja Bastia

Tanja Bastia is an academic and a qualified shiatsu and holistic acupressure practitioner (<https://bodywisenaturalhealth.co.uk/therapists/tanja-bastia/>). She serves as Director of the PhD Programme in her discipline and is the current Director of the Rory and Elizabeth Brooks Doctoral College (<https://research.manchester.ac.uk/en/persons/tanja.bastia>). In her work as an academic, she has often come across the difficulties that we as academics face in blocking time for writing. Writing a PhD can be especially pressured and stressful, with PhDs often experiencing anxiety related to their PhDs. In her shiatsu trajectory, Tanja Bastia has learnt how beneficial bodywork can be for easing not only the physical body but also our minds.

Why is this different from other writing workshops?

The intention of this workshop is to share some of these abovementioned skills, including simple exercises that can then be repeated by the PhDs in their own time. In the workshop, Tanja Bastia will share knowledge of specific acupressure points for stress and anxiety, backache, tight shoulders, and seasonal illnesses, and show participants how to use them.

The workshops will also encourage the PhD community to come together, which will serve as a reminder that the stresses and problems they face are commonly shared by others as well. This is a unique opportunity to learn these skills from somebody who has an in-depth understanding of the pressures of academic life as well as a deep understanding of shiatsu and holistic acupressure.

What you will gain from the process?

PhDs will learn:

- self-acupressure points and gentle exercises (qi gong) for stress, anxiety, seasonal illnesses (cold, flu) and professional hazards (e.g. backache, tight shoulders),
- a sense of what it is to write from a calm and centred place,
- improved writing skills through inputs from an experienced academic.