



Suzanne Yates: Bringing Your Infinite Potential into Form



Suzanne Yates is an acclaimed international therapist, teacher, researcher and innovator. A published author and expert in the field of pre- and postnatal shiatsu and bodywork, she has taught doctors, midwives, nurses, shiatsu therapists and massage practitioners to work with mothers and babies over the past 30+ years. Unlock your gate of life and discover the extraordinary vessels drawing in and transmitting energy through your body, and connecting you with the past and inevitably the future.

**TOP EMBODIMENT TIP:** It's about combining these two basic energies (the Yin and the Yang - female and male) so that we can support each other.

The Gate of Life:

- Located in the lower back between the 2nd and 3rd lumbar.
- The Ancient Chinese regarded it as the source of all of our energy.
- It's about how we came into our bodies at the moment of conception.
- **It contains ancestral energy and links to our past.**
- It is a spark between two pools of water of the energetic kidneys, which are joining the two.
- Ancestral lines are represented or contained within the egg that will become fertilized by the sperm.

The Heart:

- An organ of the extraordinary vessels which we can access with simplicity.
- Place hands on the heart or place palms together in front of the heart (like praying).
- Placing the palms together stimulates the heart meridian and the heart protector meridian.
- **The heart contains the expression of who we are.**

Exceptional Organs: **There are two organs touched by the extraordinary vessels that are not in the 12 channels.**

- The Brain.
- The sex organs.

Resources

- ❖ **Books:** *Pregnancy and Childbirth: an holistic approach to massage and bodywork, Beautiful Birth: second edition, Pinter and Martin November 2017, Shiatsu for Midwives*
- ❖ **Website:** [www.wellmother.org](http://www.wellmother.org)
- ❖ **Courses:** An entire list of in person and online courses is available on Suzanne's website.
- ❖ **Social:** [Instagram](#), [Facebook](#)



## Suzanne Yates





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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