SWISS MEDICAL NETWORK



Julie Lejeune

Nurse and ASCA-accredited shiatsu practitioner

Languages

FR,EN,ES

Education

Four years of training with Bernard Bouheret

Julie Lejeune trained for four years in shiatsu with Bernard Bouheret, studying the foundations of shiatsu and Traditional Chinese Medicine. This training allowed her to develop different practices — family shiatsu, seated shiatsu, and martial shiatsu — as well as a deep understanding of the body's energetic principles, complemented by 400 hours of practical training on placement.

Qi Gong, practised at the start of every training weekend, holds an important place in her approach: this physical and energetic work develops the practitioner's grounding, breathing and presence — the practitioner themselves being an essential element of the quality of care they provide.

Her training was further enriched by additional courses on pregnancy care and the study of Chinese pulse diagnosis, allowing her to establish an energetic assessment and refine her perception of imbalances. She has also taken a particular interest in contemporary issues such as lower back pain, asthma, stress, depression, burnout and mental health disorders. She continues her training today with other teachers, notably Ivan Bel and Stéphane Vien.

Competences

A personalised approach

Julie Lejeune's approach to shiatsu is grounded in listening to the body, touch and an energetic perspective. Shiatsu does not replace Western medicine or medical treatment; rather, it forms part of a complementary approach to well-being, prevention and support. As each person is unique in their history and balance, she adapts her care to each individual, based on listening, observation and touch.

Restoring balance

Through shiatsu, Julie Lejeune offers a genuine moment of pause: a time to slow down, reconnect with one's sensations, and be fully attuned to one's body. Her approach aims to guide each person towards greater overall well-being, by supporting their natural resources and vitality — reflecting a deeply human vision of care, one that considers each person in their entirety.

Accreditation

Clinique de Montchoisi

Specialties

Contact

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