

Zen Shiatsu

Zen Shiatsu is a deeply effective style of shiatsu healing developed by the Japanese Master, Shizuto Masunaga.

In a Zen Shiatsu treatment the vital channels or Meridians carrying our ki (chi or prana or 'life force') are pressed with the fingers, palms, elbows, knees or feet.

Students completing the Shiatsu course will be able to provide their clients with a truly unique, deeply relaxing and energy enhancing massage.



OVERVIEW	A hands-on course of 10 x 3.5 hour lectures.
CERTIFICATE	A certificate of completion will be awarded upon meeting attendance requirements and successful completion of theory and practical assessments
COST	\$675 including work manual
PRE-REQUISITES	There are no pre-requisites for this course
Important Note:	<i>Shiatsu involves the practitioner to do a lot of kneeling. If you do have knee problems or conditions, you may like to discuss suitability prior to enrolling.</i>

TERM DATES

Please see timetable for class dates and times

Book into this course by completing an enrolment form, or ask a staff member for more details about this course

A PRACTICAL-BASED COURSE

The certificate of Zen Shiatsu is based on simple procedures that are easily taught in 10 lectures to produce profound improvements in the health of both the students and those people they treat. The course follows a hands-on practical approach with some demonstration and explanation of techniques. Notes on the routines are issued in class to help with practice. Students will also gain a working knowledge of the location of each Meridian on the body and learn some *tsubo* points on each Meridian pathway useful for treating specific conditions.

LEARNING OUTCOMES

The course teaches the foundations of Zen Shiatsu therapy as developed by Japanese Master, Shizuto Masunaga. At the end of the course students should be able to:

- Implement an effective general shiatsu treatment following the fundamental procedures of the Zen Shiatsu school
- Work with the healing powers of the *hara*, developing an ability to move from the *hara* to affect a strong result.
- Sense the force of the *Ki* Meridians and be familiar with their locations on the body.
- Raise their understanding and experience of health and healing through the principles of oriental medical practice.