

FAST TRACK CONTENTS

The fast track to obtaining the professional diploma consists of doing the 1st and 2nd courses in one year.

Following the curriculum of Japanese shiatsu schools, we learn a complete kata from head to toes and the treatment of health conditions.

PROGRAMME

Characteristics of Shiatsu:

- Pressure: palm, finger and thumb pressure.
- Thumbs' position: inverted L, in line, A position, V position
- Hands' position: triangle, L-shape, butterfly hands.
- Therapist's positions: basic position, perpendicular, seiza.
- Using the weight of one's body.

Working on a futon or mattress:

Full sequence or kata:

- Prone position: shoulders, back, gluteus, legs and feet.
- Supine position: arms, abdomen, neck, head and face.

By the end of the year, students know how to work a full body shiatsu, from feet to head.

Working on a massage table:

- Type of table. Advantages of working on a table.
- Therapist positions.
- Full sequence on a table.
- Lateral sequence (for pregnancy and back problems)

Working on a special massage chair:

Therapist's positions.

Seated onsite sequence.

Sotai:

- Basic exercises: ten basic exercises.
- Therapist's resistance in sotai exercises.
- Articular rotations: toes, ankles, hips, knees, wrists.

Body analysis:

Observing muscular, skeletal or postural imbalance.

How to feel kyo 虚 (emptiness or deficiency) and jitsu 実(excess)with our touch.

How to adapt our pressure to balance the body.

Treatments:

Treatment protocol.

Client consultation/health history.

Structured, step-by-step treatments with shiatsu and sotai for musculoskeletal problems, pregnancy and digestive problems.

Case studies: how to write case studies and prepare the professional portfolio.

We know that our students' shiatsu is very relaxing and safe. That is why after three months students can give shiatsu in our student clinics and at volunteering events. Students need to do a minimum of 20 hours of supervised practice for the fast track programme.

PRICE

The price per year for those starting the fast track course in 2017 is £820 per term. (Please note that the last term consists of four months). The price for the whole fast track year is £2460 including course materials. There is a discount of 10% if paying the whole course before the beginning of the first term (a total of £2214)

There are no hidden extra costs like a foundation course, or compulsory residential courses.

The price includes the practical classes, the practice sessions in the supervised student clinics and on volunteering days, and course materials.

Apart from attendance to the classes on your chosen days, you may attend classes outside your timetable at no extra cost. These may be counted towards the required practice hours.

To book a place please click on [booking](#)