

FIRST YEAR CONTENTS

The first year follows the curriculum of Japanese shiatsu schools. We learn a complete kata, from head to toes.

Characteristics of Shiatsu:

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

Sotai:

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

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 10 hours of supervised practice during the first year.

Via e-learning

Anatomy & Physiology

Delivered by our partners, Essential Training Solutions.

Go to the following link to see contents and sample lessons.

<http://www.essential-training.co.uk/training/apdemo06/apdemosept06.html>

Traditional Chinese Medicine:

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- The five elements.
 - Functions of organs according to TCM.
 - Basic meridian theory.

TIMETABLE

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The next 1st year courses will start in September 2018. Contact lessons take place either one Saturday per month from 10.00 to 17.00 or Monday evenings from 19.30 to 21.30.

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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.

1ST YEAR TIMETABLE 2018/19

Saturday

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
22	20	10	1	12	9	9	6	11	15

PRICE

The price per year for those starting in 2018 is £480 per term. Early-bird price for first term £390 when paid before 3rd September 2018.

Please note that the last term consists of four months. The full price for each year is £1440 including course materials. There is a discount of 12.5% if paying the whole course before the beginning of the first term (a total of £1260, cannot be combined with early-bird discount)

There are no hidden extra costs. No fourth year, foundation course, or compulsory residential courses. The price stays the same each year. All activities after graduation are voluntary.

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