

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.

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ブ° Via e-learning

口 Anatomy & Physiology

指 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>

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学 Traditional Chinese Medicine:

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

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TIMETABLE

The next 1st year courses will start in January 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.

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

Saturday

JAN	FEB	FEB	MAR	APR	APR	MAY	JUN	JUN	JUN
13	3	17	10	7	21	12	2	16	30

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PRICE

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The price per year for those starting in 2018 is £480 per term.

(Please note that the last term consists of four months). The price

for each year is £1440 including course materials. There is a

discount of 10% if paying the whole course before the beginning of
the first term (a total of £1296)

There are no hidden extra costs like a fourth year, or a foundation
course, or compulsory residential courses. The price stays the same

each year. All activities after graduation are voluntary.

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](#)

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