

SECOND YEAR CONTENTS

Revision:

Full shiatsu sequence or kata.
Sotai exercises.
Articular rotations

Working on a massage table:

Type of table. Advantages of working on a table.
Therapist positions.
Full sequence on a table.
Lateral sequence (for pregnant women and some
back problems)

Working on a special massage chair:

Therapists positions.
Seated onsite sequence.

Body analysis:

Observing muscular, skeletal or postural imbalance in
the body.
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,
sotai and therapeutic stretching. Health conditions,
explained from Western physiology and TCM.
Musculoskeletal problems (back pain, whiplash,
sprains, tennis elbow, etc), pregnancy shiatsu, and
digestive problems (diarrhoea, constipation, etc).

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

Sotai:

Advanced exercises.

Articular rotations: deciding the best direction, shoulders, fingers.

(Optional) Supervised practice sessions at our student clinic, open days. Charity work (pregnancy, disabled, etc.)

Via e-learning

Pathology.

Delivered by our partners, Essential Training Solutions.

TCM:

Working on meridians.

Tonifying and dispersing meridians.

TIMETABLE*

You can choose to do the second year either one Saturday per month (10.00 am – 5.00 pm), or on one Tuesday per month (11.00 am – 6.00 pm). The course runs for 10 months.

PRICE

The price stays the same as on the 1st year.

*All timetables are subject to change depending on demand and/or suitability for students.