

THIRD YEAR CONTENTS

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Revision:

All katas or sequences
(prone, supine, lateral, onsite, seated shiatsu).
Sotai exercises.
Articular rotations.
Body analysis.

Shiatsu:

Four-hand shiatsu. Balance of yin/yang with two therapists.

Clinical practice:

Treating real patients under the teacher's supervision and guidance.

Treatments:

Structured, step-by-step treatments with shiatsu and sotai for health conditions, explained from Western physiology and TCM points of view.
Circulatory problems (hypertension, varicose veins, etc) conditions of the nervous and endocrine systems (insomnia, menstrual disorders, etc)

Professional portfolio: finish writing the case studies and the professional portfolio.

Health and Safety:

Health and safety for complementary therapies.

Sotai:

Further advanced exercises.

Research project:

Design, manage and plan a small research project with one of the students' clients, or with several clients with the same condition.

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