

## TABLE SHIATSU CONTENTS

The table shiatsu course is for graduates of any shiatsu school who want to learn how to apply the shiatsu they have learned on a table.

The course and classes will be adapted to the katas and/or form of applying pressure they have learned.

Students are expected to get an appropriate table after the first seminar.

Revision:

Exchange of katas from different schools.

Revision and naming of positions to find a common vocabulary.

Characteristics of body movement at floor level.

How to transfer the same movement to a table

Characteristics of the table:

How to find the right table according to our height.

Portable or bespoke tables.

Positions on a table.

Basic, lateral and sumo positions.

Maintaining a straight back on any position.

The right direction of movement of the head, the shoulders and the hips.

The neck.

Full katas: prone, supine, lateral and sitting.

Rotations and stretching on the table.

(Optional) Supervised practice sessions at our student clinic and on open days.

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## TIMETABLE

The next table shiatsu course starts in September 2016\*.  
Lessons are one Saturday per month from 11.00 to 18.00,  
or four evenings per month on Wednesday from 7.00 to  
9.00 pm

### TABLE SHIATSU TIMETABLE 2016 – 2017

#### Saturday

OCT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
1	29	26	17	21	18	18	8	6

#### PRICE

The price per year for those starting in 2016 is £550 per term. The price for the whole year is £1650. There is a discount of 10% if paying the whole course before the beginning of the first term (a total of £1535)

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

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

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