

## SHIATSU TASTER

The taster course is a half-day introductory course for those who are not sure if they want to go on to do the professional course. We learn the basics of shiatsu and sotai: body position, use of hands, and pressure with the weight of the body.

You can enjoy working with other beginners, giving and receiving shiatsu, and experiencing its relaxing effects.

We will learn how to work on the back, and two sotai exercises that can help with many problems such as backache, neck stiffness, etc.

If you like the taster course, and want to continue with shiatsu, then you can join the first year. The money you have paid will be deducted from the first year fee.

### TIMETABLE

The next taster shiatsu course is scheduled for Saturday, the 22<sup>nd</sup> of January 2018, from 10.00 am to 1.00.

### PRICE

The price for the taster course is £50. Students may choose to continue the class in the afternoon by paying an additional £20 (2.30 pm to 5.00 pm)

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