

FIRST YEAR CONTENTS

Following the curriculum of Japanese shiatsu schools, we learn a complete kata from head to toes with the emphasis on learning how to work the whole body and acquiring the best possible, deep and comfortable pressure.

Characteristics of Heisei Shiatsu:

- Pressure: palm, finger and thumb pressure. When to use elbows.
- Thumbs' position: inverted L, in line, A position, V position
- Hands' position: triangle, L-shape, butterfly hands.
- Therapist's positions: basic position, perpendicular, seiza.
- The correct use of the weight of one's body: how to acquire a deep painless pressure
- Heisei Shiatsu and the no-pain principle.

Working on a futon or mattress:

Kata:

- Prone position: shoulders, back, gluteus, legs and feet.
- Supine position: legs, feet, abdomen, neck, head and face.

Students will master working the whole body.

Other katas:

- Full lateral sequence or kata.
- Lateral kata for pregnancy.

Sotai:

- Basic and advanced exercises.
- Articular rotations: toes, ankles, hips, shoulders.
- Therapist's resistance in sotai exercises.

After the first three months students can give shiatsu in our student clinics and later at volunteering events. Attendance at these events is not compulsory, but students need to do a minimum of 12 hours of supervised practice during the first year.

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Via e-learning

**Anatomy, physiology and pathology for shiatsu
Traditional Chinese Medicine revision**

FIRST YEAR TIMETABLE 2023/24

The next first year shiatsu and sotai course starts in October 2023. Contact lessons take place one Saturday per month plus student clinic days. Anatomy & Physiology days and supervised student clinic days will be announced at a later stage. Please note that all dates are subject to changes.

Saturday

OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
7	4	2	6	3	9	13	11	1

FEES

The price for the whole year is £1260 plus a small charge for supervision on student clinic days. The amount for student clinic days depends on number of patients and/or students. It is usually between £10 and £20 per day. We expect to have 4 or 5 student clinic days. The price remains the same for every year.

Students need to make a deposit of £420 per term payable in advance. There is a discount of £100 when paying the whole year's fee in advance. To reserve your place we will ask for a deposit of £100 by the 17th of September.

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

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