

# Shiatsu College

DUBLIN



[www.shiatsu.ie](http://www.shiatsu.ie)



## Japanese Acupressure Certificate Course.

The Shiatsu College, Dublin, based in Leixlip offers diploma courses in Shiatsu; a one-year Certificate in Japanese Acupressure (Shiatsu Diploma Course - Level One); as well as several post-graduate trainings: Chinese Medicine Theory, Sotai Technique, Energy Workshops..

Our fully equipped Shiatsu Clinic offers our students the opportunity to work immediately after graduation.

If you are looking to update your qualifications, take a professional Shiatsu course or simply to enhance your life through developing your sensitivity and awareness, the Shiatsu College Dublin offers a range of pathways to achieving your goals.

Our courses are offered in a module format:

**The 'Foundations' Programme** offers a grounding in the healing art of Shiatsu, both for qualified massage therapists who wish to incorporate new techniques into their practice and for beginners who seek basic skills in Shiatsu for use amongst family and friends.

**Our 1-year Certificate in Japanese Acupressure** (Shiatsu Diploma Course - Level One) qualifies you to use Japanese physical therapy techniques both for stress management & relaxation, and in the treatment of aches & pains & minor health problems. This brand-new one-year course is ideal both for practicing therapists and complete beginners.

**The Shiatsu Diploma Course** (3 years part-time): following the 1-year Certificate in Japanese Acupressure (Shiatsu Diploma Course - Level One) you can progress to Levels 2 & 3, building on your strong base of bodywork & Ki awareness to learn the Zen meridian system (Level 2) & advanced techniques for working with a variety of health conditions (Level 3).

## Certificate in Japanese Acupressure

### Level one of Shiatsu Diploma Course

This is a stand-alone Certificate course as well as the first stage of the three year programme that will allow you to become a fully qualified Shiatsu Practitioner. This year focuses on developing your awareness of the client's body with emphasis on using the traditional methods of the Japanese acupressure therapy called Shiatsu.

It is a unique opportunity to achieve a qualification in Japanese acupressure techniques. The basis of this training comes from the teachings of Shiatsu and Japanese bodywork and an understanding of anatomy.

Experiential Shiatsu - giving and receiving- is the core of the course.

Each module has a distinct emphasis and theme. They are designed so that some modules can be taken individually.

For a deeper, more integrated learning, we strongly advise you to consider several or all modules. Students must complete all modules and assessments in order to receive their certificate.

#### **By the end of this certificate year you will be**

- Competent in offering a relaxing, rejuvenating treatment to clients for optimum health.
- Proficient in a range of Ki enhancing exercises that provide energy and body awareness and that support health and stamina.
- Familiar with the theories of Yin & Yang, Ki energy and the classical meridian system.



#### **What will I learn?**

#### **The Outline Syllabus:**

- Sensing energy (Ki)
- The basic Shiatsu techniques
- Full body treatment, prone, supine, side-lying and sitting positions
- Understanding Yin & Yang
- Meridian Stretches
- Self-Development (including Do-In, Makko-Ho, Qigong, Meditation, awareness of posture and breathing)
- Developing your intuition
- Pressure points for common ailments.
- Oriental Energetic Principles
- Foundation in Classical Meridian

## Course Dates

### Module 1

#### Prone Position

Sept 15<sup>th</sup> & 16<sup>th</sup>  
Oct 13<sup>th</sup> & 14<sup>th</sup>

### Module 2

#### Supine Position

Nov 10<sup>th</sup> & 11<sup>th</sup>  
Dec 15<sup>th</sup> & 16<sup>th</sup>

### Module 3

#### Side Position

Jan 12<sup>th</sup> & 13<sup>th</sup>  
Feb 9<sup>th</sup> & 10<sup>th</sup>

### Module 4

#### Revision

Mar 9<sup>th</sup>

#### Developing Energetic Connection

Mar 10<sup>th</sup>

### Module 5

#### Listening Skills & Clinical Ethics

Apr 13<sup>th</sup>

### Module 6

#### Assessments

Apr 14<sup>th</sup>

### Extra Module \*

#### Chair Massage (optional)

May 18<sup>th</sup> & 19<sup>th</sup>  
Reduced rate for students:  
€160 for the 2 day workshop

## How to Apply

Students must have completed a Foundation Course with Shiatsu College Dublin or a similar course in an approved college. We also welcome practicing therapist in any of the alternative field of work.

## Course Location

All modules are held in The Healthy Way, Ralph Square, Leixlip, Co Kildare. Phone: 01 6244288

## Course Times

10.00am to 5pm each day with an hour for lunch when suitable.

## Course Fees

The fee for year one is €1,950. A deposit of €500 is required to secure a place. Balance may be paid by monthly direct debits.

These fees include: All week-end tutoring and course notes.

Modules may be taken individually at a cost of €250 per weekend.

Should you wish to progress to years two and three, the cost is €2,500 per year (plus residential costs).

Students without an Anatomy & Physiology (A&P) qualification will need to complete an appropriate course in A& P. This can be done individually or through Shiatsu College Dublin.

## Assessment

There will be continuous assessment in Shiatsu theory and practice during the year. Approximately 3 hours per week of home study and practice is required. You will be asked to submit 60 recorded treatments in total (45 futon, 15 chair massage) before you receive your certificate and/or move to the next level. As part of your studies there will be clinic days where students will give clients a treatment under the supervision of tutors.

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## **Certificate in Japanese Acupressure (typical weekend)**

Introducing the fundamentals and principles of Shiatsu and examines your relationship with Ki

You will acquire the basic skills and techniques of giving Shiatsu.

### **What you will learn**

- **Self Development**
- **Feeling Ki**
- **Learning to work from Hara**
- **Developing your Hara**
- **An introduction to Qigong and meditation**
- **Sensing the Body**
- **Palming and Thumbing**
- **Fundamental principles of Shiatsu**
- **Personal posture awareness**
- **Meridian stretches**

**Students gathered at the residential week during year two of the Shiatsu Practitioner Diploma Course.**

