

# SHIATSU



**ESCUELA  
EUROPEA  
de  
SHIATSU**

**Easter Course 2010**

**OJEN  
Sierra de las Nieves- Malaga**

**31st March to 4th April 2010**

Welcome supper the evening of the day of arrival. The course starts the following morning. Leave on the last day after lunch



## ***Prices***

<b><u>Option 1</u></b> Course only, including lunch.	<b>280€</b>
<b><u>Option 2</u></b> Course + lodging in the school + breakfast and lunch	<b>375€</b>
<b><u>Opción 3</u></b> Course + lodging in a hotel in the village ( double rooms with bath, for 2 people) + breakfast and lunch	
Price per person	<b>445€</b>

For other options in the hotel for 1, 3 or 4 people please check cost and availability.

## ***Inscription : 60€***

The balance at the beginning of the course  
Payment can be made by bank transfer to account  
Nº 0182 4135 45 020 004905 7 of the BBVA  
IBAN ES07 0182 4135 4502 0004 9057  
Please state your name and the course date.

## **SHIATSU**

Shiatsu literally means "finger pressure" in Japanese. It is a system of bodywork based on the wisdom of traditional oriental medicine. It stimulates and harmonises a persons vital energy to promote health and well-being.

For the practitioner of shiatsu it is both a way of helping others and a path of personal development.

## **The European Shiatsu School**

The school was founded in England in 1984 and has a wide network of branches throughout Europe, teaching a common program and maintaining a high standard of professionalism.

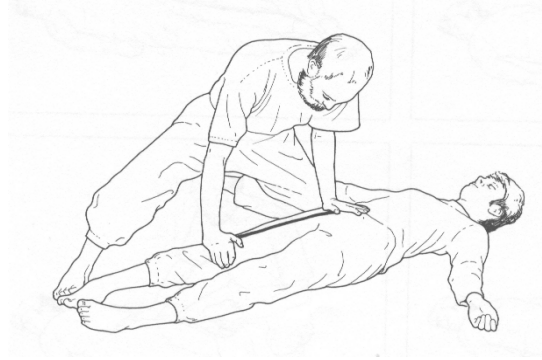
## **The Spanish National Shiatsu Association APSE**

[www.shiatsu-apse.org](http://www.shiatsu-apse.org)

Our courses follow the standards set by the Spanish National Shiatsu Association APSE and the European Shiatsu Federation. ([www.shiatsu-esf.org](http://www.shiatsu-esf.org)), which unites the national shiatsu associations within Europe. To ensure a high standard of studies and the recognition of our graduates in Spain and Europe.

## ***Teachers***

All our teaching staff have extensive experience in the teaching and practice of Shiatsu. As well as professional knowledge in other related disciplines: oriental and western medicine, martial arts, yoga, qi gong, teaching and personal development.



### ***Principal Teacher***

Brian Carling Graduated in England has practised and taught shiatsu in Spain since 1987.  
President of the European Shiatsu Federation for seven years.

### **Course Venue:**

### ***Escuela Europea de Shiatsu***

**Paseo del Nacimiento 30**

**Ojén 29610 Málaga**

**952 88 13 74**

**email:shiatsu@terra.es**

### **FOUNDATION COURSE**

The Foundation Course is complete in itself. It is for those people seeking basic practical understanding of shiatsu which they can use with their friends and family or as a complement their professional work.

It is a requirement to follow the **PRACTITIONER COURSE** and forms the first term of that course.

The course is a practical way to establish contact with the body and its vital energy and widen our understanding of health.

### ***PROGRAM***

- \* Complete Shiatsu Sequences in prone , supine, side lying and sitting positions.
  - \*Techniques , postures and methods of pressure, use of the Hara.
  - \*Introduction to the Zen Shiatsu meridians.
  - \*Pressure points, points to relieve common ailments.
- \*Exercises: Do-In Makko-Ho y Qi Gong. Self massage and stretching to increase our own energy and well-being.
  - \*Introduction to Traditional Oriental Medicine.