

SHIATSU



ESCUELA EUROPEA DE SHIATSU

SUMMER COURSES

Dates:

There are two options:

31st July to 7th August;

28th August to 4th September

*Welcome supper the day of arrival.
The course starts the following
morning. Departure on the last day
after breakfast.*



The school is 10 minutes from Marbella and there is easy parking, or we can pick you up from the bus station

Escuela Europea de Shiatsu

Paseo del Nacimiento 30

Ojén 29610 Málaga

00 34 952 88 13 74

email: shiatsu@terra.es

www.shiatsu.net

Price

Option 1 Course without lodging, lunch included 345€

Option 2 With lodging at the school or in a house in the village. Course +breakfast +lunch 495€

Option 3 Lodging at a local hotel. Double rooms with bath (2 people) Course+ breakfast + lunch
Price per person 585€

For other options in the hotel for 1,3 or 4 people please check availability and price
Half board, in the evening participants can enjoy the restaurants and bars in the village or in Marbella

Inscition 75€

By bank transfer to account

Swift:BBVAESMM; IBAN: ES07 0182 4135 4502 0004 9057

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

Our courses follow the standards set by the Spanish National Shiatsu Association APSE and the European Shiatsu Federation. (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 7 years.



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.

