

# LEARN SHIATSU

**A life changing programme of exploration, learning and healing**



the devon  
school of  
shiatsu

- **Three Year Professional Training**
- **Introductory Workshops**
- **Post-graduate studies**



**2011-12 COURSE PROGRAMME**

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*“I entered this training with an open mind and leave convinced by the power of shiatsu to bring together and heal on an emotional, physical, mental and spiritual level. What a gift to give to others. Thank you”.*

**Sacha, graduate**

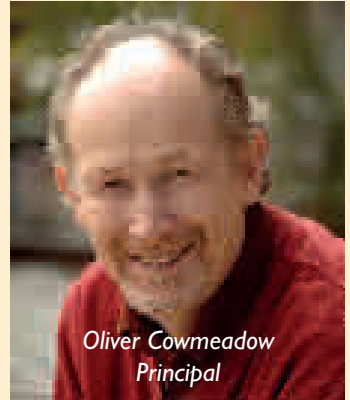




**Welcome to the  
Devon School of Shiatsu**

# Welcome to our courses.....

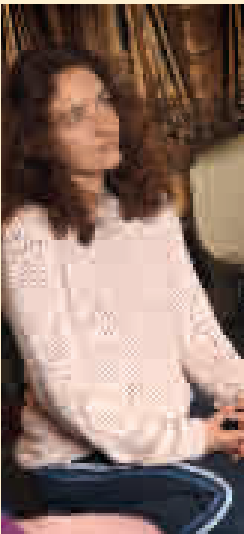
Shiatsu is one of the most exciting complementary therapies available today, deeply rooted in Oriental philosophy and medicine, yet also encompassing modern approaches to healing body, emotions and mind. Students of our three year professional training course find themselves going through many healing changes, and come out of the course as powerful healers for others.



*Oliver Cowmeadow  
Principal*

Shiatsu comes out of the traditional healing practices of Japan, based on a long tradition of Chinese and Oriental medicine. This sees the person as multi-layered with a physical, energetic, emotional, mental and spiritual being, any of which can become imbalanced or troubled and the sources of disharmony or disease.

Shiatsu is a flexible healing modality that offers healing on all of these levels, primarily through the use of the hands, but also through simple emotional counselling and the giving of practical dietary and life style recommendations.



## Special features of our School.....

- Emphasis on students' development physically, emotionally, mentally and spiritually, so that their shiatsu can touch and bring healing on all these levels.
- The development of touch, creating a deep compassionate connection with the receiver that can bring about a deeper level of healing.
- Body-orientated emotional work, using the hands and dialogue to help release long-held emotions from the body.
- Development of Spiritual Presence, of being fully present in the moment while giving shiatsu, giving increased sensitivity to the receiver's energy, as well as giving a deep inner experience.
- Giving dietary, exercise and life style recommendations to augment hands-on treatments, enabling the practitioner to offer a wider range of healing options to clients, and increasing effectiveness with a wide range of health problems.

Shiatsu is a mature therapy, useful in a wide range of situations from musculoskeletal problems, emotional bodywork, and help for those recovering from addictions, to support for a healthy pregnancy and birth, and in palliative care and for carers.

Whether you are looking for a new, more satisfying career path, or for a place to change and transform yourself, I invite you to come and explore what shiatsu can offer you with us at the Devon School of Shiatsu.

*Oliver Cornmeadow*

## Shiatsu Discovery Weekends

Experience shiatsu for yourself, and explore healing with your hands. These courses are ideal for anyone wanting to find out more about shiatsu, and many people also use them to see if they want to study shiatsu as a career on our Three Year Practitioner Training course.

### Practical and hands-on

- Exercises to experience the 'Ki' or life energy that we use in shiatsu.
- Feel the healing Ki in your own hands and in another person.
- Learn to give a simple full-body shiatsu which you can give to friends and family.
- How to develop your own energy centre called 'hara'.
- Learn how shiatsu can be used as an in-depth practice for your own self-development.
- An introduction to the classical meridian system.
- Find out more about our three year professional training in shiatsu.

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<b>2011</b>	August	27th & 28th
<b>2012</b>	February	11th & 12th
	May	19th & 20th

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**FEES:** £95 including extensive course notes and wholefood lunches.

Please register either by emailing [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk) or by completing the registration form on page 13.

*"An eye opening weekend. To recognise an imbalance in both myself and others was an amazing feeling."*

**Amanda**



*Foundation Year students  
enjoying a  
Food Energetics class  
with tutor Jean Netherway*



*Third year students  
involved with the school  
stand at 'Quest'  
the local Mind Body  
Spirit Festival*



*new friends made*

# The Foundation Year

The emphasis of this course is on learning the fundamental theory and practical skills of healing with shiatsu. Please request the full course details by emailing [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk) or download from the website [www.devonshiatsu.co.uk/documents](http://www.devonshiatsu.co.uk/documents)

The Foundation Year can be taken on its own as self development, or form the first year of the diploma course. At the end of the Foundation Year you can then decide if you want to continue with Years Two and Three.

**Who is the course open to?** Anyone who is interested in a career in complementary medicine and healing. No prior experience is required.

## Aims

By the end of this course students will be confident in giving shiatsu to a wide range of people, for general relaxation and healing and the relief of minor health problems. Many students also experience real shifts in their own health and life during this year.

## Your Choice

We have two identical intakes for the Foundation Year course, one running from **September to June** and another from **May to April**. Tuition consists of 10 weekends, some of which are three days long, and an additional Clinic Day, a total of 28 days tuition or 182 hours of teaching.

## Foundation Year September 2011 course dates:

**2011** Sept 24 & 25; Oct 21, 22, 23; Nov 26, 27.

**2012** Jan 6, 7, 8; Jan 27, 28, 29; Mar 2, 3, 4; Mar 30, 31; Apr 1; Apr 27, 28, 29; Jun 1, 2, 3; Jun 23, 24.

## Foundation Year May 2012 course dates:

**2012** Start date: May 26, 27.

**2013** End date: April.

**Fees: £2075**

## Outline Course Syllabus

**Background to Shiatsu:** The history and fundamental principles of shiatsu.

**Listening Skills:** as a basis for helping emotional healing.

**Full Body Shiatsu Techniques:** in prone, supine and side positions. Integrating the use of pressure, movement and stretching.

**Adapting Shiatsu Treatments:** to individual's unique physical and mental condition.

**Basic Oriental Medicine Concepts:** Tao, Yin and Yang, Ki and its production in the body, Shen and Essence.

**Five Transformations:** five stages of energy flowing in nature and human life and health.

**Diagnosis:** Study of Kyo and Jitsu and their appropriate treatment.

**Exercises:** for developing sensitivity to Ki and hara.

**Subtle Anatomy:** the location and functions of the 12 classical meridians and the actions and uses of the major acupressure points.

**Physical Anatomy:** study of the muscular-skeletal and connective tissue systems.

**Oriental principles of Food Energetics:** to understand balanced and healthy eating.

# The Year Two Course

Our Year Two course is open to students who have completed one of the school's Foundation Years or equivalent study elsewhere. Please request the Year Two course details by emailing [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk) or download from the website [www.devonshiatsu.co.uk/documents](http://www.devonshiatsu.co.uk/documents)

## Aims

Students will be able to make a clear Oriental diagnosis, give appropriate and effective shiatsu treatments to a wide range of people and treat a variety of health problems. A total of 29 days or 190 hours of teaching including two Clinic Days.

## Year Two Course Dates:

**2011** Sept 3,4; Sept 30, Oct 1,2; Oct 28, 29, 30; Dec 2,3,4.

**2012** Jan 13, 14, 15; Feb 24, 25, 26; Mar 23, 24, 25; May 4, 5, 6; Jun 8, 9, 10; Jun 30, Jul 1.

**Fees: £2195**

## Outline Course Syllabus

**In-depth Diagnosis:** including visual, listening, questioning, back and hara diagnosis.

**Developing Spiritual Presence:** for increased sensitivity to Ki and deeper healing.

**Shiatsu Technique:** working with Kyo and Jitsu. The nervous system response method.

Hara Development, Knee Walking, and transitions for moving around the body.

**Zen Shiatsu:** Introduction to Masunaga's theories on shiatsu and his extended meridian system.

**Counselling & Communication Skills:** to enhance building rapport with clients and giving skills for working with the emotions.

**Western Physiology:** of all the main systems of the body.

**Food Energetics, Diagnosis & Dietary Recommendations:** using Five Transformation theory to give dietary, emotional and lifestyle recommendations for specific health problems.

**Yu and Bo points:** for diagnosis and treatment, including a review of spinal anatomy.

**Subtle Anatomy:** Conception and Governing Vessels.



# The Year Three Course

Our Year Three course is open to students who have completed the Year Two course or equivalent study elsewhere. Please request the Year Three course details by emailing [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk) or download from the website [www.devonshiatsu.co.uk/documents](http://www.devonshiatsu.co.uk/documents)

## Aims

Students will become competent and confident professional practitioners able to diagnose, treat and heal a wide range of clients, and to support people through emotional change. There is a particular emphasis on clinical training, to fully prepare students for professional practise. A total of 31 days or 210 hours of teaching including two Clinic Days.

# The Year Three Course

**2011** Sept 17,18; Oct 14, 15, 16; Nov 18, 19, 20; Dec 16, 17, 18.

**2012** Feb 3, 4, 5; Mar 10, 11; Apr 13, 14, 15; May 12, 13; Jun 15, 16, 17; Jul 13, 14, 15; Jul 25.

## Outline Course Syllabus

**The Practitioner-Client Relationship:** Our responsibilities and professional ethics, common reactions to treatments and how to respond to these.

**Setting up in Practice:** building a client base, promoting yourself, fees, time boundaries.

**Diagnosis:** using the Five Transformations and integration of all diagnostic methods in practice, including making a clear self-diagnosis.

**Pathology:** principles of oriental pathology, progression and depth of disease.

**Revision of Zen Shiatsu meridians:** location, functions and use.

**Theory of Touch:** in-depth treatment of body areas. including neck, spine, abdomen, shoulders and knees.

**Specific Treatments & Recommendations:** for common reproductive, skeletal and muscular, nervous, immune, respiratory, circulatory and other problems.

**Intuitive Diagnosis & Treatment:** working with emotional release, through hands-on bodywork and dialogue with the client.

**Supervised Clinics:** working on the public under a teacher's supervision.

**Western Pathology:** of common problems encountered in a shiatsu practice.

**Shiatsu for a Healthy Pregnancy and Birth:** including use of extraordinary meridians.

**Muscular Injuries:** how to speed up recovery and heal shock and trauma held in the body.

### What was the best part of the course for you?

“Just being here. Everyone on it. My own journey as it continues. Awareness that I didn't start shiatsu to 'help others' but to be myself.” **Dave (graduate)**

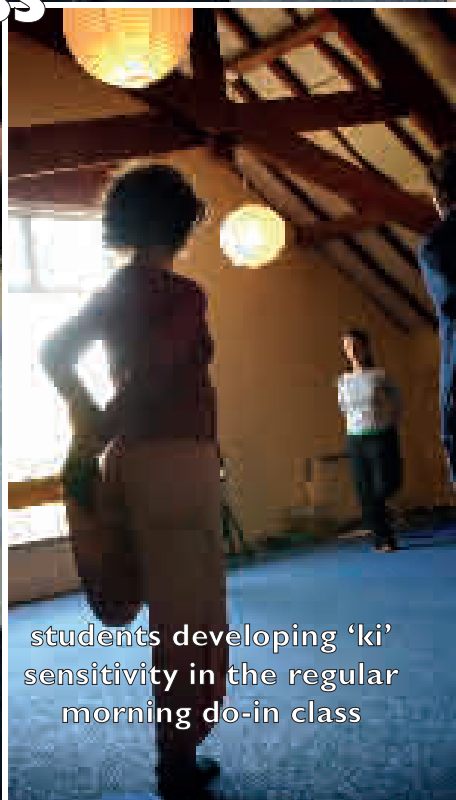


consultation role plays

## IN-CLASS

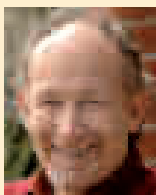


plenty of time to practice shiatsu techniques

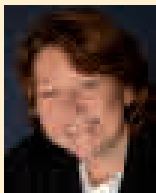


students developing 'ki' sensitivity in the regular morning do-in class

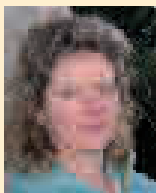
## The Teaching Team



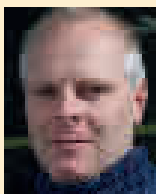
**OLIVER COWMEADOW** is the Principal of the school, which he founded in 1985. Oliver is a Registered Teacher with the Shiatsu Society and a certified Dietary Counsellor and teacher of Oriental philosophy and medicine with the Kushi Institute. He has studied with many of the leading teachers of shiatsu and Oriental medicine in the West, notably Michio and Aveline Kushi, Wataru Ohashi, Shizuto Yamamoto, Denny Waxman, Saul Goodman, and Pauline Sasaki. He has been teaching shiatsu courses in the South West since 1984, is the co-founder of the International Macrobiotic School and is the author of four books on shiatsu and the Oriental approach to health.



**JEAN NETHERWAY** is a graduate of The Devon School of Shiatsu, and a Shiatsu Society Registered Teacher. All her working life, Jean has been involved with improving people's health, originally with the NHS as a Medical Laboratory Scientific Officer. Having become dissatisfied with the limitations of orthodox medicine she studied Shiatsu to be able to work with individuals from a holistic approach. She is also a graduate of the International Macrobiotic School, and has a busy local practice.



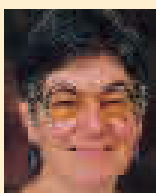
**KATE BURFORD** trained at the British School of Shiatsu-Do and has been part of their teaching team since 1994. She is a teacher member of the Shiatsu Society and regularly sits on their assessment panel. She is a past chair of the Shiatsu Society Assessment Committee. Kate has a busy practice and with a yoga teacher, runs workshops for pregnant women. Kate lives in Penzance with her partner and two children.



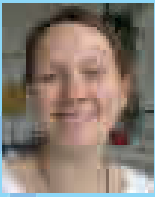
**ALEX TURNER** is a graduate of the Devon School of Shiatsu and member of the UK Shiatsu Society. He is a course tutor on the Shiatsu Foundation Year and Year Two courses and is an Oriental exercise teacher at the International Macrobiotic School. He has taught Shiatsu and Tai Chi in the adult and community learning sector since 1997 and runs introductory courses around the south west of England. Alex has a well established Shiatsu Practice in Exeter and regularly works with Positive Action, treating those affected by HIV and AIDs. He is a qualified Tai Chi and Chi Kung teacher and has practiced martial arts and Zen meditation for over 20 years in the UK and Japan.



**KEITH BELLISS** teaches the anatomy on the Foundation Year courses and physiology and pathology on the Year Two and Three courses. He first trained in Sport Science, and has been working at a Physical Rehabilitation Centre since 1990. He studied shiatsu at The Devon School of Shiatsu, and now has a private practice as well as using shiatsu in rehabilitation programmes. Keith has also introduced shiatsu to The Nuffield Hospital Exeter:

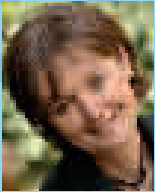


**SARA HOOLEY** has been teaching shiatsu since 1989. She trained with the Shiatsu College in London and taught for them for five years before moving to Exmoor. She is a Shiatsu Society Registered Teacher and teaches on the Year Two Course. Sara was a member of the Shiatsu Society Assessment Panel for four years and is still assessing for the Society.



**LUCIE THRING** teaches on the Foundation Year, and is a graduate of the Devon School of Shiatsu. She has built up an enthusiastic clientele in Cornwall where she also lives with her partner and two young children. She has always been interested in harnessing the body's natural powers of healing through diet, homoeopathy and hands on healing.

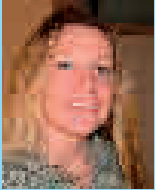
## The Administration Team



**WENDY MORRISON** looks after our Marketing and Promotion Department. Wendy worked in the IT industry for many years in Manchester but then changed direction to study acupuncture at the College of Integrated Chinese Medicine in Reading. She now combines her work at the school with busy acupuncture practices in Buckfastleigh, Ivybridge and Torquay.



**OLIVER PEDRICK** is our Course Co-ordinator and is very active in promoting the school. Oli is a graduate of the school with a background in personal development, including Life Coaching and group facilitation. He is a local shiatsu practitioner in Totnes and a recent father to twins.



**RUTH JENNI** is our Office Manager. Amongst administration skills, Ruth has had an array of experience including being a Greenpeace researcher, advising on alternative funerals and drum circle facilitation. Her interest in Complementary Therapies began 15 years ago before the birth of her son.



And finally ...  
the graduation  
photo

## Download from our Website:

[www.devonshiatsu.co.uk/documents](http://www.devonshiatsu.co.uk/documents)

**Shiatsu & You** is our bi-annual newsletter which aims to raise the awareness of Shiatsu and the symptoms and problems it can help to heal.

**Foundation Year Course Details** outline the structure and content of the first year of the Diploma course and gives potential students a practical picture of the learning experience and the school's ethos.



## Getting in contact

The Devon School of Shiatsu  
The Coach House  
Buckyette Farm, Littlehempston  
Totnes, Devon TQ9 6ND  
Tel. No.: 01 803 762593

**Email:** [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk)

**Website:** [www.devonshiatsu.co.uk](http://www.devonshiatsu.co.uk)

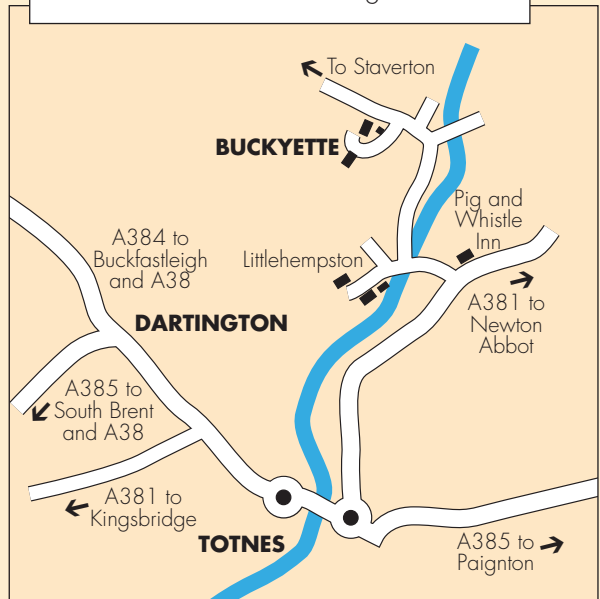
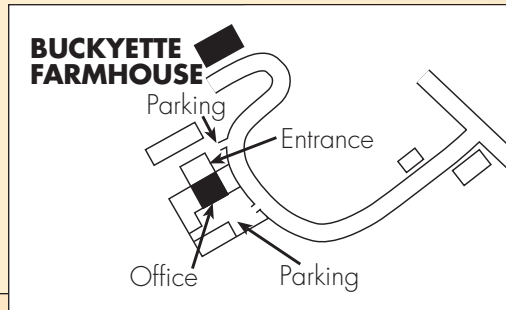
## Location of the School

The school is 3 miles from Totnes, close to the A38 and approximately 30 minutes drive from Plymouth or Exeter. Totnes railway station has regular trains from London (under 3 hours) from Bristol and the north of England.

## Directions

From Totnes take the A381 to Newton Abbot. After 2 miles take the turning left signposted to Littlehempston, just before the Pig & Whistle Inn. In Littlehempston you will go under a railway bridge and then over a stone bridge - turn right immediately after the two bridges, into a road with a telephone box signposted to Staverton. After  $\frac{3}{4}$  mile you will pass two turnings on the right and then come to a turning on the left through a gateway into Buckyette Farm. Go up the driveway and you will see the car park to your left. Directions to the school are also available on our website:

[www.devonshiatsu.co.uk/Location&Directions.htm](http://www.devonshiatsu.co.uk/Location&Directions.htm)



# Registration & Information Request Form

Please use this form to book a place on a Shiatsu Discovery Weekend, or to request the Course Details for the Foundation Year course. The Course Details can also be sent by email - please email your request to [info@devonshiatsu.co.uk](mailto:info@devonshiatsu.co.uk).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Tel (day): \_\_\_\_\_ (evening): \_\_\_\_\_

Email: \_\_\_\_\_

## How did you hear of the Devon School of Shiatsu?

(This is very valuable to us in order to evaluate our chosen methods of advertising)

Web Search	<input type="radio"/>	Library	<input type="radio"/>	Reconnect	<input type="radio"/>
Smartbox	<input type="radio"/>	Quest	<input type="radio"/>	Satellite Introductory	
Green Events	<input type="radio"/>	Shiatsu Society	<input type="radio"/>	Course	<input type="radio"/>
Shiatsu & You	<input type="radio"/>	DSS e-newsletter	<input type="radio"/>	Around	<input type="radio"/>
				Ashburton	

Other: \_\_\_\_\_

**I wish to register for the following Shiatsu Discovery Weekend, and enclose a non-refundable deposit of £30, or full fee of £95 if the course is less than 2 weeks ahead.**

(Please make cheques payable to: 'The Devon School of Shiatsu').

I would like to book for \_\_\_\_\_ people, and enclose £ \_\_\_\_\_

### Shiatsu Discovery Weekends

**2011** August 27th and 28th

**2012:** February 11th and 12th

May 19th and 20th

### Further information

Please send me details of the next  
**September Foundation Course**   
(starts 2011)

**May Foundation Course**   
(starts 2012)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Send to:** The Devon School of Shiatsu,  
The Coach House, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND



**The Coach House, Buckyette Farm,  
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