

www.devonshiatsu.co.uk

# SHIATSU FOUNDATION YEAR

24th & 25th September to  
June 2012

## COURSE DETAILS

*Buckyette Farm,  
Littlehempston, Totnes,  
Devon, TQ9 6ND*

*Tel: 01803 762593  
Email: info@devonshiatsu.co.uk*



  
the devon  
school of  
shiatsu

# **FOUNDATION YEAR COURSE DETAILS**

**September 2011 – June 2012**

**Please bring these details to the first day of your course!**

## **INTRODUCTION**

We have included as much information as possible in these Course Details, to give you a comprehensive idea of what this course entails. If there is anything we have not covered that you would like to discuss, please do contact us and we will be happy to supply additional information.

The Foundation Year course is primarily taught by Jean Netherway with additional teaching from Lucie Thring, and two days teaching on anatomy with Keith Belliss. Your Course Tutor for this course is Jean, who will be teaching your first weekend, and then regularly throughout the course. Two Teaching Assistants, who are graduates of the school, are present in each class to assist students. Places are limited to 16 to ensure sufficient personal attention to each student's individual learning, so we recommend early booking.

## **AIMS OF THE COURSE**

1. To introduce an Oriental and holistic understanding of health for students to increase their own level of physical, emotional and spiritual health. Students are expected to actively engage in their own personal growth.
2. To teach basic shiatsu skills for the healing of friends and family, and to aid with a range of common health problems.
3. To lay a solid foundation for the Year Two and Year Three Courses for students who wish to continue their studies to a professional level.

*“The course was fantastic, supportive, intimate and a fun group. Delving deeper into personal emotional baggage helped me to gain confidence as a practitioner”* **Sue**

## OUTLINE OF COURSE SYLLABUS

**Background to Shiatsu:** A brief history and introduction to shiatsu.

**Basic Principles for Giving Shiatsu:** based on movement of Ki.

**Techniques:** Shiatsu in prone, supine and side positions. Integrating the use of pressure, movement and stretching. In-depth treatment of neck and shoulders, shiatsu in sitting position and for pregnancy.

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

**Five Transformations:** manifestation of 5 energies in nature, human life and health, and its use in oriental diagnosis including questioning diagnosis.

**Diagnosis:** Study of kyo and jitsu and their appropriate treatment. Spirit of diagnosis, listening, visual, touch and questioning.

**Subtle Anatomy:** Introduction to the 12 classical meridians.

**Physical Anatomy:** Study of the muscular, skeletal and connective tissue systems.

**Meridians:** Bladder & Kidney, Liver & Gallbladder, Heart & Small Intestine, Heart Protector & Triple Heater (including use of sitting positions), Spleen & Stomach, Lung & Large Intestine.

**Food Energetics:** Eating a balanced diet to promote health and Ki flow.

**Ki Sensitivity:** exercises and shiatsu practice for increasing sensitivity to Ki and working with it in the body.

**Contra-indications & Ethics:** for giving Shiatsu safely.

*“A fascinating life-changing and life-affirming journey led for us in beautiful surroundings by inspired and compassionate teachers. I would recommend the course to anyone”.*

**Dick**

## **APPLYING FOR A PLACE ON THE COURSE**

Please have a good read through of these Course Details to familiarise yourself with all aspects of the Foundation Year Course. If you have any questions about the course, or would like to discuss anything to do with your participation, please email or ring Jean Netherway, the Foundation Year Course Tutor, or the Principal, Oliver Cowmeadow (you will find their contact details on the last page).

Once you feel that everything is in place for you to fully participate in the year's course, please complete and send us the application form at the back of these details. If Jean has not already talked with you, she will call you at this point to ensure that everything is in place for your successful participation and completion of the Foundation Year.

### **TIMES**

Each day runs from 10.00 am to 5.30 pm. Students should arrive by 9.45 am so that we can begin on time at 10.00 am. There is a one hour lunch break.

### **DATES**

2011: Sept 24, 25; Oct 1, 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; June 1, 2, 3; June 23, 24



*“learning about shiatsu, healing, & diet and myself was rich, fascinating, challenging and fun, in a beautiful and inspiring location - I’m so glad I did it! “*

**Anne**



## **VENUE**

Directions to the School can be found at the back of the School's main programme and on the website [www.devonshiatsu.co.uk](http://www.devonshiatsu.co.uk). There is parking space in front of the teaching room, in the yard containing the office and tea room, and in the lane. In the yard the 4 spaces in front of the flats are reserved for residents, so please park on the opposite side next to the field or in the barn. Please do not approach the doors of the neighbouring flats, which are residential.

## **WHAT TO BRING**

Clothing Please bring clothing specific to giving shiatsu, that is different to your daily wear. It should be clean, loose, and comfortable cotton clothing, and have a tidy appearance. Track suits or shiatsu trousers are ideal. Jeans or skirts are not suitable. If your clothing is not appropriate, you will be asked to change. It is a good idea to bring several layers of clothing so you can adapt for doing exercises and sitting or lying down.

Pens & Paper Extensive course notes are provided on the first day of the course, but bring pens and A4 file paper to make your own additional notes.

Head Cloth Please bring a small cloth or towel to ALL weekends to put under your head when receiving shiatsu. This keeps the futons clean!

## **ON THE FIRST WEEKEND PLEASE ALSO BRING:**

These Course Details, as we will be running through them on the first day.

Your diary, so that you can book Clinic Day and Tutorial times.

## **LUNCHES**

A simple vegetarian wholefood lunch is provided every day of tuition (but not on Clinic Days when you need to bring your own lunch). All lunches are dairy- and sugar-free. A range of teas is also available at the school. If you have any particular dietary requirements, e.g. wheat-free, please enter these under "special needs" on your application form.

*"The best part of the course has been the whole journey! The personal development and inner work, the knowledge gained and friends made ...and Sally's cooking!"*

**Tabather**



## FEES

The fees for the Foundation Year Course are **£2075**. A deposit of £400 is required to book a place on the course. The balance of £1675 is due **THREE WEEKS BEFORE THE FIRST DAY OF THE COURSE i.e. 2nd September**. Payment of fees is normally by bank transfer; bank details will be provided with the offer of a place on the course.

We also provide a facility for paying the balance in monthly instalments. We make an extra charge of £40 for this, to cover our extra banking and administrative costs. After paying the deposit, the remaining course fee is divided into 10 monthly payments to be made by Standing Order according to the payment schedule we will provide.

Full fee: £2075

Deposit: £400

Instalments: £1715 divided into 10 monthly payments of £171.50, the first to reach us on October 1st 2011 and the last on 1st July 2012.

Please note the following conditions of enrolment:

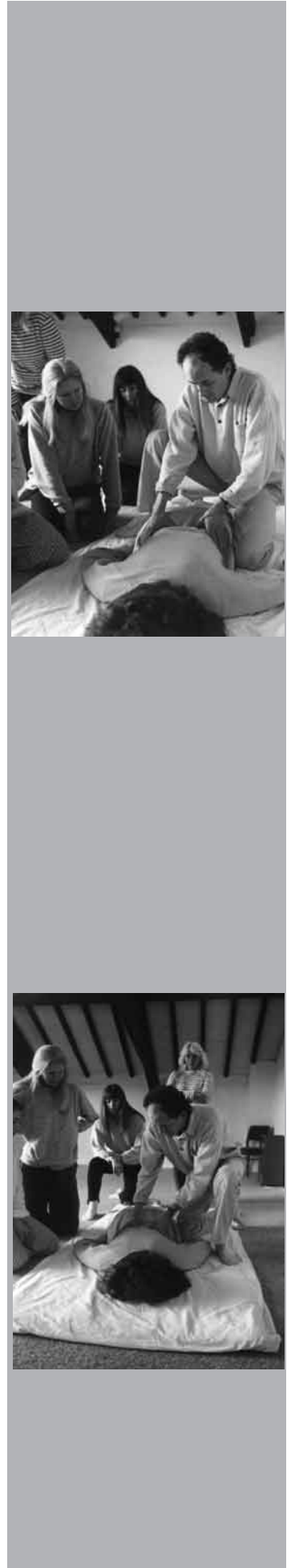
1. Deposits are not refundable.
2. We need to receive the balance of your course fees, or confirmation by email that you have set up your standing order, by Friday 2nd September. If you leave the course at any time during the year, you remain liable for the full fee. This applies to fees paid as a single payment or in instalments.
4. Course fees are not normally transferable to another course.

## COURSE REQUIREMENTS

For students to make the best use of the training we provide, and to reach the required standard in their first year of training, there are the following requirements for completion of the Foundation Year Course:-

1. A minimum of 85% attendance of tuition days.
2. Attendance on one Clinic Day.
3. Completion of records of a minimum of 50 full shiatsu treatments.
4. Completion of all homework.
5. A pass in the practical assessment.
6. A pass in the shiatsu theory assessment.

On achieving these requirements you are awarded a Foundation Year Completion Certificate. These requirements are normally completed by the end of the course, but in exceptional circumstances extensions can be given by the Course Tutor. You must have attained the Foundation Year Completion Certificate before entering the Year Two course. If you are having problems with completion, please discuss your situation with your Course Tutor.



If the Shiatsu Theory exam or Practical Assessment is failed, it can be retaken, normally before the beginning of the Year Two course. There is a charge of £30 for retaking a theory or practical assessment and £15 for a meridian location or interview.

### **ATTENDANCE**

Ideally students should attend all the tuition days. Sometimes unavoidable circumstances may cause a student to miss some days. If this happens to you, please contact the teacher for those days beforehand if possible. A minimum attendance of 85% of course days is required, that is at least 23 days of the 27 teaching days given above.

If you miss any teaching day, please talk with your Course Tutor about how you can make up the missed work. Sometimes it is possible to make up the missed work by yourself with personal study and learning from other students who were present. Some study, especially practical and experiential teaching, needs to be learnt from a teacher, and you will need to book tutorial time with a teacher to be taught those specific subjects.

If you would like extra tuition to help make up the missed work, the Teaching Assistants and Teachers may be able to give tutorials based on their normal hourly rates for clinical work. Please approach them individually.

### **CLINIC DAYS**

You are required to attend one Clinic Day as part of your course. On these days a teacher gives treatments to two students, observed by the other students. These days give you the chance to observe professional treatments in a clinical setting, with time to practice new techniques and approaches in the afternoon by exchanging shiatsu with other students.

We offer Clinic Days with a range of teachers so you can observe different styles of shiatsu. This can greatly help students in developing their own individual style. Some Clinic Days are on weekends and some on weekdays, spread over the length of this course, and they are held on the following dates:

November 5	Saturday	Jean
January 19	Thursday	Oliver
February 23	Thursday	Alex
March 21	Wednesday	Kate
April 19	Thursday	Sara
May 24	Thursday	Jean
June 13	Wednesday	Lucie

**Times:** 10.00 am - 5.00 pm. Students **MUST** attend the whole day for it to fulfil the course requirements.

**Cost:** The cost of the Clinic Days is included in the course fee. Please bring your diary to the first weekend to book your dates. Any changes can be made by telephoning the school office. If you would like to receive a treatment there is an additional fee of £20 payable on booking. Bookings are not accepted without a payment and can be made with your Teaching Assistant or the office.

**Lunch:** Please remember to bring your own lunch to Clinic Days.

## **HOME STUDY**

Students are expected to give 8 to 10 shiatsu treatments with simple written records between weekend classes (approximately 2 a week) in order to incorporate the new material they have learnt into their practice, with a minimum of 50 during the whole course. Shiatsu can be given to family or friends, and you can give the same person many treatments (it doesn't have to be 50 different people). You can give more than 50 treatments, the more you give the stronger your shiatsu will become. Please note that any over the 50 cannot be counted as part of the Year Two requirements, the Year Two treatments need to be given from the first day of the Year Two course onwards.

Some time will also be needed for written homework and background reading, averaging 4 to 5 hours per week. Please make every effort to hand in homework on time as it makes marking much more difficult for the teacher when getting bits of homework in late. Please note that ALL homework must be handed in before the penultimate weekend of the course. We will not mark any homework after this time except in exceptional circumstances.

During the Foundation Year Course there are two days teaching on Western anatomy, followed by an extensive piece of homework covering the whole of the anatomy syllabus. Students who have previously completed a course in anatomy covering the same subjects to a similar or greater extent may be exempted from the homework on producing evidence of their previous studies. If this applies to you, please hand the evidence to your course tutor.

## **COURSE ASSESSMENTS**

Assessments form an integral part of the Foundation Year Course, not only to let us know how you are progressing, but also so that we can give you feedback on how you are getting on in learning all the various skills, knowledge and qualities necessary for giving shiatsu.

We use a mixture of continuous assessment during the course and final assessment at the end of the course. Continuous assessment includes regular feedback during each tuition weekend, giving mini-treatments to the Course Tutor and Teaching Assistants over the year, and written homework. On the last weekend of the course there is a written exam on shiatsu theory, and a practical exam with Jean Netherway and Lucie Thring.

*"All in all this course was life changing and amazing and I feel blessed and very privileged to have taken part in it".* **Irene**

## **YOUR PERSONAL TUTOR**

Your personal tutor for the Foundation Year Course is Jean Netherway. She will arrange a personal tutorial with you at some time during the course. If you have any questions or problems regarding shiatsu, the course, or people you are treating at home, she is the first person to contact for help or discussion.

If you require further tutorials, e.g. to make up on missed study at weekends, Jean or other teachers will normally give these at their normal hourly rates for clinical work. Please contact the individual teacher directly to arrange. Note that if you share a tutorial with another student or students, it will make the tutorial much cheaper.

If you have concerns that you would like to bring to the School Principal, please get in touch with him through the office.

## **THE TEACHING ASSISTANTS**

There will be two teaching assistants on the course, who have graduated from the Devon School of Shiatsu and are now practising shiatsu. They help the teachers and the general running of the course. If you need some help during a practical class or other times, please feel free to ask for their help. They will also each be giving you at least one practical tutorial during the course.

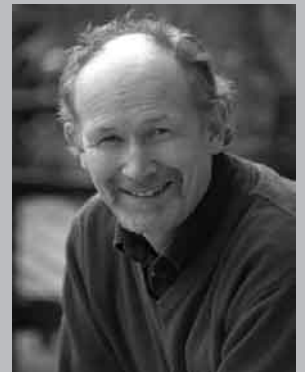
## **YOUR PERSONAL DEVELOPMENT**

Shiatsu is a holistic therapy that can bring about healing on a physical, emotional, mental and spiritual level. To give shiatsu we need to be developing our own health on all these levels. The further we develop health in ourselves, the more we can help others to heal. When we give shiatsu we are contacting a person's whole body and being, we are asking them to relax, open themselves to us and put their trust in us. Obviously the more open and sensitive we are, the more clients will feel safe to open to us and to their own healing.

As well as teaching the theory and techniques of shiatsu, every weekend we use a variety of ways of encouraging students' personal development. We use various exercises to increase students' physical flexibility and Ki flow, and breathing exercises and simple meditations to enhance inner stillness and greater awareness. Of course receiving lots of shiatsu on teaching weekends often brings about changes, and the process of communicating and opening to one's group of students plays a very important part.



*Alex Turner  
May Foundation Year Tutor*



*Oliver Cowmeadow  
Founder and Principal*



*Kate Burford  
Year Three Course Tutor*



*Jean Netherway  
Sept Foundation Year Tutor*



*Sara Hooley  
Year Two Course Tutor*

**LUCIE'S  
PHOTO**



*Keith Belliss  
Anatomy & Physiology  
Teacher*

Most students find themselves going through changes on this course, sometimes quite dramatically. You may touch places of pain or vulnerability within you, and you may find yourself reassessing your life. Please don't be too alarmed if this happens to you - it is a part of your healing. And please do ask for help or support from the school's teachers or teaching assistants, as we are here to help you with your own healing as well as your learning of shiatsu.

### **TAKING TIME OUT OF STUDYING**

Sometimes students may want to take a year or two out from their studies after completing the Foundation Year Course or the Year Two Course. From the Devon School of Shiatsu's point of view, this can be fine if some practice of giving shiatsu is kept up during the time off. A number of students have taken time out to have a baby, raise funds, move house etc., and have then returned to complete their training successfully and gain a Diploma in Shiatsu.

The one possible difficulty on re-admitting a student onto our courses is where there are more people wanting to join a course than there are places. In this situation the school's policy is to give priority to students in the following order.

1. Students who have just completed a course and are carrying straight on to the next level, i.e. from Foundation Year to Year Two, or Year Two to Year Three.
2. Students who have previously studied at the Devon School of Shiatsu and have taken time out from studying.
3. Students who have studied at other schools wishing to join a Devon School of Shiatsu course.

Please note that throughout the school's history there have always been enough places for students continuing straight on with their studies. The difficulty has only arisen for previous students of the school who have taken time out, or people from another school wanting to join the course.

### **TREAT YOURSELF!**

Students are advised to get a shiatsu treatment or a short series of treatments from one of the teachers sometime during the course, both to benefit your health and to give you a better idea of the effectiveness of professional shiatsu. You can book with one of the teachers in their normal practice times, or have a shiatsu treatment on a Clinic Day. Note that one of the requirements of the Year Two Course is for students to receive a series of at least six regular shiatsu treatments from a professionally qualified shiatsu practitioner who is a MRSS (Member of the Register of the Shiatsu Society) as part of their learning. If you want to receive shiatsu during this first year course, you could have the six treatments now.

## **RECOMMENDED READING**

*It is not necessary to purchase all of these books, but it is very helpful to have at least one from each category.*

### **BASIC THEORY & TECHNIQUE**

Shiatsu: A Practical Introduction, Oliver Cowmeadow. C.W.Daniel.

Any other introductory shiatsu books.

Shiatsu Theory and Practice, Carol Beresford-Cooke. Churchill Livingstone. (An expensive book, but one also very useful for the Year Two & Three courses.)

Traditional Acupuncture: Law of the Five Elements. D Connelly.

### **DIAGNOSIS**

Reading The Body, W. Ohashi. Penguin/Arkana.

### **MERIDIAN LOCATION**

Fourteen Classical Meridian Charts, Sue Hix. Rosewell Publications.

### **FOOD ENERGETICS**

Yin and Yang: A Practical Guide to Eating a Balanced & Healthy Diet, Oliver Cowmeadow. Cornish Connection.

### **ANATOMY**

Human Form & Function, Minett, Wayne & Rubenstein. Collins Educational.

The Anatomy Colouring Book, Kapit & Elson. Harper Collins.

The Muscle Book, P.Blakey. Bibliotek Books.

Many of these books are available at the school. If you want to purchase a book, please ask a Teaching Assistant, who will record the sale and take your money.

## **THE LIBRARY**

The school has a small library of books and videos on shiatsu and related subjects. It is located in the teaching room. Items can be taken out on a tuition weekend, and must be returned on the next weekend of your course. To take out or return a book or video, please ask a Teaching Assistant to record the details of the book, your name and the date.

## **RECEIVING MONEY FOR YOUR TREATMENTS**

During the Foundation Year Course, the first of three years of training, students should not ask for a fee or donation for giving shiatsu. At this first stage of learning it is not appropriate to expect payment. Students must also be clear with those they give shiatsu to that they are students, and not professionally qualified. Note that during the Year Three Course students are encouraged to be working towards professional practice, including the charging of an appropriate fee.



## **TEA ROOM AND OFFICE**

The students' tea room is in the flat in the courtyard, and is used for tea breaks and lunch. It is open before 10 am should you arrive early and want to make a drink before a class. We supply a range of herbal teas and Barleycup, with soya milk in the fridge. If you want to make yourself other kinds of drinks, do bring in your own speciality. Please wash up your own cups, plates etc.

No food or drink other than water is allowed in the main teaching room. If you think you may get thirsty during classes, you can bring some bottled water with you.

The school office is in the same flat above the tea room. Please do not go upstairs to the office unless doing business with a member of staff.

## **YOUR FEEDBACK TO THE SCHOOL**

Feedback from students to teachers and staff of the school is very valuable, ensuring that you get as much as possible from the course, and that we get ideas on how we can improve our courses for you. We ask you for written feedback at the end of every weekend. Of course, if there is anything that you are unhappy about or that you want to tell us, you do not have to wait to give written feedback - please tell us as soon as you can so that we can remedy the situation as soon as possible.

## **THE SHIATSU SOCIETY**

The Shiatsu Society is the umbrella organisation for shiatsu in this country, maintaining high standards for shiatsu practitioners and in the teaching of shiatsu. It publishes a quarterly Shiatsu Society News, with a range of articles and information on new developments within shiatsu and the society. We encourage all students to become student members of the Shiatsu Society. (Note that you are currently required to have been a member for at least two years before applying to enter its register of practitioners). The current year's subscription for a first year student is the discount price of £23 and you can contact the society at:

The Shiatsu Society, PO Box 4580, Rugby CV21 9EL.

Telephone: 0845 130 4560

Email: [admin@shiatsu.org](mailto:admin@shiatsu.org)

Website: [www.shiatsu.org](http://www.shiatsu.org)



*"The best part of the course for me was the self development, leading to deeper healing of myself and others".*

**Lori**

## **INSURANCE**

Once you begin giving shiatsu treatments to the general public it is highly advisable to have therapist's insurance. Claims of malpractice against shiatsu practitioners are rare, however it is wise to make sure that you are covered in the unlikely event that something should happen. The Devon School of Shiatsu does not have insurance cover for students' individual practice of shiatsu.

If you are a member of the Shiatsu Society you can benefit from the special scheme run for them by the following insurer. Their present rate for student insurance is £42.

Balens, Nimrod House, Sandy's Lane, Malvern, Worcs., WR14 1JJ  
Telephone 01684 893006

## **ADMINISTRATIVE MATTERS**

If you have any questions regarding administrative matters such as dates, payment of fees, booking Clinic Days etc. please contact the School Administrator, Ruth Jenni, who is usually in the office Monday to Friday between 10.00am and 4.00pm.

## **LOST PROPERTY**

If you leave items at the school, such as clothing or books, they are put in a lost property box in the teaching studio. Valuables, such as jewellery or watches, are kept in the office. Please ask the office about these. At the end of the academic year any unclaimed lost property is given to a charity shop or otherwise disposed of.

## **ACCOMMODATION**

If you need accommodation at weekends, please see the school's website [www.devonshiatsu.co.uk](http://www.devonshiatsu.co.uk) for a selection of bed & breakfast accommodation and check the noticeboard in the tea room for a list of possibilities. Local students in your group might also be able to help with accommodation.



*"Your Food Energetics Day was so powerful that I have not wanted to eat either too much or an unbalanced diet since that very day! I have lost half a stone with absolutely no effort".*

**Pat**

## **THE INTERNATIONAL MACROBIOTIC SCHOOL**

This is a sister school to the Devon School of Shiatsu, run next door by the Devon School of Shiatsu Principal, Oliver Cowmeadow, and Marijke De Coninck. It uses the same principles of Oriental Medicine as the shiatsu school, using energetics to understand the physical, emotional and spiritual affects of foods and cooking styles.

Some food energetics will be studied during your shiatsu course, but if you would like to take this further and especially if you would like some hands-on cooking tuition, you may like to take some cooking and nutrition classes. Please see the school's programme of short classes and longer training courses for details. We appreciate that extra studies can be difficult financially, so we offer a 25% discount on all Macrobiotic School short courses to current Devon School of Shiatsu students. Should you wish to study both the Foundation Shiatsu Course and to begin the three year training in Macrobiotic Cooking and Macrobiotic Life Counselling at the same time, we offer a 10% discount off the Foundation Shiatsu course fees.

### **COMMUNICATION WITH THE SCHOOL**

For quick and efficient communication with the school, we ask all students to have an email address to which we can send emails. For students not owning a computer, you can still register an email address, for example with yahoo, and look for your emails on a friend's computer, library or internet cafe.

### **USEFUL TELEPHONE CONTACTS**

The School	01803 762593; email: info@devonshiatsu.co.uk
Alex Turner	01392 479584; email: daikualex@yahoo.co.uk
Jean Netherway	01803 525447; email: jean.netherway@sky.com
Keith Belliss	07970 504659; email: keithbelliss@tiscali.co.uk
Lucie Thring	01637 889085; email lucieshiatsu@yahoo.co.uk
Oliver Cowmeadow	01803 762593; email: oliver@devonshiatsu.co.uk

In emergency use Oliver's home number 01803 762393



*"In starting - I did not expect to learn so much, in so much depth, to be so confused and yet to reveal so much!!".*

**Helen**

# **09.11/1 YEAR ONE COURSE PROGRAMME Sept 2011-12**

## **(Course Programme may be subject to change)**

### **1. Sept 24,25**

Jean WELCOME: introducing ourselves, and the course requirements.  
BACKGROUND TO SHIATSU: a brief history and introduction to shiatsu.  
BASIC PRINCIPLES for giving shiatsu, based on movement of ki.  
TECHNIQUE: shiatsu in prone position.  
CONTRA-INDICATIONS to giving shiatsu & ETHICS for giving shiatsu at home.

### **2. Oct 21,22,23**

Jean BASIC LISTENING SKILLS as a basis for emotional work.  
TECHNIQUE: shiatsu in prone continued & supine and side positions.  
BASIC CHINESE CONCEPTS: the Tao, Yin and Yang, Ki and its production in the body, Shen and Essence.

### **3. Nov 26,27**

Jean day 1: FIVE TRANSFORMATIONS: manifestation of 5 energies in nature, human life and health, and its use in oriental diagnosis including questioning diagnosis.  
day 2: TECHNIQUE: integrating the use of pressure, movement and stretching.

### **4. Jan 6,7,8**

Jean day 1: DIAGNOSIS: study of kyo and jitsu and their appropriate treatment.  
Jean & Lucie day 2: ANATOMICAL TERMS for use in meridian location.  
SUBTLE ANATOMY: Introduction to the 12 Classical Meridians.  
MERIDIANS: the Kidney meridian, including location, functions, tsubo, treatment positions, postural and facial diagnosis, and exercises.  
Lucie day 3: MERIDIANS: the Bladder meridian.

### **5. Jan 27,28,29**

Lucie day 1+2: MERIDIANS: the Liver and Gall Bladder meridians.  
Keith day 2: PHYSICAL ANATOMY: study of the muscular, skeletal and connective tissue systems.

### **6. Mar 2,3,4**

Jean day 1: FOOD ENERGETICS: eating a balanced diet to promote health and Ki flow.  
3.30 – 5.30 pm COOKING CLASS demonstrating cooking a balanced meal.  
Lucie day 2: MERIDIANS: the Heart Protector and Triple Heater meridians (including use of sitting position.)  
Lucie day 3: MERIDIANS: the Heart and Small Intestine meridians.

### **7. Mar 30,31, Apr 1**

Jean day 1: TECHNIQUE: shiatsu in sitting position (using the floor and chair) and other positions for pregnancy.  
Lucie day 2: MERIDIANS: the Spleen and Stomach meridians.  
Keith day 3: PHYSICAL ANATOMY: continued.

### **8. Apr 27, 28,29**

Lucie day 1: MERIDIANS: the Lung and Large Intestine meridians.  
Jean days 2 + 3: DIAGNOSIS: spirit of diagnosis. Listening, visual, touch and questioning diagnosis, including further studies of Five Transformations.

### **9. June 1,2,3**

Alex day 1+2: REVIEW OF TWELVE CLASSICAL MERIDIANS.  
TECHNIQUE: in-depth treatment of meridians in neck, shoulders etc.  
Jean day 3: KYO AND JITSU: further studies. Revision of whole course.

### **10. June 23,24**

Jean & Lucie day 1: ASSESSMENT: written paper on shiatsu theory and practical assessment.  
Jean day 2: KI SENSITIVITY: exercises and shiatsu practice for increasing sensitivity to Ki  
CASE NOTES: detailed feedback on your recorded treatments, checking of completion of course requirements and work still to do, and closing.

Please note that throughout the course there will be time for discussion, feedback, and review in order to consolidate as we progress. This programme may be changed slightly according to the needs of particular groups. Exercise, stretching and meditation are a part of each weekend class.

# APPLICATION FORM

## FOUNDATION YEAR SHIATSU COURSE

Course start date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

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

Tel. No. (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Date of birth \_\_\_\_\_ Family Situation \_\_\_\_\_

Current Work \_\_\_\_\_

Educational achievements. Please list your main qualification in formal and any other education.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What kinds of work have you done?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your previous experience of shiatsu, other complementary therapies or related activities?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

please attach a recent head and shoulders photo of yourself here (applications are NOT accepted without a photo). This can be a holiday snap.

Why do you want to study shiatsu?

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Do you have any physical or mental health problems?

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Do you have any special needs or dietary requirements that we should be aware of?

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How did you first hear about this training course?

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Date of application \_\_\_\_\_ Signed \_\_\_\_\_

Please send your completed application form to the address below, and we will contact you by telephone or email to arrange a time and place for an interview.

*The Devon School of Shiatsu, The Coach House,  
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