

SECOND YEAR CONTENTS

Working on a futon or mattress:

Kata:

- Revision prone and supine positions.
- Supine position: abdomen, neck, head and face.

Students will master working the whole body.

New katas:

- Full lateral sequence or kata.
- Lateral kata for pregnancy.

Body analysis:

- Observing muscular, skeletal or postural imbalance in the body.
- How to feel kyo 虚 (deficiency) and jitsu 実(excess).
- How to adapt our pressure to find balance in the muscular and nervous systems.

Treatments:

- Treatment protocol.
- Client consultation/health history.

Case studies:

- How to write case studies and prepare the professional portfolio.
- Use of IMTEF to evaluate the effect of a series of treatments.

Sotai:

- Advanced exercises.
- Articular rotations: deciding the best direction, hips, shoulders.
- Treating patients with sotai

Supervised practice sessions at the centre and at volunteering events. Students need to do a minimum of 30 hours of supervised practice during the year.

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Traditional Chinese Medicine:

- The classical meridians.
- Application of kyo and jitsu to meridians.
- Symptoms in meridian theory.

TIMETABLE

Timetables and prices are decided by City Lit. If you would like more information on the next shiatsu courses offered, please email health@citylit.ac.uk

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