



## WEEKEND BY WEEKEND OUTLINE

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<b>WEEKEND 1</b>	Fundamental Principles outlined Introduction to the Sequences. Introduction to the Back Sequence.
	Back Sequence in prone position.
	Upper Back Sequence in prone position.
<b>WEEKEND 2</b>	Side sequence. Full Back Sequence Revision
<b>WEEKEND 3</b>	Neck and neck stretches, head and face. Barefoot Techniques Consolidation of course content covered thus far <b>Shiatsu Body Log requirement due</b> <b>Exam</b>
<b>Tutorial 1</b>	Revision of Sequences

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### **FUNDAMENTAL PRINCIPLES**

The Origins, History & Styles of Shiatsu

What is Shiatsu: Ki / Qi, Meridian Pathways, Communication through touch

Application of Shiatsu: Hands, Fingers, Flat of the Elbow, Knees, Feet

Techniques for Shiatsu: Pressure through body weight/leaning  
Introduction to Hara awareness  
Introduction to breath and postural awareness  
Developing an intuitive & intellectual feel for the Ki / Qi

Intro to Basic TCM philosophy: Yin & Yang and 5 Element Theory

Intro to Japanese philosophy: Kyo & Jitsu

How is Shiatsu different to forms of massage?

The format of Shiatsu: Futon, Yakata, and a harmonious environment

The above principles are covered in depth in Week 1 and thereafter each week to ensure a thorough understanding. *All classes begin with some simple yoga stretches.*

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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