

Welcome to the London College of Shiatsu

Shiatsu enjoys a long and distinguished history in Japan where it was first practised as a preventative therapy. It is a natural and gentle healing art that aims to re balance held tensions and weaknesses in the body and mind. It achieves this by giving pressure along the meridians (energy channels) to stimulate the body's own natural healing processes, and by applying stretches to release tensions.

Performed correctly Shiatsu can also be of great benefit to the practitioner as it allows us to get in tune with our own bodies, calming and relaxing the giver as well as the recipient.

The London College of Shiatsu was established in 1987. Our purpose is to teach the style of Shiatsu studied by its senior teachers in Japan at the Iokai Centre and under Takeo Suzuki. The College offers various classes and workshops including a three-year practitioner course. This consists of weekly practical classes as well as theory classes in western sciences and oriental medical theory. The College also offers final year students the opportunity to enter a supervised student clinic.

Zen Shiatsu was developed by Shizuto Masunaga and employs a simple, yet direct approach, which with training and application allows the therapist to clearly feel the energy imbalances in another person. Thumbs, palms, elbows and knees are all used in a connected, meditative manner in order to affect change in the receiver and enhance their potential for good health. Masunaga founded the Iokai Centre in Tokyo to teach his style of Shiatsu, which is one of the most practised and influential styles in the world today.

Takeo Suzuki worked with Masunaga and taught Shiatsu at the Iokai Centre before starting his own school in Tokyo. Suzuki further refined and developed the work of Masunaga, most notably by incorporating Zone Therapy, which is unique to his practice of Shiatsu. It is his style of Shiatsu that has influenced the college the greatest.

About the College

Aims The London College of Shiatsu aims to teach and promote meridian and zone therapy as a gentle, yet effective therapeutic style of Shiatsu. Our practical and down to earth approach is accessible to anyone, whatever their previous experience.

Giving good Shiatsu requires developing a sensitivity of touch and an awareness of one's own posture and balance. This is emphasised right from the start and continually developed throughout. Good pressure is the essence of practising Shiatsu successfully. As the students progress through the course, they will be taught to find the meridians by touch and then to feel the energy change in the meridians.

The College prides itself on holding small classes which gives the students the opportunity to work directly with the teacher, thereby receiving ongoing, personal guidance and constant assessment.

Expectations Attendance, homework and practice are important expectations of this college. All of these are purely to improve the students Shiatsu, and make the learning of it much more enjoyable.

Good attendance is very important as new material is introduced each week. Throughout the course there is ongoing review, which is best used for improving one's skills. Homework is assigned for each term, and progress is dependent on its successful completion. This usually takes the form of writing notes about practices at home. This is to reinforce the importance of practice at an early stage, which students are expected to do on a regular basis.

Zone Therapy The London College of Shiatsu is the only school in the UK offering Zone Therapy as pioneered by Takeo Suzuki. The use of zones in conjunction with the meridians add a further dimension to the tradition of Shiatsu. Together they aid release, enhance change and promote a deep relaxation and sense of well being.

Suzuki Taiso These are simple, yet extremely effective, exercises developed by Takeo Suzuki specifically for the practice of our style of Shiatsu. The practice and mastery of Suzuki Taiso increase sensitivity and awareness in ourselves and also when working on others.

Practitioner Diploma On successful completion of all of the College's requirements students will be presented with a Practitioner's Diploma and be placed on the London College of Shiatsu register. Students are continuously assessed with regular individual tutorials with their teacher. The requirements include completion of over 500 classroom hours, fulfilling all requirements, passing all college exams and the payment of all fees.

The Shiatsu Society The Shiatsu Society is the umbrella organisation for Shiatsu in the UK. It regulates the standards of colleges and practitioners and provides information and contact with others practising Shiatsu. Before joining our clinic year students need to be members to obtain student insurance.

MRSS (Member of the Register of the Shiatsu Society) All practitioners who successfully pass the Shiatsu Society requirements are eligible to use these letters after their name. The college will recommend all students who have gained its Practitioner's Diploma and who then wish to take the Shiatsu Society's assessment for the MRSS.

The LCS Clinic This is the new and permanent home of the LCS situated in Hammersmith, west London. It is a teaching centre and clinic offering Shiatsu, Acupuncture and related disciplines. The LCS also runs its student clinic from here and puts on regular workshops open to all. This is an important part of our aim to give Shiatsu the higher profile we believe it deserves.

The Practitioner Course

In the first term students are introduced to a core curriculum which is developed and expanded upon as the course progresses. In this way, students always start with a firm foundation on which to build their skills. This is a flexible approach that allows students to gradually acquire the necessary depth and sensitivity to practice effective Shiatsu.

Shiatsu Classes Held weekly these are the substance of the practitioner course. The emphasis of these classes is hands on practice as we believe the best way of learning Shiatsu is by actually doing it. As a result of this approach the atmosphere is very friendly and relaxed.

Each class begins with exercises to loosen up and unwind, followed by Suzuki Taiso to develop sensitivity. A sequence is learnt in four positions (prone, supine, sitting and side), and constantly added to and perfected as the students progress through the course. The principles of good pressure are introduced and worked with throughout. Abdominal diagnosis and zone work are introduced as the terms progress. In the third year classes address the treatment of specific problems and develop practitioner skills.

Theory Classes These are taught separately from the practical classes, as their emphasis is obviously different. In this way, the curriculum is taught in a more time efficient way, with students able to concentrate on particular skills without confusion, within each class.

Oriental Theory Parts 1 & 2 These courses provide the theoretical basis of diagnosis in Shiatsu. Part 1 introduces the philosophy of Yin and Yang and the Five Elements and includes oriental concepts such as Ki, Blood and Fluids. Part 2 takes a more in depth look at oriental medical theory as it specifically applies to Shiatsu. In particular Masunaga's ideas are explored in detail. Both these courses are explored through the perspective of how Oriental medicine can be applied in contemporary society. Extensive notes and course material is provided.

Western Sciences This consists of Anatomy, Physiology and Pathology. All students wishing to study through to practitioner level need to demonstrate competent knowledge in these areas. Students who already hold ITEC or nursing equivalents are exempt from the course, but will still need to sit the College examinations.

Student Clinic This can be entered anytime after the successful completion of the Intermediate level syllabus. Students are closely supervised as they work in our central London clinic on members of the public. Students are required to greet clients, take case histories, carry out full treatments, and participate in the smooth running of a busy clinic.

Extensive guidance and feedback is given by the supervisors. Students will also have the chance to work on any area of their Shiatsu training in small tutorials consisting of two to three students. As with every other area of the course, the students progress is continuously assessed, with one on one tutorials as a regular feature.

This is a very exciting part of the curriculum which calls on the students to use everything they have learnt so far, if not more! It is an invaluable experience for all who wish to become practitioners.

Practice Classes These are held every term to allow students to make up missed classes and also to go over any areas already learnt in their regular classes. Although participation is purely voluntary, they are recommended to all students. As in the learning of any discipline, practice is of paramount importance.

Bridging Course The college regularly puts on this short course. It is designed for those who have take a break from their Shiatsu practice and want to resume after brushing up any aspect they feel needs attention. Current students also join if they want the extra tuition, or feel like strengthening any of the skills they have learnt so far.

Review Any student who wishes to review a term or any part of the Practitioner Diploma is able to do so at a substantially reduced rate.

Post Graduate Activities

We believe that we are best judged by the level of our graduates. The LCS is very keen to ensure that our graduates continue to practice Shiatsu at the highest level. We are therefore committed to continuing our support to our students, in any way we can, even after they have graduated. This can either take the form of readily available advice on any aspect of their nascent careers as Shiatsu practitioners or in more structured help.

Post Graduate Course We think it is important to keep a door open to old students who would like to carry on refining their skills and who may benefit from contact with other graduates who are also new practitioners. It is a hands-on and very intensive course that will utilise all the considerable skills learnt by the time students graduate.

Class Assistants All graduates are offered the opportunity to assist in the teaching of classes, working closely with a qualified instructor. This forms an invaluable part of a teacher training program, and allows graduates to refine their skills from the other side of the futon. The LCS does not charge for this as the college is very happy to help in the development of all graduates future careers in Shiatsu.

Preparation for taking MRSS Our students are exempt from the theory papers of the MRSS and will have already prepared and presented eight case histories before they graduate. Further assistance is given on those they have to submit for their MRSS. Private tutorials can also be arranged at their own convenience to cover any aspect of taking the MRSS.

Setting Up as a Practitioner The LCS is very active in helping its graduates in any area they can. For example, graduates are offered help in designing promotional material and are put on our register, and are referred to anyone calling our Clinic or the LCS for practitioners in their local area.

Workshops

Weekend Workshops are built into the curriculum of the Practitioner Diploma Course. **Listening Skills, Point Indications** and **Business Management** are all part of the Diploma course and best dealt with in the format of a continuous weekend of study.

The College also invites teachers with specialised skills to put on extra Workshops that we hope will interest our students. The purpose of these workshops is to further the students' study, perhaps by introducing a complementary discipline or delving deeper into any aspect of Shiatsu. In fact we welcome any suggestions and will do our best to meet the demands of our students.

Examples of recent extra-curricula workshops the college organised are:

The Spirit of Shiatsu: This workshop is an example of one that complemented the style of Shiatsu taught at this college. Shen Gong develops the internal aspect of Qi Gong practice. It is the core set of the Dao An Pai, the monastic Qi Gong system from the Yellow Dragon Temple, South China. This workshop was open to all levels from beginners onwards.

Japanese Moxibustion: An advanced workshop which drew upon the experience of our teachers stay and work in Japanese Acupuncture clinics. Moxibustion is in widespread use in Japan where it is given the same credence as Acupuncture. Japanese Moxibustion is far more developed, varied and suitable to our needs than that practice in China.

Pilates: This workshop not only allows the participants to experience Pilates on a personal level but also gives practical ways on how to use the system of Pilates within their Shiatsu treatments and to make recommendations to their clients.

Lymphatic Drainage Technique: A specially designed workshop demonstrating how to incorporate the techniques of Lymphatic Drainage into your Shiatsu treatments. Special attention is given to the immune system and many common problems associated with the lymphatic system.

The Teachers

Veronica Howard B.Sc. (Hons) MRSS (T) MRCHM received a diploma from the IOKAI centre in Tokyo before studying under Suzuki Sensei for four years. This was the most formative part of her extensive training in Shiatsu. Veronica is also qualified acupuncturist with her training undertaken in China and Japan, including a three year apprenticeship in a Tokyo clinic. She is also a practising Japanese Herbalist (Kanpo). Veronica runs her practice in Oriental medicine from three busy clinics in London and has been teaching Shiatsu for over twelve years. She is a director of the LCS.

Nik Kyriacou BA (Hons) DipAc (Japan) has trained in London, New York (primarily with Ohashi) and for five years with Suzuki Sensei in Tokyo. He holds qualifications in Japanese Acupuncture, which included a four year internship in a Tokyo clinic. Member of the Japanese Ryodoraku Acupuncture Association and the International Acupuncture Research Association (Tokyo). He has also translated, edited and contributed towards a book on Japanese Acupuncture and completed a two year post graduate diploma on Chinese Herbs with Ted Kaptchuk, at the Anglo-Dutch Institute, Amsterdam. He is a director of the LCS.

Stephanie Goj BA MRSS is a graduate of the college and has been on the teaching staff for six years. Stephanie's background is in classical dance and is an active member of a touring dance company. Stephanie is the practice manager of Shine Holistic in Stoke Newington.

Sue Tanner BA (Hons) MRSS is also a graduate of this college and is the newest member of the teaching staff. Sue's background is in Yoga and meditation. She is actively involved in voluntary work, practising Shiatsu at the FACT Centre in North London.

Guest Teachers

Chris McAlister has trained in several fields of Oriental medicine including Tai Chi, Qi Gong, Shiatsu, Acupuncture and Chinese Herbs. His primary Shiatsu training was with Suzuki Sensei during a five year stay in Tokyo. He is on the board of the Swedish Shiatsu Society.

Peter Yates is a licensed Acupuncture, Martial Arts and Qi Gong teacher. Trained in Japan and China since 1980 in Tai Chi, Shiatsu Acupuncture and

Chinese Herbs, he is the British representative of Dao Dan Pai system of Qi Gong.

Elizabeth Fletcher is the Principal of Lymphatic Drainage International. Her training includes all the major Lymphatic Drainage schools worldwide. Elizabeth is also a qualified Homeopath, Herbalist and Nutritionist.

The Curriculum ... at a glance

The theory classes are taught separately from the practical Shiatsu classes as we feel this provides for a more efficient and better use of class time.

	Year One	Year Two	Year Three
	<i>Learning the form how to apply correct pressure</i>	<i>Extensive work on meridians & diagnosis</i>	<i>Applied Shiatsu, case histories & treatment of specific problems</i>
Term One	<u>Foundation</u> Basic Sequence in two positions Principles of pressure	<u>Intermediate 2</u> Emphasis on locating, feeling & accessing meridians within learnt sequence	<u>Advanced</u> How to take a case history Adv abdominal diagnosis
Term Two	<u>Intermediate 1</u> Advanced sequence Difficult moves and stretches Side and sitting position	Abdominal diagnosis Intro to points Developing sensitivity	Advanced zone work Meridian stretches How to treat specific problems
Term Three	Intro to meridians emphasis on feeling Intro to abdominal diagnosis and work on thumb technique	Intro to Zones, location and use More diagnosis Constructing a treatment plan	Practitioner skills Discussion of case histories Setting up own practice
Theory	Western Sciences 1 Oriental Theory 1	Western Sciences 2 Oriental Theory 2 Western Sciences 3	Student Clinic Workshops

Student Clinic	Supervised work in a professional clinic over a 12 month period during advanced year.
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Workshops	Acupuncture Points: Uses and indications Listening Skills: Advances Practitioner Skills Optional Workshops (Moxibustion, Qi Gong, etc.)
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College Fees

A deposit is required to secure your place on each part of the course. We realise that payment for each component in full can be onerous and therefore students can make arrangements to pay in instalments. The details are laid out below.

Foundation Course (36 hours) £275

Introduction to principles and practice of Shiatsu
Shiatsu in two positions
Can count as first term of Practitioner Course

Deposit of £100 and paid in full before first class.

Intermediate One (115 hours) £850

Two Practical Shiatsu Terms
Theory classes (Anatomy and Oriental Theory 1)
Private Assessments

Deposit of £150. Remainder paid in instalments over two terms.

Intermediate Two (174 hours) £1275

Three Practical Shiatsu Terms
Three Theory Classes (Physiology, Pathology & Oriental Theory 2)
Private Assessments

Deposit of £150. Remainder paid in instalments over three terms.

Advanced (230 hours) £1325

Three Shiatsu Terms
Student Clinic (10 full days)
Two Weekend Workshops
Guidance through 8 Case Histories
Private Tutorials

Deposit of £150. Remainder paid in instalments over three terms.

Total for Three Year Course (555 hours) £3725

