

CALENDAR

PROFESSIONAL COURSE CLASS

INTENSIVE

Weekday
2020-2021



8th Promotion

Level 1 and 2 in 10 months
Beginning February 2020

* This calendar may change. It is based on the festivities of previous years waiting for the approval of the work schedules of the Community of Madrid 2020 and 2021.

* The following classes are not required but recommended for a better understanding of the subjects.

*Health sciences classes.

The teacher reviews the contents that the student has assimilated at home with the help of his online tutor. Hours from **12:00 to 14:00** or **17:00 to 19:00** hours the following **Fridays**.

HEALTH SCIENCES CLASSES I (Anatomy)

February 21 2020	March 6 2020	March 20 2020
April 3 2020	April 17 2020	May 8 2020
May 22 2020	June 5 2020	June 19 2020

HEALTH SCIENCES CLASSES II (Physiology)

September 11 2020	September 25 2020	October 9 2020
October 23 2020	November 6 2020	November 20 2020
December 11 2020	January 8 2021	January 22 2021

*Supervisions

They are classes of review and assimilation of new knowledge, directed to the Professional Course of Shiatsu. They are taught by Master Onoda one **Wednesday** per month from **10:00 to 12:00** or from **19:00 to 21:00** hours.

February 26 2020	March 25 2020	April 29 2020
May 27 2020	June 24 2020	October 28 2020
November 25 2020	December 16 2020	January 27 2021

*Medical Director Classes

Two-hour conferences given every two months by our medical director Ángel Garrido. They deal with issues related to medicine and patient care. The schedule are **19:00 to 21:00** hours the following **Wednesday**:

March 18 2020	May 20 2020
November 18 2020	January 20 2021

*The Professional Course of Shiatsu includes: 4 palpatory anatomy classes + 2 radiological diagnosis classes + 4 medical conferences + Master Onoda's supervisions. These classes have a limited capacity, so, Level 2 and Level 3 students will have preference access.

*The following classes are not required but recommended for a better understanding of the subjects.

Level 1 and level 2 Shiatsu classes

The student chooses a group, mornings or afternoons for learning Shiatsu.

Month
1

Mornings

T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons

M 16:30 to 18:30
W 16:30 to 18:30

Month	Mornings	Afternoons	
SEM 1	<ul style="list-style-type: none"> • Shiatsu Introduction: General theory of Shiatsu. History of Shiatsu in Japan. School Rules – Student Rules - Delivery of maintenance exercises for the therapist. Characteristics of Shiatsu therapy. Precautionary rules of Shiatsu therapy. Pressure characteristics. • Shiatsu Namikoshi: Introduction and practice of the therapist posture and pressure. 	FEB 4 Tuesday	FEB 5 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Occipital Midline, Spinal Bulb and Posterior Cervical). • Autoshiatsu Cervical Region: Techniques 1 to 4. Therapist's exercises. 	FEB 6 Thursday	FEB 10 Monday
SEM 2	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Suprascapular and Interscapular). • Autoshiatsu Head region: Techniques 1 to 4. Types of pressure applications. 	FEB 11 Tuesday	FEB 12 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Infraescapula, Lumbar and Iliaca Crest). • Autoshiatsu Face Region: Techniques 1 to 6. Pressure classes. 	FEB 13 Thursday	FEB 17 Monday
SEM 3	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Sacrum, Gluteus and Namikoshi Point). • Autoshiatsu Shoulder and back: Techniques 1 to 4. Stages of pressure intensity. 	FEB 18 Tuesday	FEB 19 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Posterior Femoral and Popliteal fossa). • Autoshiatsu Lower extremities: Techniques 1 to 7. Five Rules for Good Health and Long Life. 	FEB 20 Thursday	FEB 24 Monday
SEM 4	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Sural Posterior and Sural Lateral and Medial). • Autoshiatsu Lower extremities: Techniques 8 to 14. Range of joint movements / Eight movements of the spine. 	FEB 25 Tuesday	FEB 26 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Lateral and Medial Calcaneus Tuber). • Autoshiatsu Upper extremities: Techniques 1 to 6. • Autoshiatsu Upper Extremities: Techniques 7 to 11. 	FEB 27 Thursday	MAR 2 Monday



Month
2

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 5	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (Plant). • Autoshiatsu Upper extremities: Techniques 7 to 11. 	MAR 3 Tuesday	MAR 4 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone position (The right side). • Autoshiatsu Chest: Techniques 1 to 3. 	MAR 5 Thursday	MAR 9 Monday
SEM 6	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Back Settings. • Autoshiatsu Abdomen: Techniques 1 to 3. 	MAR 10 Tuesday	MAR 11 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Full review of prone position. Doubts and questions. • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position. 	MAR 12 Thursday	MAR 16 Monday
SEM 7	<ul style="list-style-type: none"> • Shiatsu Namikoshi: FIRST TEST OF SHIATSU 	MAR 17 Tuesday	MAR 18 Wednesday
	<ul style="list-style-type: none"> • Doubts and questions about the exam. • Shiatsu Namikoshi: Supine position (Inguinal, Anterior Femoral and Medial Femoral). 	MAR 19 Thursday	MAR 23 Monday
SEM 8	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Lateral Femoral, Rotular and Lateral Sural). • Autoshiatsu: Review Lower Limbs 1 to 7 + stretching. 	MAR 24 Tuesday	MAR 25 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Tarsal, Dorsal of the Foot, Digital of the Foot, Exercise finger, Plantar Extension). • Autoshiatsu: Review Lower Limbs 8 to 14 + stretching. 	MAR 26 Thursday	MAR 30 Monday

Month
3

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 9	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Axillary, Medial Brachial, Cubital fossa, Medial Antebrachial). • Autoshiatsu: Review of Upper Limbs 1 to 6 + stretching. 	MAR 31 Tuesday	APR 1 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Deltpectoral, Lateral Brachial, Lateral Antebrachial). • Autoshiatsu: Review Upper Limbs 7 to 11 + stretching. 	APR 2 Thursday	APR 13 Monday
SEM 10	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Dorsal of the Hand, Digital, Palmar, Arm Stretch). • Autoshiatsu: Review shoulder and back + stretching. 	APR 14 Tuesday	APR 15 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (The right side). • The eight movements of the spine. 	APR 16 Thursday	APR 20 Monday
SEM 11	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Skull Central Line, Parietal and Central Line). • Autoshiatsu: Head and cervical review + stretching. 	APR 21 Tuesday	APR 22 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Frontal, Nasal, Zygomatic, Orbital and Sien and Pressure on the Eyeballs). • Autoshiatsu: Face review + stretching. 	APR 23 Thursday	APR 27 Monday
SEM 12	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Intercostal, Sternum and Pectoral). • Autoshiatsu: Chest review + stretching. 	APR 28 Tuesday	APR 29 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Supine position (Abdomen). • Autoshiatsu: Abdomen review + stretching. 	MAY 5 Tuesday	MAY 4 Monday

Month
4

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 13	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Full review in supine position. Doubts and questions. • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position; shiatsu regions and pressure lines. 	MAY 7 Thursday	MAY 6 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: SECOND TEST OF SHIATSU. 	MAY 12 Tuesday	MAY 11 Monday
SEM 14	<ul style="list-style-type: none"> • Doubts and questions about the exam. • Shiatsu Namikoshi: Lateral decubitus (Anterior Cervical, Lateral and medulla oblongata). 	MAY 19 Martes	MAY 18 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Lateral decubitus (Posterior Cervical and Suprascapular). • Basic notions about Traditional Chinese Medicine (KI, YINYANG). 	MAY 21 Thursday	MAY 20 Wednesday
SEM 15	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Decúbito lateral (Interescapular e Infraescapular y Lumbar). • TCM: Nociones básicas sobre meridianos de P-IG.. 	MAY 26 Tuesday	MAY 25 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Lateral decubitus (paravertebral muscles). • TCM: Notions about meridians of E-BP 	MAY 28 Thursday	MAY 27 Wednesday
SEM 16	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Lateral decubitus: the right side. • TCM: Basic notions about meridians of C-ID. 	JUN 2 Tuesday	JUN 1 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Full review of lateral decubitus. Doubts and questions. • TCM: Basic notions about meridians of V-R. 	JUN 4 Thursday	JUN 3 Wednesday

Month
5

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 17	<ul style="list-style-type: none"> • Shiatsu Namikoshi on chair. • TCM: Basic notions about meridians of MC-TR. 	JUN 9 Tuesday	JUN 8 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Full session. • TCM: Basic notions about meridians of VB-H. • TCM: Basic notions about VG-VC meridians. 	JUN 11 Thursday	JUN 10 Wednesday
SEM 18	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Full review (tatami and chair). • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position; Shiatsu regions and pressure lines. 	JUN 16 Tuesday	JUN 15 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: THIRD TEST OF SHIATSU. 	JUN 18 Thursday	JUN 17 Wednesday
SEM 19	<ul style="list-style-type: none"> • Doubts and questions about the exam. • Introduction to Level 2. • What are we going to study this year? • What is Aze Shiatsu? 	JUN 23 Tuesday	JUN 22 Monday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone review. • Shiatsu and physiological functions 1: Pressure effect on the body, skin, muscles and circulatory system. 	SEP 1 Tuesday	AUG 31 Monday
SEM 20	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Prone review. • Shiatsu and physiological functions 2: Nervous, endocrine, digestive, skeletal and immune system. 	SEP 3 Thursday	SEP 2 Wednesday
	<ul style="list-style-type: none"> • Shiatsu Namikoshi: Lateral review. • Traditional Chinese Medicine : Meridians 1 review: P-IG. 	SEP 8 Tuesday	SEP 7 Monday

Month
6

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 21	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (Preparation of Back I and II). • Traditional Chinese Medicine: Meridians 2 Review: BP-E. 	SEP 10 Thursday	SEP 9 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (the Neck). • Location and pressure of key points: 16VG, 10V, 12-20-VB. 	SEP 15 Tuesday	SEP 14 Monday
SEM 22	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (Back I). • Location and pressure of key points: 11-13-14-15-43V, 21VB, 9-10-11ID. • Traditional Chinese Medicine: Review meridians 4: C-ID. 	SEP 17 Thursday	SEP 16 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (Back II). • Location and pressure of key points: 18-19-20-21-22-23-25V-27V-28V, 25-30VB and Namikoshi points. • Traditional Chinese Medicine: Review meridians 5: R-V. 	SEP 22 Tuesday	SEP 21 Monday
SEM 23	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (Lower extremities: Leg). • Location and pressure of key points: 36-37-40-55-57-60V-3R. 	SEP 24 Thursday	SEP 23 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: Prone position (Lower extremities: Plantar and Stretching). • Settings Location and pressure of key points: 1R. • Traditional Chinese Medicine: Meridian Review 7: VC-VG. 	SEP 29 Tuesday	SEP 28 Monday
SEM 24	<ul style="list-style-type: none"> • Eight movements of the spine. 	OCT 1 Thursday	SEP 30 Wednesday
	<ul style="list-style-type: none"> • Traditional Chinese Medicine: Yuketsu and Boketsu. • Theory and practice with Shiatsu: Viscerocutaneous reflexes. 	OCT 6 Tuesday	OCT 5 Monday

Month
7

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 25	<ul style="list-style-type: none"> • Aze Shiatsu: Full review of prone position. 	OCT 8 Thursday	OCT 7 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: FIRST TEST 	OCT 13 Tuesday	OCT 14 Miércoles
SEM 26	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (Lower extremity: from inguinal region to medial calcaneus). • Location and pressure of key points: 6-10BP, 8H, 3R. 	OCT 15 Thursday	OCT 19 Monday
	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (Lower extremity: from lateral femoral region to the end). • Location and pressure of key points: 31-41VB, 36-41E, 3H. 	OCT 20 Tuesday	OCT 21 Wednesday
SEM 27	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (head and face). • Location and pressure of key points: 1-14VB, 20 VG. 	OCT 22 Thursday	OCT 26 Monday
	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (The neck). • Location and pressure of key points: 9E. 	OCT 27 Tuesday	OCT 28 Wednesday
SEM 28	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (The thorax). • Location and pressure of key points: 27R, 1P, 17VC. 	OCT 29 Thursday	NOV 4 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: Supine position (upper extremity). • Location and pressure of key points: 1-7C, 5-9-10P, 7-8MC, 3ID, 3-4-5TR, 4-5-10-11-15IG. 	NOV 3 Tuesday	NOV 11 Wednesday

Month
8

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 29	<ul style="list-style-type: none"> • Aze Shiatsu: Abdomen. • Location and pressure of key points: 3-4-5-12-14VC, 25E, 13-14H, 24VB. 	NOV 5 Thursday	NOV 16 Monday
	<ul style="list-style-type: none"> • Structural analysis of the body. • Aspa treatment: Theory, stretching, location of tension zones. • The reciprocating technique and the ankle rotation. 	NOV 10 Tuesday	NOV 18 Wednesday
SEM 30	<ul style="list-style-type: none"> • Kyo-Jitsu: Theory, pressure form and four basic typologies. 	NOV 12 Thursday	NOV 23 Monday
	<ul style="list-style-type: none"> • Five points Notice. • The four symptomatic phases of the inter-scapular zone (43V). 	NOV 17 Tuesday	NOV 25 Wednesday
SEM 31	<ul style="list-style-type: none"> • Aze Shiatsu: Supine recumbent review. 	NOV 19 Thursday	NOV 30 Monday
	<ul style="list-style-type: none"> • Aze Shiatsu: SECOND TEST 	NOV 24 Tuesday	DEC 2 Wednesday
SEM 32	<ul style="list-style-type: none"> • Test review. • Sotai Ho 1. 	NOV 26 Thursday	DEC 9 Wednesday
	<ul style="list-style-type: none"> • Sotai Ho 2. 	DEC 1 Tuesday	DEC 14 Monday

MES 9

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 33	<ul style="list-style-type: none"> • Aze Shiatsu on chair: Prone position 1. 	DEC 3 Thursday	DEC 16 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu on chair: Prone position 2 	DEC 10 Thursday	DEC 21 Monday
SEM 34	<ul style="list-style-type: none"> • Aze Shiatsu: Prone stretching. • Full session of Shiatsu. 	DEC 15 Tuesday	JAN 4 2021 Monday
	<ul style="list-style-type: none"> • Aze Shiatsu on chair: Supine position 1. 	DEC 17 Thursday	JAN 11 2021 Monday
SEM 35	<ul style="list-style-type: none"> • Aze Shiatsu en camilla: Supine position 2. • Patient care. 	JAN 12 2021 Tuesday	JAN 13 2021 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: Stretch supine. • Organization of time in a Shiatsu session. 	JAN 14 2021 Thursday	JAN 18 2021 Monday
SEM 36	<ul style="list-style-type: none"> • Review. • Materials, organization, insurance and doubts etc ... necessary to start working as a Shiatsu therapist next year. • Full session of Aze Shiatsu. 	JAN 19 2021 Tuesday	JAN 20 2021 Wednesday
	<ul style="list-style-type: none"> • Aze Shiatsu: THIRD TEST 	JAN 21 2021 Thursday	JAN 25 2021 Monday



Month
10

Mornings
T 12:00 to 14:00
TH 12:00 to 14:00

Afternoons
M 16:30 to 18:30
W 16:30 to 18:30

SEM 37

- **Holistic Shiatsu Treatment:** Seven basic techniques.
- **Field of application of Shiatsu:** Disorders in which Shiatsu should not be applied.
- **Pain healing process.**
- **Breathing of the joints.**
- **Data Protection Act.**

JAN 26 2021
Tuesday

JAN 27 2021
Wednesday

* **Friday, July 10, 2020. End of course and delivery of certificates. (1st Level)**

* **The Shiatsu Technician diploma will be awarded at the end of January. (2nd Level)**



Sanitas Volunteer Practices



“Forest bath” excursion



*** Graduation Dinner 2019**