

CALENDAR

PROFESSIONAL COURSE CLASS

INTENSIVE

Weekend
2020-2021



8th Promotion

Level 1 and 2 in 10 months
Beginning February 2020

* 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, the following **Mondays**:

HEALTH SCIENCES CLASSES I (Anatomy)

March 2 2020. 4 hours Schedule: 10:00 to 14:00 hours	March 30 2020. 3 hours Schedule: 10:00 to 13:00 hours	April 27 2020. 4 hours Schedule: 10:00 to 13:00 hours
June 1 2020. 3 hours Schedule: 10:00 to 13:00 hours	June 29 2020. 4 hours Schedule: 10:00 to 14:00 hours	

HEALTH SCIENCES CLASSES II (Physiology)

September 14 2020. 4 hours Schedule: 10:00 to 14:00 hours	October 5 2020. 3 hours Schedule: 10:00 to 13:00 hours	November 16 2020. 4 hours Schedule: 10:00 to 13:00 hours
December 14 2020. 3 hours Schedule: 10:00 to 13:00 hours	January 11 2021. 4 hours Schedule: 10:00 to 14:00 hours	

*Supervisions

They are review and assimilation classes 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**.

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 hours conferences taught 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

Month
1

WEEKEND

SEM 1

- **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.

- **Shiatsu Namikoshi:** Prone position (Occipital Midline, Spinal Bulb and Posterior Cervical).
- **Autoshiatsu Cervical Region:** Techniques 1 to 4. Therapist's exercises.

- **Shiatsu Namikoshi:** Prone position (Suprascapular and Interscapular).
- **Autoshiatsu Head region:** Techniques 1 to 4. Types of pressure applications.

- **Shiatsu Namikoshi:** Prone position (Infraescapula, Lumbar and Iliaca Crest).
- **Autoshiatsu Face Region:** Techniques 1 to 6. Pressure classes.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

29 FEB

SEM 2

- **Shiatsu Namikoshi:** Prone position (Sacrum, Gluteus and Namikoshi Point).
- **Autoshiatsu Shoulder and back:** Techniques 1 to 4. Stages of pressure intensity.

- **Shiatsu Namikoshi:** Prone position (Posterior Femoral and Popliteal fossa).
- **Autoshiatsu Lower extremities:** Techniques 1 to 7. Five Rules for Good Health and Long Life.

- **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.

- **Shiatsu Namikoshi:** Prone position (Lateral and Medial Calcaneus Tuber).
- **Autoshiatsu Upper extremities:** Techniques 1 to 6.
- **Autoshiatsu Upper Extremities:** Techniques 7 to 11.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

1 MAR



Month
2

WEEKEND

SEM 3

- **Shiatsu Namikoshi:** Prone position (Plant).
- **Autoshiatsu Upper extremities:** Techniques 7 to 11.

- **Shiatsu Namikoshi:** Prone position (The right side).
- **Autoshiatsu Chest:** Techniques 1 to 3.

- **Shiatsu Namikoshi:** Back Settings.
- **Autoshiatsu Abdomen:** Techniques 1 to 3.

- **Shiatsu Namikoshi:** Full review of prone position. Doubts and questions.
- **Shiatsu Namikoshi:** Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

28 MAR

SEM 4

- **Shiatsu Namikoshi: FIRST TEST OF SHIATSU**

- **Doubts and questions** about the exam.
- **Shiatsu Namikoshi:** Supine position (Inguinal, Anterior Femoral and Medial Femoral).

- **Shiatsu Namikoshi:** Supine position (Lateral Femoral, Rotular and Lateral Sural).
- **Autoshiatsu:** Review Lower Limbs 1 to 7 + stretching.

- **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.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

29 MAR

Month
3

WEEKEND

SEM 5

- **Shiatsu Namikoshi:** Supine position (Axillary, Medial Brachial, Cubital fossa, Medial Antebrachial).
- **Autoshiatsu:** Review of Upper Limbs 1 to 6 + stretching.

- **Shiatsu Namikoshi:** Supine position (Deltopectoral, Lateral Brachial, Lateral Antebrachial).
- **Autoshiatsu:** Review Upper Limbs 7 to 11 + stretching.

- **Shiatsu Namikoshi:** Supine position (Dorsal of the Hand, Digital, Palmar, Arm Stretch).
- **Autoshiatsu:** Review shoulder and back + stretching.

- **Shiatsu Namikoshi:** Supine position (The right side).
- **The eight movements** of the spine.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

25 APR

SEM 6

- **Shiatsu Namikoshi:** Supine position (Skull Central Line, Parietal and Central Line).
- **Autoshiatsu:** Head and cervical review + stretching.

- **Shiatsu Namikoshi:** Supine position (Frontal, Nasal, Zygomatic, Orbital and Sien and Pressure on the Eyeballs).
- **Autoshiatsu:** Face review + stretching.

- **Shiatsu Namikoshi:** Supine position (Intercostal, Sternum and Pectoral).
- **Autoshiatsu:** Chest review + stretching.

- **Shiatsu Namikoshi:** Supine position (Abdomen).
- **Autoshiatsu:** Abdomen review + stretching.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

26 APR

SEM 7

- **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.
- **Shiatsu Namikoshi: SECOND TEST OF SHIATSU.**
- **Doubts and questions** about the exam.
- **Shiatsu Namikoshi:** Lateral decubitus (Anterior Cervical, Lateral and medulla oblongata).
- **Shiatsu Namikoshi:** Lateral decubitus (Posterior Cervical and Suprascapular).
- Basic notions about **Traditional Chinese Medicine** (KI, YINYANG).

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

30 MAY

SEM 8

- **Shiatsu Namikoshi:** Decúbito lateral (Interescapular e Infraescapular y Lumbar).
- **TCM:** Nociones básicas sobre meridianos de P-IG.
- **Shiatsu Namikoshi:** Lateral decubitus (paravertebral muscles).
- **TCM:** Notions about meridians of E-BP.
- **Shiatsu Namikoshi:** Lateral decubitus: the right side.
- **TCM:** Basic notions about meridians of C-ID.
- **Shiatsu Namikoshi:** Full review of lateral decubitus. Doubts and questions.
- **TCM:** Basic notions about meridians of V-R.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

31 MAY

SEM 9

- **Shiatsu Namikoshi on chair.**
- **TCM:** Basic notions about meridians of MC-TR.
- **Shiatsu Namikoshi:** Full session.
- **TCM:** Basic notions about meridians of VB-H.
- **TCM:** Basic notions about VG-VC meridians.
- **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.
- **Shiatsu Namikoshi: THIRD TEST OF SHIATSU**

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

27 JUN

SEM 10

- **Doubts and questions** about the exam.
- **Introduction** to Level 2.
What are we going to study this year?
What is **Aze Shiatsu**?
- **Aze Shiatsu on a stretcher.**
- **Aze Shiatsu on a stretcher.**
- **Aze Shiatsu on a stretcher.**

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

28 JUN

SEM 11

• **Location and pressure key points:** 16VG, 10V, 12-20VB.

• **Aze Shiatsu:** Prone position (Back I).
• **Shiatsu and physiological functions 1:** Pressure effect on the body, skin, muscles and circulatory system.

• **Location and pressure key points:** 11-13-14-15-43V, 21VB, 9-10-11ID.
• **Shiatsu and physiological functions 2:** Nervous, endocrine, digestive, skeletal and immune system.

• **Aze Shiatsu:** Prone position (Back II).
• **Location and pressure key points:** 18-19-20-21-22-23-25V-27V-28V, 25-30VB and Namikoshi Point.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

12 SEP

SEM 12

• **Aze Shiatsu:** Prone position (Lower extremities: Leg).
• **Location and pressure key points:** 36-37-40-55-57-60V-3R.

Aze Shiatsu: Prone position (Lower extremities: Plantar and Stretching).

• **Eight movements of the spine.**

• **Traditional Chinese Medicine:** Yuketsu and Boketsu.
• **Theory and practice with Shiatsu.** Viscerocutaneous reflexes.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

13 SEP

SEM 13

• **Aze Shiatsu:** FIRST TEST.

• **Aze Shiatsu:** Supine position (Lower extremity: from inguinal region to medial calcaneus).

• **Location and pressure key points:** 6-10BP, 8H, 3R.

• **Aze Shiatsu:** Supine position (Lower extremity: from lateral femoral region to the end).
• **Location and pressure key points:** 31-41VB, 36-41E, 3H.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

3 OCT

SEM 14

• **Aze Shiatsu:** Supine position (Head and face).
• **Location and pressure key points:** 1-14VB, 20 VG.

• **Aze Shiatsu:** Supine position (The neck).
• **Location and pressure key points:** 9E.

• **Aze Shiatsu:** Supine position (The thorax).
• **Location and pressure key points:** 27R, 1P, 17VC.

• **Aze Shiatsu:** Supine position (Upper extremity).
• **Location and pressure key points:** 1-7C, 5-9-10P, 7-8MC, 3ID, 3-4-5TR, 4-5-10-11-15IG.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

4 OCT

Month
8

WEEKEND

SEM 15

- **Aze Shiatsu:** Abdomen.
- **Location and pressure key points:** 3-4-5-12-14VC, 25E, 13-14H, 24VB.

- **Structural analysis of the body.**
- **Aspa treatment:** Theory, stretching, location of tension zones.

- **The reciprocating technique and the ankle rotation.**

- **Five points Notice.**

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

14 NOV

SEM 16

- **Aze Shiatsu: SECOND TEST.**

- **Kyo-Jitsu:** Theory, pressure form and four basic typologies.

- **The four symptomatic phases of the inter-scapular zone (43V).**

Doubts and Review.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

15 NOV

Month
9

WEEKEND

SEM 17

Stretching.

Stretching.

Stretching.

Stretching.

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

12 DEC

SEM 18

Sotai-Ho.

Sotai-Ho.

Sotai-Ho.

Review.

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

13 DEC



SEM 19

- **Aze Shiatsu: THIRD TEST.**
- **Holistic Shiatsu Treatment:** Seven basic techniques.
- **Full session of Aze Shiatsu.**
- **Field of application of Shiatsu.** Disorders in which Shiatsu should not be applied.
- **Pain healing process.**
- **Breathing of the joints.**

SATURDAY

10:00 to 14:00
AND
15:30 to 19:30

9 JAN 2021

SEM 20

- **Review.**
- **Organization time in a Shiatsu session.**
- **Materials, organization, insurance and doubts...** needed to start working as a Shiatsu therapist next year.
- **Patient care.**
- **Data Protection Act.**
- **Full Shiatsu session.**

SUNDAY

10:00 to 14:00
AND
15:30 to 19:30

10 JAN 2021

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

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



Sanitas Volunteer Practices



“Forest bath” excursion



*Graduation Dinner 2019