



Official program

Shiatsu Technician

PROFESSIONAL COURSE

10 MONTHS

START OCT 2025 | END JUL 2026

1984-2026 **42nd** 1984-2026
ANNIVERSARY

PROGRAM WITH OVER 40 YEARS OF EXPERIENCE

43rd
PROMO

The only programme in Europe accredited by the Japan Shiatsu College and Namikoshi Shiatsu Europe Association

Academic training adapted to the European Higher Education Area. (Bologna Process)



Shiatsu practical classes

Monday group Mornings

Monday
10:30h - 14:30h
Start 13/10/2025 - End 06/07/2026

Friday group afternoon

Fridays
16:30h - 20:30h
Start 17/10/2025 - End 10/07/2026

Master Onoda's Supervisions

Taught by Master Onoda. Attendance recommended but not mandatory.

Weekend group

1 Saturday & Sunday per month
10:00h - 14:00h & 15:30 - 19:30h
Start 25/10/2025 - End 12/07/2026

The minimum training to obtain the qualification endorsed by the Japan Shiatsu College of Tokyo Japan is **Level 1 and Level 2.**



2025-2026

OCTOBER							NOVEMBER							DECEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5					1	2		1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

JANUARY							FEBRUARY							MARCH						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4						1						1		
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	09	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
														30	31					

APRIL							MAY							JUNE						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

JULY						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Health Science classes * (online)

Online subject with a permanent online teacher, notes and explanatory videos. The exams will be on the virtual platform.

Online classes: Mondays 19:00h - 20:30h
Online exams: Tuesdays 10:00h - 23:00h

Health Science Classes I (Anatomy)

The teacher reviews the contents that the student has assimilated at home with the help of his online tutor.

PARTIAL 01 / 03

Class 01/03 → 17 Nov 2025
Exam 01/03 → 02 Dec 2025

PARTIAL 02 / 03

Class 02/03 → 12 Jan 2026
Exam 02/03 → 27 Jan 2026

PARTIAL 03 / 03

Class 03/03 → 02 Feb 2026
Exam 03/03 → 17 Feb 2026

Health Science Classes II (Physiology)

The teacher reviews the contents that the student has assimilated at home with the help of his online tutor.

PARTIAL 01 / 03

Class 01/03 → 09 Mar 2026
Exam 01/03 → 24 Mar 2026

PARTIAL 02 / 03

Class 02/03 → 20 Apr 2026
Exam 02/03 → 05 May 2026

PARTIAL 03 / 03

Class 03/03 → 08 Jun 2026
Exam 03/03 → 23 Jun 2026

* If you have previous health studies, you can apply for validation & the fee of the course will be reduced.





*Medical conferences (included)

Doctor Ángel Garrido graduated in our school in 1992, his current occupation is emergency hospital assistance in Madrid-Spain. (License no. 32942).

Currently he is also the coordinator of medical studies in our school. Through these conferences he will explain how western medicine is compatible with Oriental medicine.

An easy way to understand the human body view comparing the eastern and western mentality.

*Chikung (included)

Health begins with breathing. With this training, you will learn movements and coordinated breathing patterns to help you control the heart rate and to stabilize the body.

To take care of the health of others, it is important to start with yourself.

*Radiological diagnosis classes (included)

X-ray examination is a useful tool to observe the state of the internal structures of the patient. In case the patient brings X-rays, the therapist must understand them to apply the correct Shiatsu treatment.

The schedule of the 2 classes will be provided during the course.



* These classes are not compulsory but recommended for a better understanding of the subjects. The classes have a limited capacity, therefore, preference will be given to level 2 students. Prior reservation is required.

*Master-classes (included)

In these practical classes taught by Master Onoda you will study the most common pathologies that are treated daily at the Shiatsu clinic (office workers ailments, neck and back pain, common emotional imbalances caused by stress and anxiety ...).

The classes are the following **Wednesdays**:

Morning group: 10:00am - 12:00pm | Evening group: 6:00pm - 8:00pm

2026

• 25 February

• 18 March

• 15 April

• 20 May

Intensive modality 10 months

You can choose between the 3 following groups:

Monday group (morning), **Friday** group (evening) or **weekend**-group. If necessary, you can change to another group during the course.

Monday morning:

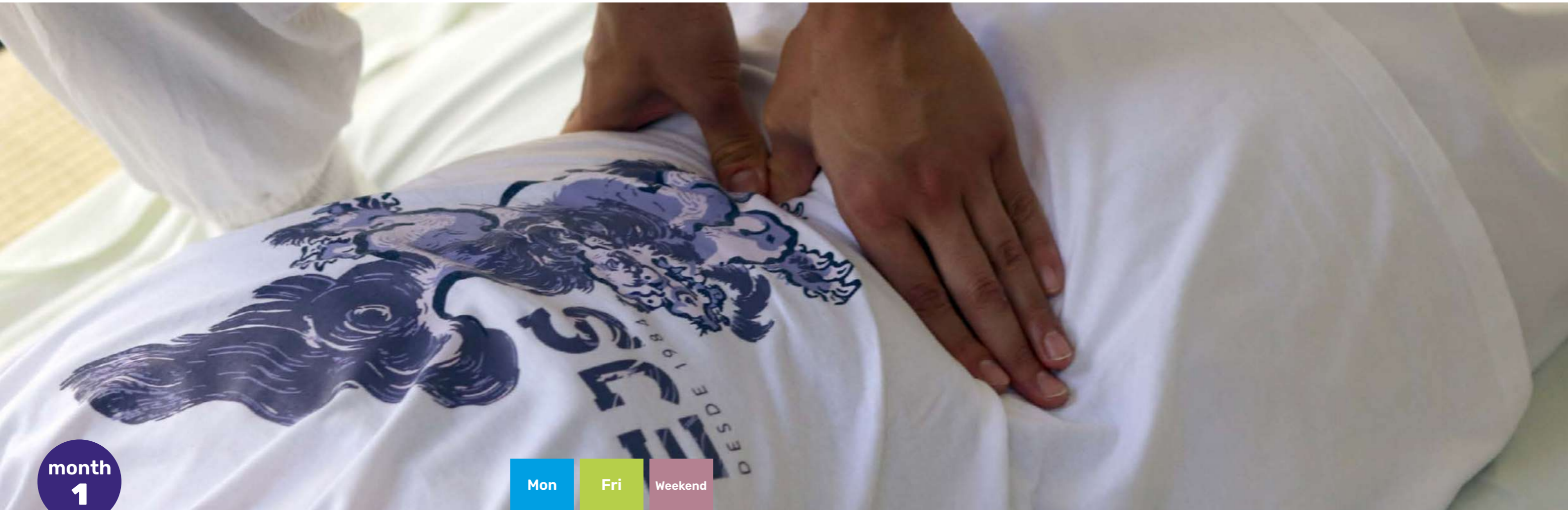
Mondays from 10:30h to 14:30h.

Friday Evening:

Friday from 16:30h to 20:30h.

Weekend group:

Saturday and Sunday from 10:00h to 14:00h and from 15:30h to 19:30h.



month 1

- WEEK 01**
- 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

- WEEK 02**
- Shiatsu Namikoshi: Decúbito prono (supraescapular e interescapular)
 - Autoshiatsu head region: Techniques 1 to 4 Types of pressure applications

- Shiatsu Namikoshi: Prone position (infraescapular, lumbar and iliaca crest)
- Autoshiatsu face region: Techniques 1 to 6 Pressure classes

	Mon	Fri	Weekend
WEEK 01	13 Oct (Monday)	17 Oct (Friday)	25 & 26 Oct (Sat / Sun)
WEEK 02	20 Oct (Monday)	24 Oct (Friday)	

- WEEK 03**
- 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

	Mon	Fri	Weekend
WEEK 03	27 Oct (Monday)	31 Oct (Friday)	25 & 26 Oct (Sat / Sun)



month 2

	Mon	Fri	Weekend
WEEK 04 <ul style="list-style-type: none"> Shiatsu Namikoshi: Prone position (plant) Shiatsu Namikoshi: Prone position (the right side) Autoshiatsu Chest: Techniques 1 to 3 	03 Nov (Monday)	07 Nov (Friday)	
<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. 			
WEEK 05 <ul style="list-style-type: none"> Shiatsu Namikoshi: Back Settings Autoshiatsu abdomen: Techniques 1 to 3 Shiatsu Namikoshi: Prone position (lateral and medial calcaneus tuber) 	10 Nov (Monday)	14 Nov (Friday)	
<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 			22 & 23 Nov (Sat / Sun)
WEEK 06 <ul style="list-style-type: none"> Shiatsu Namikoshi: FIRST TEST OF SHIATSU Doubts and questions about the exam Shiatsu Namikoshi: Supine position (inguinal, anterior femoral and medial femoral) Autoshiatsu upper extremities: Techniques 1 to 6 Autoshiatsu upper extremities: Techniques 7 to 11 	17 Nov (Monday)	21 Nov (Friday)	
<ul style="list-style-type: none"> Shiatsu Namikoshi: Supine position (lateral femoral, rotular and lateral sural) Autoshiatsu: Review lower limbs 1 to 7 + stretching 			
WEEK 07 <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 	24 Nov (Monday)	28 Nov (Friday)	



month 3

	Mon	Fri	Weekend
WEEK 08 <ul style="list-style-type: none"> Shiatsu Namikoshi: Supine position (axillary, medial brachial, cubital fossa and medial antebrachial) Autoshiatsu: Review of upper limbs 1 to 6 + stretching Shiatsu Namikoshi: Supine position (deltopectoral, lateral- brachial and lateral antebrachial) 	01 Dec (Monday)	05 Dec (Friday)	
<ul style="list-style-type: none"> Autoshiatsu: Review upper limbs 7 to 11 + stretching Shiatsu Namikoshi: Supine position (dorsal of the hand, digital, palmar and arm stretch) Autoshiatsu: Review shoulder and back + stretching 			
WEEK 9 <ul style="list-style-type: none"> Shiatsu Namikoshi: Supine position (the right side) The eight movements of the spine Shiatsu Namikoshi: Supine position (skull central line, parietal and central line) 	15 Dec (Monday)	12 Dec (Friday)	20 & 21 Dec (Sat / Sun)
<ul style="list-style-type: none"> 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. 			
WEEK 10 <ul style="list-style-type: none"> Shiatsu Namikoshi: Supine position (intercostal, sternum and pectoral). Autoshiatsu: Chest review + stretching. Shiatsu Namikoshi: Supine position (abdomen). Autoshiatsu: Abdomen review + stretching. 	22 Dec (Monday)	19 Dec (Friday)	
<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 			



month
4

Mon Fri Weekend

WEEK 11

- Doubts and questions about the exam
- **Shiatsu Namikoshi: SECOND TEST OF SHIATSU**
- Shiatsu Namikoshi: Lateral decubitus (anterior cervical, lateral and medulla oblongata)

- 09 Jan (Friday)

WEEK 12

- Shiatsu Namikoshi: Lateral decubitus (interscapular, infrascapular and lumbar)
- Traditional Chinese Medicine (KI, YINYANG)

12 Jan (Monday) 16 Jan (Friday) 24 & 25 Jan (Sat / Sun)

WEEK 13

- Shiatsu Namikoshi: Decúbito lateral (interescapular e infraescapular y lumbar)
- TCM: Meridians of de P-IG
- Shiatsu Namikoshi: Lateral decubitus (paravertebral muscles)
- TCM: Meridians of E-BP

19 Jan (Monday) 23 Jan (Friday)

WEEK 14

- Shiatsu Namikoshi: Lateral decubitus (the right side)
- TCM: Meridians of C-ID
- Shiatsu Namikoshi: Full review of lateral decubitus. Doubts and questions
- TCM: Meridians of V-R

26 Jan (Monday) 30 Jan (Friday)

- Monday morning: Mondays from 10:30h to 14:30h.
- Friday Evening: Friday from 16:30h to 20:30h.
- Weekend group: Saturday and Sunday from 10:00h to 14:00h and from 15:30h to 19:30h.



month
5

Mon Fri Weekend

WEEK 15

- Shiatsu Namikoshi on chair
- TCM: Meridians of MC-TR
- Shiatsu Namikoshi: Full session
- TCM: Meridians of VB-H
- TCM: Meridians of VG-VC

02 Feb (Monday) 06 Feb (Friday)

WEEK 16

- 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**

09 Feb (Monday) 13 Feb (Friday) 21 & 22 Feb (Sat / Sun)

inicio N2 WEEK 17

- Doubts and questions about the exam
- Introduction to Level 2
- What is Aze Shiatsu?
- Aze Shiatsu on a stretcher

16 Feb (Monday) 20 Feb (Friday)

WEEK 18

- Aze Shiatsu: Prone position (the neck)
- Location and pressure key points: 16VG, 10V, 12-20VB

23 Feb (Monday) 27 Feb (Friday)



month 6

	Mon	Fri	Weekend
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	Mon	Fri	Weekend
WEEK 19 <ul style="list-style-type: none"> Aze Shiatsu: Prone position (back I) Aze Shiatsu: Prone position (back I) Shiatsu and physiological functions 1: Pressure effect on the body, skin, muscles and circulatory system 	02 Mar (Monday)	06 Mar (Friday)	
WEEK 20 <ul style="list-style-type: none"> 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 	09 Mar (Monday)	13 Mar (Friday)	28 & 29 Mar (Sat / Sun)
WEEK 21 <ul style="list-style-type: none"> 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) Key point location and pressure settings: 1R 	16 Mar (Monday)	20 Mar (Friday)	
WEEK 22 <ul style="list-style-type: none"> Eight movements of the spine Traditional Chinese Medicine: Yuketsu and Boketsu Theory and practice of Shiatsu. Viscerocutaneous reflexes 	23 Mar (Monday)	27 Mar (Friday)	



month 7

	Mon	Fri	Weekend
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	Mon	Fri	Weekend
WEEK 23 <ul style="list-style-type: none"> Aze Shiatsu: FIRST TEST OF SHIATSU Aze Shiatsu: Supine position (lower extremity: from inguinal region to medial calcaneus) Location and pressure key points: 31-41VB, 36-41E, 3H Location and pressure key points: 6-10BP, 8H, 3R Location and pressure key points: 1-14VB, 20 VG 	30 Mar (Monday)	03 Apr (Friday)	
WEEK 24 <ul style="list-style-type: none"> Aze Shiatsu: Supine position (head and face) Aze Shiatsu: Supine position (lower extremity: from lateral femoral region to the end) Aze Shiatsu: Supine position (the neck). Location and pressure key points: 9E 	06 Apr (Monday)	10 Apr (Friday)	25 & 26 Apr (Sat / Sun)
WEEK 25 <ul style="list-style-type: none"> 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 	13 Apr (Monday)	17 Apr (Friday)	
WEEK 26 <ul style="list-style-type: none"> Aze Shiatsu: Supine (chest) Location and pressure of key points: 27R, 1P 17VC. Aze Shiatsu: Supine (upper extremity) Location and pressure of key points: 1-7C, 5-9-10P, 7-8MC, 3ID, 3-4-5TR, 4-5-10-11-15IG. 	20 Apr (Monday)	24 Apr (Wednesday)	



Internships in a real environment included (Social volunteering)

month 8

	Mon	Fri	Weekend
WEEK 27 <ul style="list-style-type: none"> 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 	27 Apr (Monday)	-	
WEEK 28 <ul style="list-style-type: none"> The reciprocating technique and the ankle rotation Kyo-Jitsu: Theory, pressure form and four basic typologies Five points Notice The four symptomatic phases of the inter-scapular zone (43V) 	04 May (Monday)	08 May (Friday)	
WEEK 29 <ul style="list-style-type: none"> Aze Shiatsu: Supine decubitus review Aze Shiatsu: SECOND TEST OF SHIATSU 	11 May (Monday)	15 May (Friday)	30 & 31 May (Sat / Sun)
WEEK 30 <ul style="list-style-type: none"> Stretching #1 Stretching #2 	18 May (Monday)	22 May (Friday)	
WEEK 31 <ul style="list-style-type: none"> Stretching #3 Sotai-Ho #1 	25 May (Monday)	29 May (Friday)	

- Monday morning: Mondays from 10:30h to 14:30h.
- Friday Evening: Friday from 16:30h to 20:30h.
- Weekend group: Saturday and Sunday from 10:00h to 14:00h and from 15:30h to 19:30h.

month 9

	Mon	Fri	Weekend
WEEK 32 <ul style="list-style-type: none"> Sotai-Ho #2 Sotai-Ho #3 	01 Jun (Monday)	05 Jun (Friday)	
WEEK 33 <ul style="list-style-type: none"> Holistic Shiatsu treatment: Seven basic techniques Field of application of Shiatsu. Disorders in which Shiatsu should not be applied 	08 Jun (Monday)	12 Jun (Friday)	27 & 28 Jun (Sat / Sun)
WEEK 34 <ul style="list-style-type: none"> Pain healing process Full session of Aze Shiatsu 	15 Jun (Monday)	19 Jun (Friday)	
WEEK 35 <ul style="list-style-type: none"> Full session of Aze Shiatsu Aze Shiatsu: THIRD TEST OF SHIATSU 	22 Jun (Monday)	26 Jun (Friday)	

month 10

	Mon	Fri	Weekend
WEEK 36 <ul style="list-style-type: none"> Full session of Aze Shiatsu Breathing of the joints Organization time in a Shiatsu session 	29 Jun (Monday)	03 Jul (Friday)	11 y 12 Jul (sáb y dom)
WEEK 37 <ul style="list-style-type: none"> Materials, organization, insurance and doubts... needed to start working as a Shiatsu therapist next year Patient care Data Protection Act 	06 Jul (Monday)	10 Jul (Friday)	



JAPAN SHIATSU COLLEGE

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学校法人 浪越学園 厚生労働大臣認定 日本指圧専門学校



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<TRADUCCIÓN JURADA Núm. 47-H21>

証明書

日西指圧学院代表者、小野田 茂 氏 は 日本指圧専門学校を

卒業し、スペイン において、浪越指圧を普及するための学校教育

を行う唯一、認知された人物であることを証明する。

2009年3月25日

日本指圧専門学校
校長 石塚 寛



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Centro de Enseñanza con personalidad Jurídica - Namikoshi Gakuen
Colegio Profesional de Shiatsu del Japon

CERTIFICADO

Certifico que el Representante de la Escuela Japonesa de Shiatsu, D. Shigeru ONODA se graduó en este centro, Colegio Profesional de Shiatsu del Japon, y es el único reconocido por este centro para la difusión educativa de Shiatsu de Namikoshi en España.

25 de marzo de 2009

Colegio Profesional de Shiatsu del Japon

Director: Hiroshi ISHIZUKA

(Hay sello del director del colegio)

"El espíritu del Shiatsu es el amor de la madre, la presión de los dedos abre la fuente de la vida."

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