

Welcome

養成

You have just opened the dossier that will guide you to begin
a new journey

that will make you the person you want to be.

A journey where we will help you to develop your potential,
at the end of the program you will achieve the only purpose of
Shiatsu: **people who treat people.**

The peculiarity of this therapy is that you only need
your hands as a professional tool.

Thanks to that simplicity, I have been teaching Shiatsu for more
than 35 years all over the world without the barrier of language
being an obstacle.

“Simple” requires skills,
knowledge and precision without relying on other tools.

I encourage you to start this journey that will transform your life
See you in class!

Master Onoda

**Founder of the Japanese School of Shiatsu,
direct disciple of the creator of Shiatsu; Tokujiro Namikoshi.
With Formative License of the JAPAN UNIVERSITY.**

the hands are **your future**

If you are interested in

- ▶ contributing to improve health, ▶ identifying,
- ▶ solving problems and independently develop a
successful professional career...



...this is your **School**

solid, practical and dynamic training

our teachers work as a professional Shiatsu therapists, providing added value to student training.

Qualification endorsed
by the JAPAN SHIATSU
COLLEGE

PERSONALIZED
monitoring, supervision
and evaluation.

UNIQUE
METHODOLOGY with
training procedures
similar to the Japan
Shiatsu College of Japan.

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AZE
SHIATSU
SINCE 1984
LONA - TOKIO - MADRID - GRANADA
LAGA - TENERIFE - VALENCIA - LISBOA

shiatsudo.com | Tlf. 913 457 124 | centro@shiatsudo.com

...and your
**professional
career,**

which will open up a full world
of opportunities. At the end of the
program you will can:

- ▶ **Open your own center**
- ▶ **Develop your profession in
therapy clinics**
- ▶ **Be a professional sport coach**
- ▶ **Collaborate with
rehabilitation, wellness and
aesthetic centers**
- ▶ **Access the Shiatsu Working
Program, the School's
employment program.**

At the **EJS** we receive a multitude of globally
offers, for the recommendation and hiring of
therapists graduated at our school.

turn
your passion
into a career.

Professionals increasingly in
demand today.

*The Shiatsu
Professional Course includes:

- Training in Radiological Diagnosis.
- Training in Emotional Intelligence Course
- Training in Chikung.

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

Study plan

Level 1

Japanese Shiatsu School Certificate

Domain of the Shiatsu
Namikoshi technique

Master the position,
intensity and type of
pressure in each area
of the body.

Basic knowledge of the
8 movements of the spine.

Knowledge of the
basic anatomy principles

Level 2

Shiatsu Technician

Complete domain of Shiatsu
on a stretcher technique

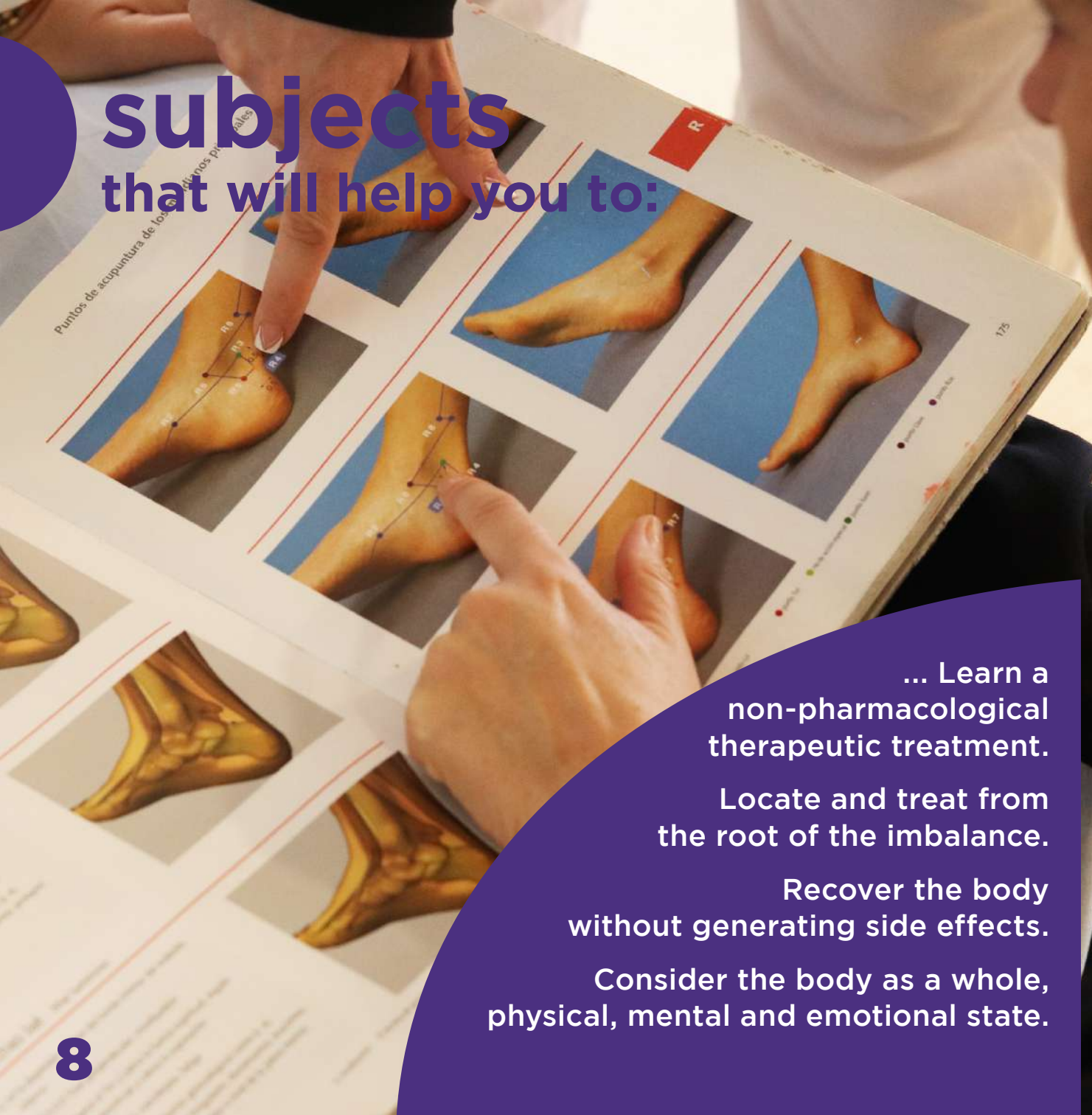
High knowledge of
physiology, anatomy,
nutrition, biology and
Traditional Chinese Medicine.

You will be able to perform a
wellness and rebalancing
treatment.

You will learn how to relate
and apply the theoretical
practice foundations

Trained to work as a Shiatsu
therapist.

subjects that will help you to:



- ... Learn a non-pharmacological therapeutic treatment.
- Locate and treat from the root of the imbalance.
- Recover the body without generating side effects.
- Consider the body as a whole, physical, mental and emotional state.

NIVEL 1

PRINCIPAL SUBJECTS	CREDITS (EES)
Health Sciences Terminology.	1
Human Anatomy I.	7
Physiology I	7
Biology	6
Biochemistry	6
Histology	2
Health Education	2
Nutrition and diet	3

PRINCIPAL SUBJECTS	CREDITS (EES)
Foundations, history and Shiatsu Namikoshi (techniques).	13
Chinese traditional medicine I	7
Palpatory Anatomy I	6

TOTAL CREDITS 60

NIVEL 2

PRINCIPAL SUBJECTS	CREDITS (EES)
Biostatistics and clinical research.	6
Human Anatomy II	8
Physiology II	8
Biophysics	6
Psychology	6

PRINCIPAL SUBJECTS	CREDITS (EES)
Foundations, history and Aze Shiatsu (techniques)	13
Traditional Chinese Medicine II	5
Palpatory Anatomy II	4
Stretching and Shiatsu	2
Sotai Ho. Body rebalancing	2

TOTAL CREDITS 60

preparation for the real environment

A high percentage of the population will suffer at least once in the life of:

- Low back pain
- Anxiety disorders
- Cervicalgia
- Emotional disorders
- Muscle injuries
- Consequences of sedentary lifestyle
- Work overload
- Anguish
- Insomnia



external practicing

Through comprehensive training at both a theoretical and practical level, starting at Level 2 the student will have the opportunity to carry out fully supervised external practicing that we offer to begin with adaptation for the future.

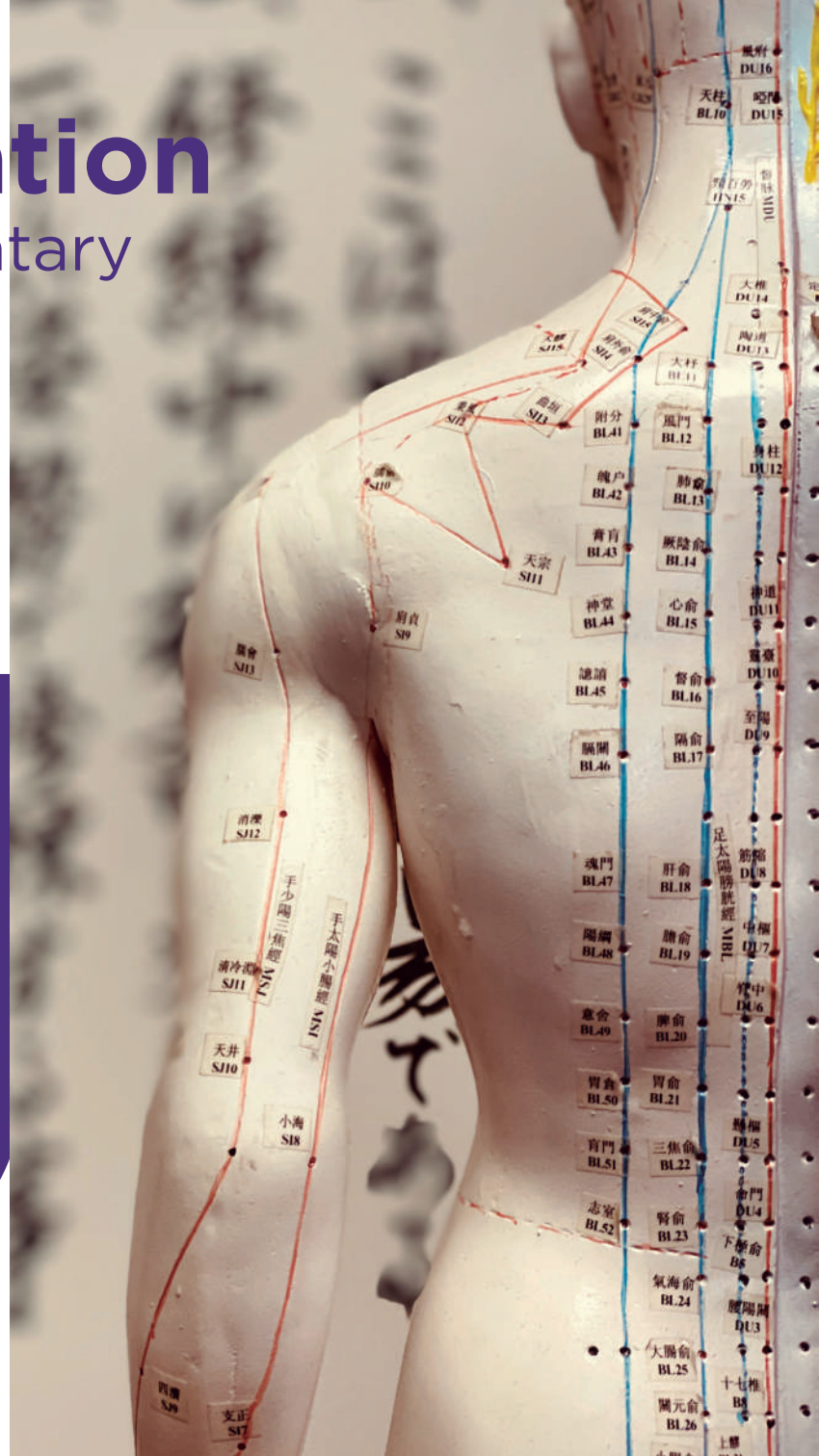


specialization and complementary training

During the course, your interest in certain specific subjects will grow.

To help you specialize in them, you can access the complementary courses that we offer with discounts and preferential access.

- Sotai Ho®
- Kogao Japan®
(Western Skin Japanese Facelift)
- Kyukaku.
Japanese Cup Technique.
- Sport recovery | injuries.
Shiatsu with Kinesio Taping
- Shiatsu for pregnancy |
postpartum | babies
- Shiatsu for mental and
emotional recovery.



social volunteering

These activities are supervised and carried out in the nursing homes of the Sanitas group, where in addition to providing social well-being, the student develops the necessary skills as a future therapist:

- Patience and empathy
- Ability to listen and to explain
yourself clearly
- Adaptation to the patient's condition
- Observation skills



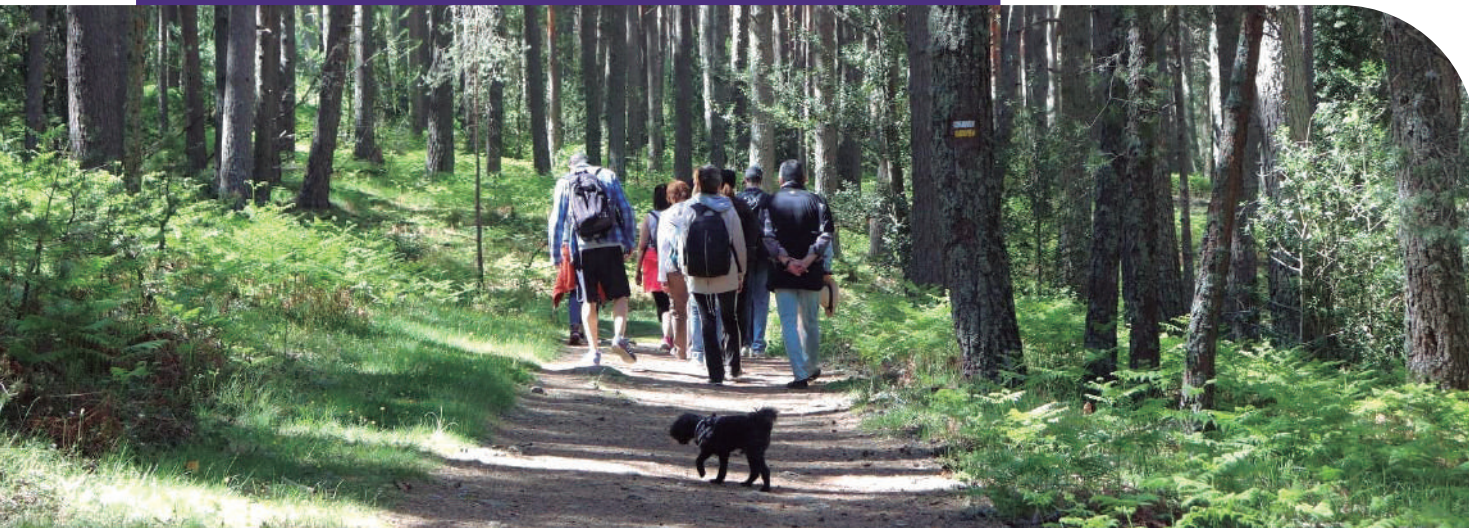
other activities

The future professional therapist must have a balanced emotional and physical state and for this...

During the program we make several nature excursions



An added value of this course is that at the end of your studies you can choose to complete your training at the prestigious Japan Shiatsu College, traveling to Japan with your colleagues.



fees

Flexibility and discounts

▶ **FULL COURSE**
Enrolment : €190 per level 1 & 2.

▶ Regular level fee : € **2,300 per level**

▶ **Save € 460** for unemployed, over 65 years old and under 25 years old.
Also available for health professionals and university graduates with studies related to health sciences who request validation (level 1 anatomy and level 2 physiology).

FULL COURSE Levels 1 and 2 in 10 months

- **BEST CHOICE. SAVE €460**
Full payment at the beginning of the course
10% total discount
Total : € 4,140
- **ON EACH LEVEL, SAVE €230**
5% discount per level
At the beginning of Level 1 : € 2,185
At the beginning of Level 2 : € 2,185
- **FLEXIBLE. Monthly**
€1000 initial + 12 monthly of € 300
Total : € 4,600

Included learning material:

- ▶ **Level 1:**
 - Book: Shiatsu Namikoshi Técnica Oficial Book. Available in Esp - Ing - Fra - Ita
 - E-Book: Autoshiatsu. Edit Aze Shiatsu.
 - E-Book: Shiatsu en Silla. Edit Aze Shiatsu.
 - DVD: Shiatsu en Silla. Edit Aze Shiatsu.
 - DVD: Shiatsu Namikoshi Técnica Oficial Japan Shiatsu College
 - Pictures and notes during the course.
- ▶ **Level 2:**
 - Book: Aze Shiatsu Tomo 1. Edit Aze Shiatsu
 - E-Book: Shiatsu en camilla. Edit Aze Shiatsu
 - DVD: Aze Shiatsu Part 1
 - DVD: Aze Shiatsu Part 2
 - Official Shiatsu Japanese School T-shirt (only standard format)
 - Pictures and notes during the course.
- ▶ In addition, this course includes:
(Assistance not compulsory but recommended)
 - Master classes taught by Master Onoda
 - Radiological Diagnosis classes
 - Medical conferences
 - Face-to-face theoretical tutoring in anatomy, physiology and pathology.
 - External practices
 - Practices at the Master Onoda's Clinic
 - Emotional Intelligence Course
 - Chikung Course
 - Permanent online tutor
 - Virtual campus. More than 60 tutorial videos.
 - Accident insurance

our students share their experiences

We share some of the experiences of the students who have completed our program.



 **Pablo Q.**
8ª Promoción

“La EJS Madrid es la escuela que me enseñó el Shiatsu y me dió esta profesión para son ya 25 años. Gracias!”

Escuela Japonesa de Shiatsu Sede América.
C/Principal, 19. La Paz de Chame. Panamá Oeste
www.shiatsupanama.com

 **Marie O.**
22ª Promoción

“Excelente escuela donde se aprende verdadero Shiatsu!”

 **Prem I.**
24ª Promoción

“Profundizar en el cuerpo ha sido maravilloso.”

Prem Isi Shiatsu | Rúa Ánimas 3.
36208 Vigo, Pontevedra - Spain.
shiatsupremisi.com

 **Diego M.**
26ª Promoción

“Muy recomendable. Me formé en Madrid para traerlo a Argentina. Muy contento”

 **Briony C.**
21ª Promoción

“Updated and easy to understand teaching methodology. I really enjoyed my Shiatsu classes. I totally recommend it.”

 **Dimitris T.**
24ª Promoción

“En la Escuela Japonesa de Shiatsu encontré un hogar y una familia.”

Center of Holistic Medicine Neijia | Thrakis 4,
Limassol, Cyprus. Tel.+(0035) 7963 73054

 **Katia G.**
International student

“Las clases en las que he participado en la Escuela Japonesa de Shiatsu con el maestro Onoda me han aportado un mayor conocimiento y profundización en la técnica y arte del Shiatsu.”

Sakura Centro Shiatsu. Tl. +(0041) 76 3809300 |6952
Canobbio, (TI) Suiza

 **Mauro S.**
23ª Promoción

“La mia esperienza nella scuola è stata ottima grande insegnamento, professionalità competenza e cortesia ottima scuola consigliata a chi vuole imparare Shiatsu.”

 **Zuleika R.**
21ª Promoción

“Es uno de los mejores centros de estudio por el que he pasado, donde se estudia cómo tratar a personas, no a una patología como algo separado de la persona. Ofrecer una visión global en el tratamiento del ser humano aportando información de calidad extraordinaria. Con buenas clases prácticas... con muy buenos profesores. Para mi ha sido muy buena experiencia y me ha aportado muchas alternativas.”

 **Vera C.**
12ª Promoción

“Sobre todo, el maestro me ha enseñado bo shin, observar al paciente detenidamente y setsu shin, sentir dónde hay que presionar y con qué intensidad. Aunque estoy lejos, a diario todavía oigo sus comentarios cuando estoy tratando los pacientes con shiatsu.”

Vera Medisch Shiatsu & Okido Yoga| Brongouw 135
1352. Almere - Netherlands.

Email: veracarbaat@gmail.com
Web: bezoekalmere.nl



 **Luis S.**
24ª Promoción

“He aprendido con los mejores. Gracias”

 **Adrián G.**
27ª Promoción

“Después de realizar el curso profesional en la Escuela Japonesa de Shiatsu, me gustaría destacar, la excelente formación que ofrecen en todos los niveles del shiatsu. Desde el momento inicial todo un equipo de profesionales dedicados al shiatsu estuvieron a mi disposición para ayudarme y guiarme en lo que pudiese necesitar. Adoran esta técnica y eso se nota a la hora de transmitirnos a sus alumnos, los conocimientos del auténtico Shiatsu japonés.”

Kenko Shiatsu Madrid.

 **Anne Firket**
International student

“A precise and professional education. Highly recommended!”
Centre Sportif d'Etterbeek | Rue des Champs 71. 1140 Bruxelles
Facebook: Anne Firket Shiatsu Bruxelles |
Instagram: Anne Firket Shiatsu

MAIN OFFICE

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CP 08201 Sabadell, Barcelona. España.

centro@shiatsudo.com

"Shiatsu that cannot heal the patient
is not shiatsu."

Master Shigeru Onoda