



International College
Of Martial Arts &
Natural Therapies

INTRODUCTION TO SHIATSU

WHAT IS SHIATSU?

Fundamentally, Shiatsu is quite simple. It relies on the proper application of carefully judged pressure on specific points on the surface of the human body, to eliminate fatigue and to stimulate the body's natural curative abilities.

- * Shiatsu relieves stress problems.
- * Back problems.
- * General well-being.
- * Headaches and migraines.
- * Sports injuries (new and old).

This is a **one day** introductory course, covering:

- * Basic Anatomy/Physiology, and how Shiatsu works
- * Shiatsu points to the head, neck, shoulders and back,
- * Basic Self Treatment/Massage

It is highly recommended that all students complete this course as it is a requirement for 8th Kyu grade.

This course is open to all members, families and friends (10 years and above)

When: Sunday 9th September 2018

Time: 10.00 – 4.00pm

Where: 190 Roberts Road, Airport West, Victoria 3042

Cost: Adults \$175.00 Children \$150.00 Under 14 years

Early bird specials apply:

Bookings are essential, and all payments are to be made in advanced.

<https://warriorsandhealers.weteachme.com/classes/1027387-shiatsu-the-japanese-healing-arts-introduction>

For further enquires call the college on (03) 9336 7222

Date: ___/___/___ Name: _____ \$ _____

Phone: _____ Email: _____

Address: _____

P/Code: _____