



Northern School of Shiatsu

Promoting Health and Wellbeing



Foundation Course

Shiatsu is a Japanese therapy, based on the principle that vital energy flows throughout the body in a series of channels called meridians. Shiatsu practitioners use thumb and palm pressure, stretching and other techniques to restore the balance of this energy. Shiatsu is great for the health, wellbeing, and vitality of the practitioner as well as for the people who receive it!

This course is full of practical learning that will give you new skills to practice on family and friends. Therapists who already hold a qualification in other treatment modalities may also find this course to be a valuable addition to their continuing professional development.

In this course you will learn

- **Core skills for giving shiatsu**
- **Treatment routines for clients in prone, supine, side and sitting positions**
- **The basic skills of observation and diagnosis using the principles of Traditional Eastern Medicine**
- **Self-care exercises**
- **Relevant theory to support your practice**

Fee: £300 (places are limited, so please book early!)

Duration: Six days over three weekends starting 10th Jan 2026

Venue: 4GoodHealth, Cherrytree Offices, Union Road, Sheffield. S11 9EF. There is a map on the school website.

For further information including dates please see the Foundation Course Curriculum.

The course will run subject to numbers. Refreshments are provided during the day but please make your own arrangements for lunch.

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For further information or to book a place, please contact Carol Dean

Tel: 0191 236 8250 Mobile: 07891 591 108

Email: carol.dean244@btinternet.com

www.northernschoolofshiatsu.uk

Foundation Course Curriculum

(Six days over three weekends. May be completed as a self-contained course or as the first part of the one-year Holistic Acupressure Certificate)

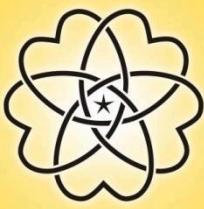
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| Foundation Course Weekend 1 Date: 10 th \11 th Jan 2026 Teacher: Carol Assistant: tbc | <p>Practical Skills: Core skills (thumbing, palming stretching etc) Shiatsu treatment in prone position (the back) Treatment of neck and shoulders in sitting position Facial shiatsu Self-care and preparation - Do-in exercises</p> <p>Theory: About the Shiatsu Society, Ethics and code of conduct, Contra-indications to treatment Introduction to skeletal system Anatomical terms (positions, planes, and sections etc)</p> |
| Foundation Course Weekend 2 Date: 31 st Jan\1 st Feb 2026 Teacher: Michelle Assistant: tbc | <p>Practical Skills: Recap on weekend 1 Shiatsu treatment in supine position (the front) Introduction to Yin and Yang Self-care and preparation - Makkho-ho stretches</p> <p>Theory: Introducing the main muscles and muscle groups</p> |
| Foundation Course Weekend 3 Date: 28 th Feb\1 st Mar 2026 Teacher: Carol Assistant: tbc | <p>Practical Skills: Recap on weekend 2 Shiatsu treatment in side position Shiatsu treatment for clients sitting in a chair Self-care- 8 Strands of the Brocade</p> <p>Theory: Introduction to different types of joints Introduction to five element theory Information on the one-year Holistic Acupressure Certificate Course evaluation</p> |

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The cost of the course is £300. The course consists of three weekends which can be completed as a self-contained course or as the first part of the one-year Holistic Acupressure Certificate. A deposit is not necessary, and the course fees can be paid in monthly instalments if preferred. To reserve a place please complete and return this form to the above address no later than **5th January 2026**. This confirms your commitment to attending the course and paying the necessary fees. Places are limited so early application is advisable to avoid disappointment.

Foundation Course - Application Form

Please reserve a place for me on the Foundation Course starting January 2026.
I agree to pay the full cost of the course fees.

Name:

Address:

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Postcode.....

Telephone: Mobile:

E-mail:

Signature..... Date.....

Do you have any medical or learning needs which you feel you may need support with on the course, e.g., dyslexia? English as a second language? Mobility concerns?

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