



Shiatsu

22nd May – 24th Jul 2025

10 weeks

Thursdays @ 9am – 12pm



Shiatsu is an ancient Asian massage technique based on traditional Eastern philosophy and medicine. The meaning of Shiatsu is *finger-pressure*. Pressure is applied through clothing to 'tsubos', or acupressure points, to clear any blocked channels, and thereby stimulate energy flow throughout the body.

The focus in this unit is on learning a Shiatsu sequence, and the fundamentals of correct pressure. Theory covers the history of East Asian Medicine and the basics of Zen Shiatsu. Meridian stretching exercises to regulate the flow of Ki (energy) and blood in the body are also shown.

This course is delivered by fully qualified Shiatsu Practitioners. There are no pre-requisites for this course. The program consists of a mixture of theory and practical activities and students will perform and receive a Shiatsu massage every session. By the end of this course students will have a sound understanding of the basic principles of Shiatsu massage, and will be capable of delivering a basic Shiatsu massage treatment.

On successful completion of this course students will receive a Certificate of Attendance.

AAMT members please note that this level of training does not allow participants to add this skill to a CV, business card or letterhead or to be included in the list of qualifications within the AAMT's membership details

** With this course you can earn 20 points towards your CPE.*

Enrolment Form – Shiatsu Level 1 - \$600

- Instructions:
1. complete sections A & B of the enrolment form
 2. Sign the fee policy
 3. Send your completed enrolment form to the address below
- NOTE:** You must pay the full enrolment fee to confirm your place in the course

Section A: Personal Details

Family Name:	Given Names:		
Address:		City/Suburb:	
State:	Postcode:	Date of Birth:	/ /
Mobile/Phone:		Email:	

Section B: Payment method

I enclose the following amount as confirmation of my enrolment (please tick):

- | | |
|--|--|
| <input type="checkbox"/> Cash / EFTPOS | <input type="checkbox"/> Cheque / Money Order (payable to Massage Schools of Queensland) |
| <input type="checkbox"/> Credit Card: VISA / MasterCard / AMEX (please circle) | <input type="checkbox"/> Online Transfer |

*A 1.5% charge (3% for AMEX) will be applied if paying by credit card

Name on card: _____	CCB: _____ (3 digits located on the back of the card)
Card Number: _____	Expiry Date: _____
Signature: _____	

Fee Policy:

All course fees are non-refundable. We reserve the right to cancel a course, in which case a full refund will be issued. I have read and understood the Fee Policy and accept it as part of my enrolment.

Signature: _____ Date: _____