

The quiet power to heal



Shiatsu

www.shiatsudutch.com



Information on HBO
level study, courses,
and seminars



SHIATSU: TRADITIONAL MEDICINE

- origin and development of a Japanese therapy -

From the earliest approach to treatments and health - ca. 6000 years ago - to the current form, Shiatsu has been developed through understanding, wisdom, skills and practical application in Japan.

So how does this apply to the Western world in the 21st century?

ALAN NASH has more than 30 years of experience from both Indian and Japanese teachings and explains why this classical approach has so much more to offer than the symptomatic manner of treating health and disease, gathered from textbooks.

Introduction by Dries Langeveld - chief editor BRES



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The first year

During the first year the foundation is set for becoming a professional Shiatsu therapist. The student is familiarised with all the basic techniques and principles of Shiatsu and Do-In.

Do-In

- Breathing techniques;
- Stretching of the 12 meridians and the theory it is based on;
- Partner exercises for personal awareness of the body and stretching of the meridians accompanied by the appropriate diagnoses and examples of imbalance in the meridian system;
- Understanding of the relationship between Eastern and Western interpretations of both physiological and psychological symptoms;
- Exercises preparing the body for the various stances needed to properly treat a *client*;
- Development of *Ki* (Japanese for *life force* or *vitality*) with the help of concentration, meditation and movement meditation exercises with explanation of the most important factors and exercises important for future therapist.

Shiatsu

- Use of basic techniques and *kata's* (literally: *behaviour*);
- Proper use of fingers, thumbs, hands, elbow, knees, and feet;
- Proper posture when applying Shiatsu, *client* in following positions
 - Belly position
 - Back position
 - Sitting position
 - Side position
- Application of Shiatsu regarding time of day, seasons, and the five elements;
- Understanding and experiencing/feeling Kyo (emptiness) and Jitsu (full/congested) with the hands;
- Familiarisation with the 4 SHINS:
 1. Bo-shin observation
 2. Bun-shin listening
 3. Mon-shin conversation and analysis
 4. Setsu-shin touch and sensing
- Understanding of Yin and Yang as the basic principles of the Eastern medicine and application in terms of Shiatsu and Do-In;
- Understanding *Hara* (Japanese for *belly* and *personality, character, and constitution*).



Overview weekend schedule Level 1

1st weekend

Disciplined kata's (position and application) for the backside of the body, *client* lying in belly position.

2nd weekend

Disciplined kata's (position and application) for the front side and backside of the body, *client* lying in respectively back position and belly position.

3rd weekend

Disciplined kata's (position and application) for the front side of the body, *client* lying in back position.

4th weekend

Disciplined kata's (position and application) for the front side of the body, *client* lying in back position.

5th weekend

Disciplined kata's (position and application) with *client* in sitting position.

6th weekend

Disciplined kata's (position and application) with *client* lying in side position.

Kata's are a series of movements with which the pressure and grasp in the proper position and order are applied. This forms the basis of Shiatsu and is executed according to the natural requirements of the body and mind as is being prescribed by Master Masunaga (sensei) and his teachings.

Practice

Every Monday evening the NSKS opens its doors to its students to practice. Students from all levels gather to exchange knowledge and experience. These sessions are surveyed by an experienced student.

The hours spent are registered by the school for each student as practical treatment hours (see next heading for more explanation).

Practical treatment hour

It is expected of each student to gather 300 or more practical experience hours during the four years of the Shiatsu study. During these hours the students work with actual *clients* and write a report one every treatment. The standard NSKS forms to be used are handed out during the first weekend.

The second year



The second year focusses on the meridian system. The twelve meridians are studied in accordance with the system proposed by Master Masunaga. The student learns about the basics of the different characters of the meridians and their respective organs, and the channels themselves. Mapping the meridian system is accompanied by localising the accompanying *tsubo*'s (energy points). *Tsubo*'s are briefly discussed, though this phase is more concerned with sensing and experiencing the meridians and not yet on the specificities of the *tsubo*'s. The *tsubo*'s are merely for the student to use as points of reference when learning more about the positions of the meridians themselves.

Practical part

The basic techniques of Shiatsu and Do-In taught in the first year are developed further. Emphasis is on the development of the sensitivity of the student and deepening the understanding of *Ki* and *Hara*.

- Anatomical positioning of the 12 main meridians;
- Locating the meridians and certain specific *tsubo*'s;
- Connection between both treating hands and sensing of *Ki*;
- Concentration and release exercises.

Theoretical part

- The character of the meridians and their energetic, physical, and psychological aspects;
- Introduction to the principles of the five transformations;
- Introduction to the role of food according to the principals of Yin and Yang and the five transformations;
- Introduction to the specific Bo-points, Yu-points, source-points, Sei-points, and Element-points;
- Deepening diagnostic methodology incorporating the five elements.



Both Bo-shin (visual practices by observing the subtle differences of skin colour) and Setsu-shin (sensing practices using thumbs, fingers, and hands) are applied. These practices lead to a deeper understanding of the content of the classical scriptures. Various concentration techniques are taught to increase inner silence with the goal to enhance sensing abilities and observation.

Overview weekend schedule Level 2

1st weekend - Metal element

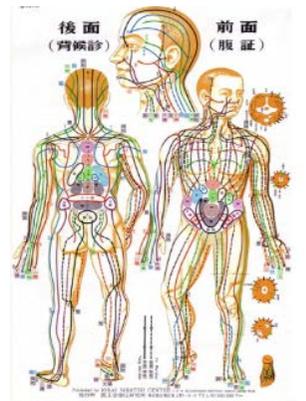
Meridians Lung & Large Intestine. Psychological and emotional content of the Metal element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with imbalance in the Metal element.

2nd weekend - Earth element

Meridians Stomach & Spleen/Pancreas. Psychological and emotional content of the Earth element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with an imbalance in the Earth element.

3rd weekend - Imperial Fire element

Meridians Small Intestine & Heart. Psychological and emotional content of the Fire element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with an imbalance in the Fire element.



4th weekend - Ministerial Fire element

Meridians Triple Warmer & Heart protector (Pericard). Psychological and emotional content of the Fire element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with an imbalance in the Fire element.

5th weekend - Water element

Meridians Bladder & Kidney. Psychological and emotional content of the Water element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with an imbalance in the Water element.

6th weekend - Wood element

Meridians Gallbladder & Liver. Psychological and emotional content of the Wood element in relation to a surplus or shortage of Yin and Yang (Ki).
Symptoms and behaviour of a person with an imbalance in the Wood element.



The third year

The focus of the third year is on diagnosis through Setsu-shin through Hara diagnosis plus the validation by diagnosis of the back. The student is taught how to use hands and fingers to check the status of the organs and the overall status of the *client* on all four levels and how to treat the meridians accordingly. These four levels of the body being: Yin/Yang, Kyo/Jitsu, cold/hot, and Hyo/Ri (depth/surface of the body).

Practical part

- Introduction to Setsu-shin using Hara diagnosis;
- Hara diagnosis with validation through Setsu-shin on specific areas on the back;
- Hara- and back diagnosis in relation to the organic and psychological aspects of the 5 elements;
- Connection between Yu-points and Bo-points;
- Eastern manipulation techniques;
- Treatment principles like tonifying and sedating;
- Deepening the understanding and integration of the four shins in theory and practice for a proper interpretation of the Hara.

Bo-shin

The art of receiving visual observation (e.g. facial expression) to come to a proper interpretation of the Hara.

Bun-shin

The art of receiving auditory observation (e.g. vocal expression) to come to a proper interpretation of the Hara.

Mon-shin

The art of observation of the subtle presence of certain attributes in conversation to come to a proper interpretation of the Hara.

Setsu-shin

The art, receiving, and execution of subtle touch. Two hands (polarised - Kyo/Jitsu) Shiatsu. Hara diagnosis with validation through diagnosis of the back. Recognition of physiological phenomena with regards to the 8 aspects: Yin/Yang, Kyo/Jitsu, cold/hot, Hyo/Ri.

Theoretical part

- Deepening understanding of the five elements regarding diagnosis;
- Study of the eight principles of Yin/Yang, Kyo/Jitsu, cold/hot, Hyo/Ri;
- Study of the face- and tongue diagnosis;
- Study of the aspects Kyo/Jitsu in relation to the meridians and their symptoms.

Overview weekendschedule Level 3

1st weekend

Introduction of the Hara (belly/personality)diagnosis, applying Setsu-shin (art of touch).

2nd weekend

Hara diagnosis with confirmation by back diagnosis in specific areas.

3rd weekend

Hara and back diagnosis in relation to organic and psychological aspects of the five elements. Connection with Yu- (accumulation points) and Bo- (collection points) points.

4th weekend

Deepening understanding of the application of the five elements to diagnosis in relation to the eight branches of Yin/Yang, Kyo/Jitsu, Hyo/Ri, cold/hot.

5th weekend

Eastern manipulation techniques.

6th weekend

Deepening understanding of Eastern manipulation techniques.

Furthermore, an exam is taken this weekend. Each student brings their own *guest-clients*. During the exam every student is assigned one of these *clients* and applies a Hara diagnosis and treatment. This is documented on paper as well.

The examination is done by the teacher. The opinion and the overall feeling of the *clients* are taken into account with the examination.

Yang face



Yin face



The fourth year



The fourth and final year is taught by the Japanese Sensei Kawada. This year is all about the eight Curious Vessels and the exceptional workings of these meridians. During this final year all the techniques shared in the first three years come together to form a coherent whole. The student is expected to be able to work with and manipulate Ki.

This course has a maximum of 20 participants.

This final year is also accessible for students and/or therapists not previously associated with NSKS.

Kawada Sensei

Kawada Sensei was taught Shiatsu by his father from an early age and is certified by the Nippon Shiatsu School (official Shiatsu School of Japan) and is the founder of Yoseido Shiatsu Europe. The NSKS is pleased and proud to have him share his practical knowledge with us.

Overview schedule Level 4

The fourth year is divided into three parts.

1st part - 6 days (Tuesday to Sunday)

Study of the Governing Vessel & Conception Vessel.
Study of the Yang Ankle Vessel & Yin Ankle Vessel.
Study of the Belt Vessel and Throughgoing Vessel.



2nd part - 3 days

Study of the Yang Linking Vessel & Yin Linking Vessel.
Introduction to and further explanation of the hexagrams of the I-Ching.
Introduction to the Magic Square.

3rd part - 3 days

Explanation of the Magic Square, and the workings and treatment of the gate points, Yu-points, combination points of the eight opening points.

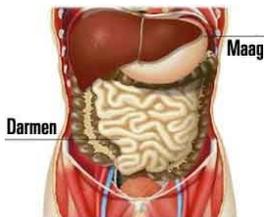
The Oriental diagnosis and accompanying treatment of the 8 Curious Meridians is developed further as a tool, in order to deepen the understanding of the deep rooted connectedness of the 8 Curious Meridians and the 12 *standard* meridians.

HBO study Basic Medical Degree (according Plato requirements)

It is recommended to join professional association for Shiatsu therapists as a licensed HBO A-therapist. You are eligible when you've finished the four year NSKS Shiatsu, supplemented by a 'Medische Basis Kennis (MBK)' (Basic Medical Degree) diploma. This course can be taken at various (external) educational institutions. When applying for such a course please make sure that it meets the Plato and CPION requirements.

The rules and regulation within the healthcare sector change on a regular basis. The NSKS advises all students to inquire at various associations which institutions offering the MBK at HBO-level are accepted as sufficient. Each individual association handles the requirements in its own way.

Being registered at an association enables your future *clients* to reclaim the costs incurred during treatment with their health insurance company.



Do note that the *client* does need the additional insurance packages that include alternative medicine to be covered, including Shiatsu.

Each year these packages are revised by the health insurance companies. It is advised to stay as informed as possible with the most current information in order to be able to inform your *clients* where needed. The associations often keep their members properly informed as well.



Do-In courses, seminars and (teacher) training

(also for companies incl. diagnosis, recommendations and practical exercises)

The teachings of classical Shiatsu include the practices of Do-In-Ankyo.



Anushka Hofman, teacher of Level 1, trains and qualifies Do-In (teachers). This training is accredited by Zhong.

On Mondays and Wednesdays Do-In courses can be attended.

The teacher training starts every year in springtime. The training is given on Saturdays and take up a full day.

In total there are 8 days of training, one day each month.

For more information and to sign up you can contact Anushka directly:

Anushka Hofman

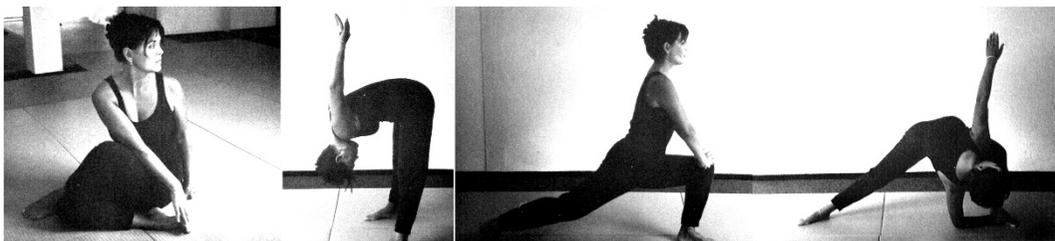
070-347 01 88

E-mail

Anushka@xs4all.nl

Website

www.do-in.nl of www.shiatsudutch.com





Seminars

Meridian seminar

This seminar is complementary to the meridian teachings and broadens and deepens the existing knowledge on this subject. The theme of this seminar is the interdependence of the meridians and the operating of this system in practice. The focus is on both the practical as the theoretical approach to the meridians.

Cooking seminar according to Kyoko Onishi

Once a year the NSKS devotes an entire day to nutrition.

The seminar 'The Art of Japanese Medicinal Cooking' according to the teachings of Kyoko Onishi is organised and presented, as commissioned by Kyoko, by Anushka Hofman. On this day a discourse is given on the most important principles of the microbiotics in relation to the five elements and Yin/Yang principles. Common ailments and accompanying nutritional recommendations are discussed. Anushka and her team will prepare a macrobiotic meal on sight while sharing the information on its preparation.

At the end of the day everybody shares in this delicious meal.

Programme

10.00 - 11.30	Discourse
11.30 - 12.00	Coffee/tea break
12.00 - 13.30	Discourse
13.30 - 14.30	Lunchbreak (lunch not included)
14.30 - 17.00	Cooking demonstration

Maximum participants: 30

Eastern Diagnosis seminars

Throughout the year several diagnosis evenings and weekends are organised at the school. Students of NSKS are asked to bring their own *clients* with agreement of the secretariat. Alan Nash demonstrates how to approach diagnosis and treating the *client*. Students present gain practical experience and are further initiated in the actual application of the 4 shins, the 5-elements teachings, Hara and back diagnosis. For NSKS students it is essential and mandatory to be present at 5 diagnosis evenings, or one diagnosis weekend each year.



Moxa Seminar

Twice a year the practical and theoretical knowledge on how to use Moxa, the burning Yang herb or mugwort, are shared during the Moxa seminars.

This seminar is mandatory for the students.

Teachers: Alan Nash and Anushka Hofman

Residential Seminar in Lunteren

This Shiatsu seminar takes place once every two years in the first half of the month July. The estate "De Leperkoen" in Lunteren on the Dutch Veluwe is rented out for 1 week to host this special seminar.

Price: € 745,-

Remark

Timely application is advised.

There is a maximum of 20 participants.

More information is available through the secretariat.





(Preliminary) Exams

The (preliminary) exams take place at the end of each of the three first years of the Shiatsu study. The (preliminary) exams are split up into two parts, one practical and one theoretical part. The student can take part in the (preliminary) exam only if they were present at all six weekend classes.

In the third year the final weekend includes a practice (preliminary) exam. Each student is asked to bring a *guestclient* for both the practice as for the actual (preliminary) exam.

The final (preliminary) exam can be taken at the end of the fourth year. The student can take part in this (preliminary) exam only if they were present at all classes and has passed both the practical as theoretical part of all the previous (preliminary) exams.

Retaking (preliminary) exams

There is always an option to retake a (preliminary) exam during the next period if needed.

Degree

The student will receive their Shiatsu therapist degree when all mandatory modules are completed successfully and the final (preliminary) exam has been passed. A certificate is given to the student when all mandatory NSKS modules are completed. As soon as the student has supplemented this with the certificate of the Medische Basis Kennis (Basic Medical Degree (MBK) the official Shiatsu therapist degree will be handed over by the NSKS.

Open day

Open day takes place twice a year, in spring and autumn. On the website you can find more information on dates. Everyone is invited to take part in a Do-In and Shiatsu lesson and to experience a Shiatsu treatment, all free of charge. This day provides ample opportunity to talk with the teachers and students while enjoying a nice cup of hot coffee or tea.



More information: www.shiatsu.nl or www.shiatsudutch.com.

Teachers



Anushka Hofman
Certified Shiatsu therapist,
Teacher year 1 and seminars



Manon Smits-Acket
Certified Shiatsu therapist and
teacher year 2



Dong Zhang
Certified Shiatsu therapist and
teacher year 2



Alan Nash
Founder and Principal of NSKS
Teacher year 3 and seminars



Y. Kawada Sensei
Japanese certified and
teacher of year 4



Kyoko Onishi
Guestlecturer medicinal nutrition
seminar



Location NSKS

You can visit the NSKS by taking the bus 23 and tram 2, 3, and 6.
Get off at the stop Laan van Nieuw Oost Indië or Stuyvesantplein.



Nederlandse School voor
Klassieke Shiatsu

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Life is growth. If we stop to grow, in technical and spiritual sense, we are as good as deceased. Shiatsu as art of life is the celebration of the connectedness of heaven, earth, and mankind.

It contains all that is true, good, and beauty.



Nederlandse School voor Klassieke Shiatsu

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The Four aspects of Oriental diagnosis

望診

Bo-shin
the path of
observation

聞診

Bun-shin
the path of
listening

問診

Mon-shin
the path of
communication

切診

Setsu-shin
the path of
touch