

## STUDENT FEEDBACK

This is what former students are saying about the Shiatsu Master Course:

“A natural continuation from the Diploma Course. I couldn't even think about NOT doing it.”

*Simo Martin, Helsinki*

*Musician and acupuncturist*

“Goes a lot deeper than the Diploma. You get a lot of new tools to use”

*Antti Tassberg, Helsinki*

*IT manager and karate black belt*

“This course has changed my whole life: I can't find the words to express how much.”

*Maria Lehtonen, Rihimäki*

*Professional boxer*

## INFORMATION

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cranio-sacral work, Granholmen summer camp, June 2009

## COURSE DATES

The programme for 2010-2011 is:

**HELSINKI WEEKENDS** Sat. 10-17, Sun 10-17  
Hoiva Shanti, Runeberginkatu 43, 00100 Helsinki  
**2010**

18-19.9, 16-17.10, 13-14.11 and 11-12.12

**2011**

15-16.1, 19-20.2, 19-20.3 and 16-17.4

**RESIDENTIAL COURSE** (about 30 study hours)  
Granholmen island, Taalintehdas  
9-12.6.2011

## REGISTRATION

If you would like to register for this programme, please pay the fee for the first weekend (110 €) **before** 1.7.2010 to: **John Lewis NORDEA 114535-35124** and mark the payment : “**MASTER 10-11**”

Fees for the **HELSINKI WEEKENDS** are 110 € per weekend, inclusive of all material in English or Finnish

Fees for the **RESIDENTIAL COURSE** = 220 €

**TOTAL STUDY FEES FOR THE YEAR = 1,100 €**

**Please note:** there is an additional fee of 80 € to cover 3 macrobiotic meals a day and accommodation during the four days of the summer camp.

A few places are available at an almost **30% discount** for prepayment of all study fees for the year. These discount places are given strictly on a “first come, first served” basis.

# SUOMEN SHIATSUKOULU



**shiatsu master course**  
**2010-2011**

## MASTERING THE ART OF HEALING

Continuing on from the Diploma Course, this 2-year study programme covers a wide range of subjects, with the aim of helping you to master the art of healing.

Healing is not just about techniques, but is really the ability to project your healing chi into the patient.

With the wide range of skills, insights and information you will receive from this programme, your ability to help sick and unhappy people will be dramatically improved.

### THE PROGRAMME

The Shiatsu Master Course comprises 2 years of study, with 8 weekends per year at our school in Helsinki from September to April, plus a 4-day residential programme on Gränholmen island in the archipelago during June of both the first and second years.

The Master Course programme will be translated simultaneously into Finnish for the first time in September 2010.

The total study time during the 2-year period is about 260 hours. The curriculum for the course is as follows:

### HEALTH PROBLEMS

Cancer  
STD  
Multiple Sclerosis  
Eating Disorders  
Menstrual problems  
Allergies  
Candidiasis  
Seasonal affective disorder  
Blood pressure problems  
Endometriosis  
Heavy metal toxicity  
Menopause problems  
Sexual vitality probs.

### BODY SYSTEMS

The Glandular system  
The Immune system  
The Nervous system  
The Digestive system  
The Respiratory system  
The Circulatory system

### EMPOWERMENT PRACTICES

The Inner Smile  
The Microcosmic Orbit  
Bone Marrow Washing  
The Heart Sutra  
The Diamond Sutra  
Chanting and Mudra  
Awaken life direction  
Kahuna practices

### DIAGNOSIS

Applied Kinesiology  
Pendulum diagnosis  
Nail diagnosis  
Tongue diagnosis  
Pulse diagnosis  
Hatsu-So  
Organ Scanning  
Vibrational diagnosis

### SPECIAL TECHNIQUES

Brain integration  
Sotai exercises  
Deep muscle work  
Joint manipulation

### NUTRITION

Food as Medicine  
Nourishing the 5 elements  
Nutritional science  
Healing with Sunrider herbs

### CHI NEI TSANG TECHNIQUES

Opening the Gates  
Chasing the Winds  
Detoxing the organs  
Detoxing the skin  
Detoxing the intestines  
Detoxing lymph system  
Centreing the navel  
Balancing the pulses  
Blood flushing

### IN-DEPTH STUDY AND PRACTICE

In addition, we study Feng Shui and 9 star Ki Astrology, as well as keeping up to date with the latest developments in healing and health care issues.

Students are also required to write up 50 treatment reports. A practical examination, as well as a personal interview, are held at the end of the second year.

If you would like to join us on our next programme, which begins in September 2010, please contact us by phone or e-mail. See the registration section of this brochure for more details.

### ACCELERATED LEARNING

We conduct our classes in an accelerated learning environment, with vapourised essential oils, soft music and incandescent lights.

We keep you supplied with Sunrider, Qi and Four Winds herbal teas to help nourish your brain and body, and make the learning experience informative and enjoyable.

The Master Course Manual, a 180-page document containing all the material we cover, is available by email or online free of charge to all Master Course students.