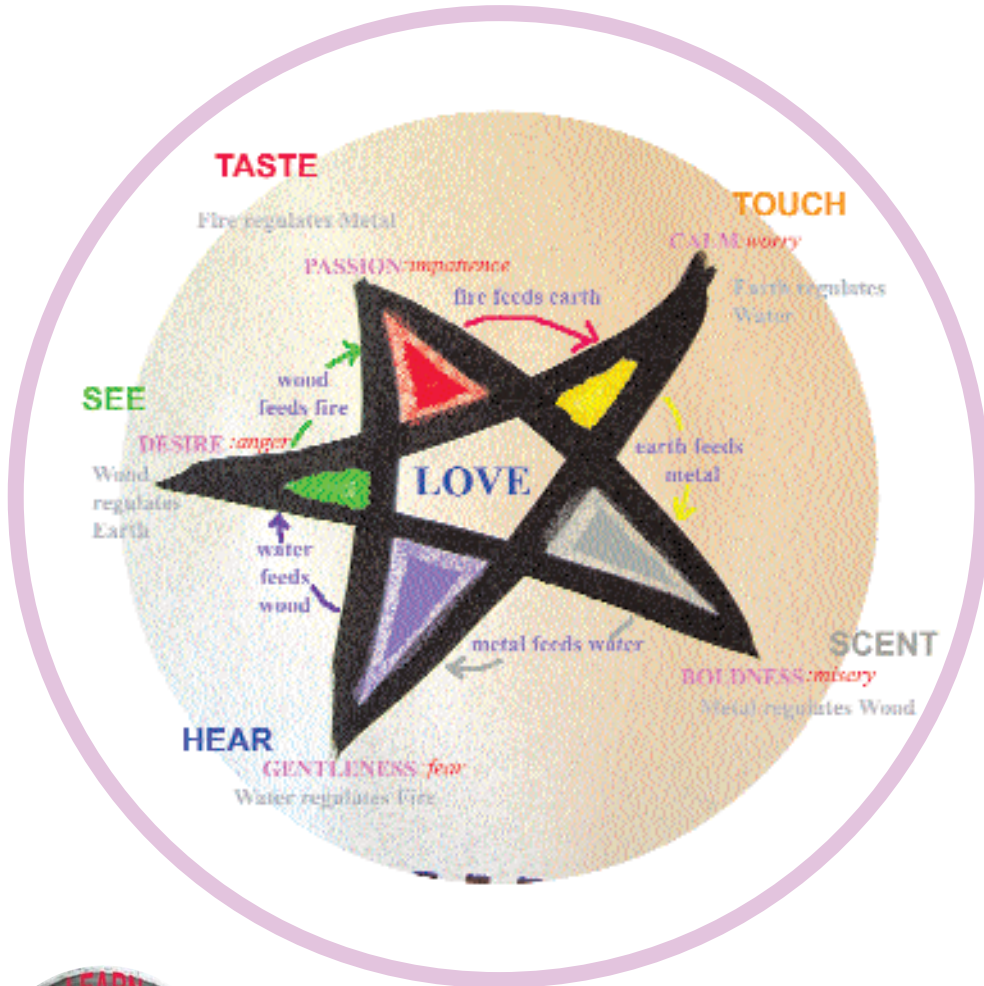


# ZEN SHIATSU

Shiatsu Courses and Practitioners

TAKE ME I'M FREE



[www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)  
Zen Shiatsu & Healing Tao

Prospectus September 2005 to August 2006 [www.healing-tao.co.uk](http://www.healing-tao.co.uk)  
3rd Floor 19 Phipp Street London EC2A 4NP call 0700 078 1195



**COME TO BELTANE  
MAYDAY WEEKEND  
29th April to 1st May  
2006**



**ALL ARE WELCOME**  
grown-ups £30 - kids free, everything included. Celebrations and workshops in healing, martial arts, dancing, singing, story-telling, feasting!

**AT**  
Rosewell Centre, Holywell Road, Castle Bytham, NG33 4SL just off the A1 between Stamford and Grantham: for full information and railway station pick-ups from Stamford BR please see

[www.healing-tao.co.uk/ht\\_beltane](http://www.healing-tao.co.uk/ht_beltane)  
**No need to book, just turn up!**

We keep this festival alcohol-free and drug-free and, because of the little kids and farm animals, no dogs please...sorry, Fido!



**WORKSHOPS IN SHIATSU, TAI CHI CHUAN, YOGA, FIRE-DANCING, FIRE-WALKING, HEALING SWAPS, WOODLAND WALKS; STORY-TELLING, FEASTING, SWEATLODGE, MAYPOLE, LEAPING THE BELTANE FIRES....**



mantak chia london november 2005 mantak chia london november 2005 mantak chia london november 2005 mantak chia london november 2005 mantak chia london

# MANTAK CHIA 2005 LONDON



**INFO ON MANTAK CHIA'S 2006  
VISIT  
10 TO 12 NOVEMBER  
WILL BE PUBLISHED ON THE  
HEALING TAO WEBSITE**

[www.healing-tao.co.uk](http://www.healing-tao.co.uk)

Copies of my newest book will be on sale at all events and I look forward to signing yours!



## TaoMagaZen

Published & distributed FREE by Zen Shiatsu & Healing Tao  
19 Phipp Street London EC2A 4NP  
tel: 0700 078 1195 fax: 020 7739 9916

[www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)  
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Nick Stark, Sutharshini  
Editing and Zen Art by Kris Deva North

### Taoist Meditation & Training pages 12/13 to 17

Comprehensive Nine-Step Training  
Foundations of Taoist Practice  
Tai Chi & Chi Kung (QiGong)  
Meditation & Healing

Evenings, weekends and Retreats

leading to  
Tao of the Shaman: Taoist Practitioner  
Tao of High Degree: Taoist Trainer  
Celestial Circle: Taoist Master-Trainer

### Zen Shiatsu

pages 4 to 12/13

Training from Absolute Beginner  
to Qualified Practitioner  
registered and insured  
with the Zen Shiatsu Society

\*

Daytime, Evening,  
Weekend and Intensive Courses

\*

flexible study-times and  
**CONTINUOUS ENROLMENT**  
throughout the year...  
...start any time!



## STEEL BODY TAI CHI



## MONDAY EVENINGS

except August, December & Bank hols

& IRON SHIRT **CHI KUNG** (QIGONG)

**Beginners & Intermediate 6.30-8pm £12**

no need to book: just turn up to the 3rd Floor  
London Tao Centre 19 Phipp St London EC2A 4NP

### OPEN EVENINGS

& video showing  
at the Zen School of Shiatsu  
6.30-9.00 pm

### Fridays in 2005:

30th September  
2nd December  
**2006**

31st March  
2nd June  
28th July

£9 no need to book

### ZEN SHIATSU

## WELCOME



### 5-DAY INTENSIVE STARTER-COURSES

Monday to Friday  
10am to 5pm

### 2005 dates

3rd to 7th October  
5th to 9th December  
**2006**

3rd to 7th April  
5th to 9th June  
31st July to 4th August  
**Sign Up on coupon at back**



## HANK YOU FOR TAKING THE TIME TO READ OUR PROSPECTUS

Some people want to become fully qualified Shiatsu practitioners.

Others want an add-on to their existing therapy.

Some people want to learn how to give beautiful treatments to family and friends.

Others want to receive beautiful treatments from friends, family, lovers, or professional practitioners.

And some just want to have fun, learning a caring skill, helping others, making new friends....

Which are you?

We are here to help YOU find what YOU want from shiatsu ... that's how we give something back to the therapy we love.

Here at the Zen School of Shiatsu we offer you three levels of training, from Absolute Beginner right through to qualified Practitioner:

**Basic - Starter** 12 modules learning the ropes of how to give a good shiatsu treatment, leading to your Certificate in Practical Shiatsu, CPS, which gives Student Membership of the Zen Shiatsu Society and entitles you to insurance coverage for treating non-medical conditions.

**Intermediate** 44 modules Getting to grips with the theory behind the therapy and applying it in a series of learning-treatments, leading to your Intermediate Level Diploma and admission to the Senior-Student Register of the Zen Shiatsu Society.

**Advanced** 64 modules drawing it all together, developing your heart connection, putting your compassion into practice, learning how to make your living doing what you love, leading to your qualification, the Licence to Practise Zen Shiatsu, LicZS, and admission to the Practitioner Register of the Zen Shiatsu Society .

Visit our website [www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk) for complete information on the studies. You can download theory assignments, see a year-to-view programme about who is teaching what and when, read the Frequently Asked Questions, or check out the assessment requirements for each level of training. Just click on [CourseWork](#).

Continuous Enrolment means you can join the learning-cycle at your convenience - any time! You can also combine courses and save yourself time, money, or both. Questions? call 0700 078 1195 Monday, Wednesday and Friday 12 noon to 3 pm or leave a message anytime.

Anyone setting out on a learning path has to consider their resources of time and money. Its a good idea to think about your preferences, too.

Ask yourself:

Are you a person who likes learning by total immersion? or steady absorp-

tion?

Do you want to jump-start your training with an Intensive, or soak it up gently by the month or the week?

For your further training, have you the time and capacity to fast-track, combining courses, or will you steadily forge ahead, step by step?

### STARTER COURSES:

**BASIC LEVEL** leading to PRACTICAL CERTIFICATE - the first Step

OPTIONS AVAILABLE

Time estimate to complete Basic Course Cycle: (the Time estimate is flexible - if you miss a session you catch up on the next round of the Basic Learning-Cycle)

**WEEKLY** 12 weeks

Tuesday evenings 6.30-9.30 pm

Thursday afternoons 2.30-5.30 pm

**MONTHLY** Saturday 6 months

3rd Saturday in the month 2 classes: 10am-1pm, 2-5 pm

**INTENSIVE** 5 days

5 days full-time 10am to 5pm Monday to Friday

plus 20 own-time practice-treatments

Weekly and Monthly options offer Continuous Enrolment so you can start any Tuesday evening, Thursday afternoon, or 3rd Saturday morning.

As soon as you begin the Basic Learning-Cycle, start your own-time practice-treatments on fellow-students, friends and family, and gain experience helping out at Festivals and Exhibitions.

If you are combining courses then as soon as you have completed five or six of the Basic Level classes:

a) start sitting-in observing the Intermediate Level Course Tutorials

b) complete the Intermediate Reading Assignments

You can combine payments to get the discounts and make the savings without necessarily combining the courses.

The courses can be done consecutively or concurrently - at the pace you choose, and yes you can change if your circumstances change.

If we have given you sufficient information, why not get started? You can turn up without booking to any of the Basic classes. If you'd like to know more before making the commitment, come and see us, or give us a call on 0700 078 1195, Monday, Wednesday or Friday, 12noon to 3pm.

**INTERMEDIATE** leading to Intermediate Level Diploma

As soon as you have completed the Intermediate Reading and attained your Basic Level Certificate in Practical Shiatsu you are ready to join the Intermediate Learning-Cycle of 44 Modules.

Each Module consists of four parts:

Preparing an Assignment in your own time

Participating in a Tutorial

Participating in a Practical

Doing two/three own-time Learning-Treatments each week

OPTIONS AVAILABLE

Shortest Time estimate to complete Intermediate Course Cycle: (the Time estimate is flexible - if you miss a session you catch up on the next round of the Intermediate Learning-Cycle)

**WEEKLY**

11 months allowing for school breaks:

Evenings: Tuesday 6.30-9.30 Practical and Thursday 6.30-9.30 Tutorial

or Afternoons: Tuesday Afternoon 2.30 -5.30 Tutorial;

Thursday Afternoon 2.30-5.30 Practical

or Weekdays: Tuesdays or Thursdays:

Tuesday Afternoon & Evening

2.30 -5.30 Tutorial 6.30-9.30 Practical

or Thursday Afternoon & Evening

2.30-5.30 Practical 6.30-9.30 Tutorial

**MONTHLY** Weekends 22 months

3rd Saturday of the month

10am-1pm and 2-5 pm 2xPracticals

Sunday 10am-1pm and 2-5 pm 2xTutorials

On completing 85% of the Intermediate Learning Cycle, arrange with your Tutor for Intermediate Level Assessment training and then Assessment.

### ADVANCED - PROFESSIONAL LICENCE

After eight or nine Modules of the Intermediate Level Learning-Cycle (earlier if you feel ready), if you are combining courses start sitting-in observing Advanced Level Professional Licence Course Clinics, Case-Studies and Study-Days.

The full training can be completed in two years by combining courses. This is a choice. Some people take two-and-half to three years while others spend a leisurely four or five. Its up to you to go at your own pace. We are here to help you do so.

ADVANCED LEVEL Shiatsu Practitioner Course leading to the Professional Licence to Practise Zen Shiatsu (LicZS) is an ongoing Cycle of 12 monthly Weekend Modules based on the first Saturday of each month and additional own-time modules.

Each Weekend Module consists of

a WalkIn Clinic on the Saturday Morning 10am-12 noon where students practise under supervision of a Tutor, followed by a Case-Study Tutorial from 2 to 5pm in the afternoon

and on the Sunday 10am to 5pm a Study-Day with focus on integrating course material in preparation for assessment and life as a licensed practitioner of Zen Shiatsu.

When you have attained your Intermediate Level Diploma you will be ready to begin your series of Case-Studies for the Professional Licence, start your assisting programme, work in out-clinics and work-placements, preparing to cross the bridge from Student to Practitioner.

On completion you will be ready for Professional assessment training and assessment, for admission to the Register of the Zen Shiatsu Society as a fully qualified Practitioner.

Questions? call us on 0700 078 1195 Monday,

Wednesday or Friday 12 noon to 3 pm

or email [info@learn-shiatsu.co.uk](mailto:info@learn-shiatsu.co.uk)

JOIN



### THE ZEN SHIATSU SOCIETY

**GREAT INSURANCE DEALS** with inclusive cover for shiatsu - with other therapies included at no extra cost e.g.....Reiki, Reflexology, Aromatherapy, Chi Nei Tsang, Cosmic Healing, & more.....

**LOW SUBSCRIPTIONS** by voluntary donation - pay what you can afford.....  
**STRONG STUDENT SUPPORT** visit [www.zen-shiatsu-society.co.uk](http://www.zen-shiatsu-society.co.uk) to find out more and activate your membership!

**TO FIND A PRACTITIONER** go to **page 12 of this prospectus**

or on-line to

[www.learn-shiatsu.co.uk/ls\\_treatments](http://www.learn-shiatsu.co.uk/ls_treatments) for a complete list for both Zen Shiatsu and Taoist Healing including Chi Nei Tsang, Cosmic Healing and Taoist Practitioners.

or call 0700 078 1195

Monday, Wednesday, Friday 12 noon to 3pm





**Kris Deva North, Master of the Zen School** has been involved in healing meditation since 1972. After training in UK, Japan, Thailand and USA, in 1993 he co-founded the Zen School of Shiatsu. Kris integrates Shamanic, Tantric and Taoist traditions of the "short path" from his experiences living with Kali-worshippers of Nepal; travelling with a Thai Buddhist monk; satsang with Shiva Saddhus in the Himalaya, Shamans of Africa, North America and Hawaii, and Aboriginal men of high degree in Australia; darshan with the Dalai Lama; witnessing last rites in Varanasi and puja with the Brahmins of Pushkar; and practising taoist, tantric and shamanic meditations and teachings on death, life and beyond, in jungle, mountains, city, beach and desert. He has qualified as an NLP Practitioner with Paul McKenna and John La Valle, Chi Nei Tsang and Cosmic Healing with Mantak Chia. Kris has appeared several times on national TV in programmes such as Emma Freud's series on Sex and Religion, Nick Hancock's Sex and Stopping - History of Contraception, and Carlton TV City Survival Guide. In 2005 Channel 4 screened an observational documentary on his teaching Taoist practices to a group of celebrities on a remote island in Thailand. With the Taoist Master Mantak Chia Kris co-authored the forthcoming "Shiatsu Secrets for Lovers" (working title). In addition to his ongoing work at the Zen School he has taught in Australia, Ireland, Spain and USA.

#### Michael Cullingworth, Master of the Zen School

After a life of searching through several degrees and other nonsense, I found my way in 1985 through studying massage, Postural Integration and at last Shiatsu. I have now been studying, practising and teaching Shiatsu since 1986, especially Zen Shiatsu, which I learned from Nigel Dawes and Veronica Howard. In recent years my main source of inspiration has been in Japan with Master Ryokyu Endo, a pupil of the late Father of Zen Shiatsu Shizuto Masunaga. As well as shiatsu, I am a practitioner of Chi Nei Tsang, I run yoga holidays in Turkey and I am closely involved in running the New Cross Natural Therapy Centre, London SE14. There are loads of other people I should honour and other activities that could be interesting, but this is probably already more than enough.



#### Bernadette Carelse, Teacher of the Zen School

I became interested in working with energy (Chi/Prana) during Tai Chi classes in Zimbabwe, nearly 10 years ago. I was also learning Yoga at the time. Then I found the Zen School of Shiatsu and decided to learn the art of gentle healing - Zen Shiatsu. Now I'm a qualified practitioner and happy to be one of the tutors at the Zen School of Shiatsu. I also teach Integral Yoga - after training with the British Wheel of Yoga. Other therapies I practise are Holistic Massage, Aromatherapy (ITEC), Reflexology (ITEC), Reiki, Chi Nei Tsang - a Taoist Chi Massage that detoxifies and rejuvenates the internal organs - and Cosmic Healing (Chi Gong Colour Therapy.) I enjoy seeing other people feel better, look happier - more relaxed, centred, together and in touch with themselves.



#### Doug Foot, Teacher of the Zen School

I am an experienced tactile therapist with over 12 years experience in giving massage, reflexology, shiatsu and more recently acupuncture treatments. Why did I become a therapist? Like many therapists, I experienced a period of physical and emotional trauma, which eventually forced me to take control of my own healing process. During the early 1990's I was diagnosed with severe Irritable Bowel Syndrome (IBS). I decided to make a number of life changes including resigning my job as General Manager of a small video production and training company. Under the supervision of my General Practitioner, I used both allopathic and complementary medicine to regain my health. I was fortunate to receive many tactile therapies including holistic massage and shiatsu. I also undertook acupuncture and Chinese dietary therapy which I think was instrumental in turning around my ill health. I also chose to retrain as a therapist and embark on a process to help other people to more actively engage in healing themselves. My early experiences of managing my own health imbalances have provided grounding in reflecting on what we mean by "good health". Good health can mean what we want it to mean - it really is up to ourselves to create a reality relevant to our own situation.



**Elizabeth Butters** Liz first studied shiatsu in 1988. However it was ten years before she decided to take it up professionally and became a student at the Zen School. She has since developed her practice with Carola Beresford-Cooke in Wales and Ohashi (pupil of Masunaga, father of Zen Shiatsu). She is now a student teacher at the Zen School and represents the School on the General Shiatsu Council. Liz is also an NLP practitioner. She finds both shiatsu and NLP can facilitate change and self healing on all levels: mind, body and spirit. She is particularly interested in working with women with gynaecological problems and people with cancer. Liz has a background in health services research, primarily in the fields of palliative and terminal care, evaluating services for people with cancer and HIV. She was a member of the Management Committee of Women's Health for five years. Women's Health is a national charity which provides information and support to enable women to make informed decisions about their gynaecological health. Liz is keen to integrate her skills and to carry out research into complementary therapies. In her spare time Liz practices Qi Gong, Okido yoga and Taoist meditation. She continues to explore other therapies including Qi Gong Healing and Chi Nei Tsang. A keen amateur trumpet player she plays in a big band. Liz offers shiatsu and NLP in north west London and at the Zen School of Shiatsu.



**Megan Stuart** has a background of music, performing, theatre, healing and many years of teaching and working with children. She has a long-standing interest in and experience of many complementary therapies, and brings all her experiences into giving shiatsu treatments with sensitivity and depth. Having discovered the Zen School of Shiatsu 6 years ago, she finds that working with people to facilitate their self-healing on all levels - physical, emotional, mental and spiritual - enhances her own sense of vitality, groundedness and well-being. She has particular experience and understanding of working with children and pregnant women - shiatsu can be safely received throughout pregnancy as a relaxing and nurturing experience for both mother and baby. Megan is a student teacher at the Zen School of Shiatsu, and has studied Taoist Qi Gong healing with Master Mantak Chia.



**Sharon Eckman's** background is in performing - she is an actress and singer and began studying shiatsu 3 years ago as a parallel career. Since beginning her training at the Zen School, she has, to quote a fellow shiatsu practitioner 'learned something about shiatsu and a lot about me'. Performing is about communication and connection and this has informed Sharon's practice of shiatsu. She believes that the connection between practitioner and receiver facilitates the body, mind and spirit's ability to self-heal, and studying at the Zen School has enhanced her understanding of what connection means and how to use it intuitively. Sharon's particular interest is working with women who are HIV+ and she is hoping to facilitate shiatsu workshops in Namibia (Southern Africa) for carers and health workers. Sharon is a student teacher at the Zen School of Shiatsu.



Having commuted from Italy throughout his training, **Philip Smith** has joined the Zen School teacher-training programme. He practices Taoist meditation and is qualified in Cosmic Healing (QiGong Therapy)



**Jaclyn Snyders** has joined the Zen School teacher-training programme. She practices Taoist meditation, and Cosmic Healing (QiGong Therapy), and co-facilitates the Jade Circle - Taoist Meditation for Women.

## CONTINUOUS ENROLMENT

Our Regular Courses are cyclical and ongoing with continuous enrolment so you can start any time of the year. Start NOW, or whenever you feel ready...but you don't have to commit until you've tried us out!

## BREAKS & HOLIDAYS

2005: 19th December to 3rd January 2006  
Spring 10th to 21st April 2006  
Summer 14th to 18th and 21st to 31st August 2006

## TEACHING QUALITY

With mainstream educational as well as specialist shiatsu qualifications, your senior Tutors trained in Japan with Zen Shiatsu Masters in the direct lineage of Shizuto Masunaga.

## FLEXIBLE STUDY

In a hurry? Combine the three levels of training to fast-track the full Practitioner Qualification in under two years. Save time and money through our big discounts for combining payments.

Unique flexibility: go at your own pace: if Life interferes with your plans, drop out - it costs no more to drop back in.

Choose from Regular part-time evenings or weekends - or **jump-start the basic level with a full-time 5-day Special Intensive.**

## FINANCIAL HELP

Short of cash? Pay as you go, or get a big discount for payment in advance. We welcome most Credit and Debit Cards. We are a registered Training Provider with the **Career Development Agency** who can help with low-cost training loans: 80% of your fees for the long-term training (Combining Intermediate and Advanced Levels for your Professional Licence). **call them free on 0800 585 505**

Continuous **ONGOING SUPPORT** : free internet listing, festivals, exhibitions, clinics, work-placement and special tutorials, helps you earn while you learn.

## HELPING OTHERS

Do you remember that lovely warm feeling **you** got last time you helped someone? The look of appreciation on their face, their expressions of gratitude? Didn't that just add a whole new dimension to your life, giving you something to look back on and say to yourself, **just in that moment I felt truly wonderful?** Helping others is a way of enriching life, of satisfying our own energy-needs. You don't have to be a saint: for example Mother Teresa, Mahatma Gandhi and many others who wrote of the satisfaction of giving service were simply helping themselves to fulfilment in their own way. Now we aren't suggesting you go off to work in a street-clinic in Calcutta, but we would love to show you how you can get that lovely warm feeling of satisfaction back again whenever you like and help yourself to stress relief, meet new people, learn a caring skill, put your compassion to work, possibly change your life... or simply help family and friends learn to relax, as you relieve symptoms of common ailments, induce a most wonderful sense of well-being... and perhaps find balance in your own life. **Is this what you might be looking for?**

## WHAT...IS SHIATSU.....?

**What is Shiatsu?** Shiatsu is a hands-on therapy to harmonise the flow of energy throughout the entire being: mind, body and spirit. Running water does not stagnate - the same with your energy. When it flows, you feel good. When blocked, you might feel ill, or at least uneasy in yourself, out of sorts. **What are the benefits?** Participants generally feel better following a treatment...what more could you want? With experience you can learn to help relieve symptoms of stress-induced and other common ailments such as head-neck- or back-ache, insomnia, constipation, menstrual pain and many chronic conditions resistant to orthodox treatment. What you can expect to be known best for is generating in your participant a **most wonderful sense of well-being.** This feeling reflects in you. **Why Zen Shiatsu?** Shiatsu styles range from the mechanical to the mystical. A gentle, non-invasive yet powerful therapy, the Tao of Zen Shiatsu emphasises work on the whole being, the importance of intention and projection of your loving-kindness, development of your sensitivity from the very beginning, and helping participants access their own special self-healing power.

## HOW CAN WE HELP YOU?

We offer you a flexible study programme to suit your own requirements. Choose from low-cost afternoon, evening, week-end or intensive (full-time) training. Combine with more advanced courses to save yourself time and money

Do you like to learn by gradual absorption? or by sudden immersion?

If you prefer to "stroll the path, supremely at leisure?"... then the Regular (weekly or monthly) Certificate Course may show the way for you.

Or are you intense, and like to "race ahead as if your hair were on fire?" - then jump-start training with our Special 5-day Intensive Certificate Course, Monday to Friday, 10am to 5pm, continuous learning (with lunch-breaks, of course).

## CAREER DEVELOPMENT

By the end of your formal training we aim to see you pass the professional assessment with ease and be a happy and confident practitioner, capable of setting up and running your own practice, making a living by doing what you love. Our referral service helps you build your practice, and we publicise student and practitioner treatments at the Festivals of Mind-Body-Spirit, WellBeing Show, local exhibitions, corporate and community events, and the internet.

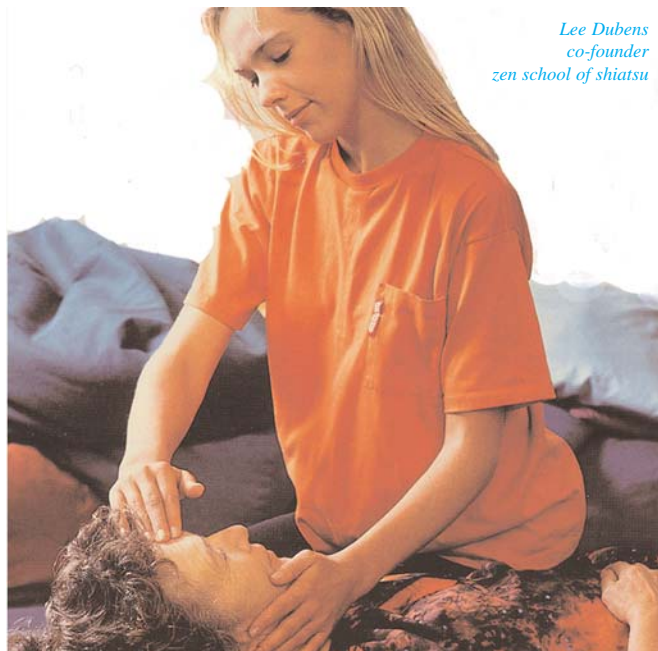
**THE ZEN SCHOOL OF SHIATSU**  
offers the complete range of courses from Absolute Beginner to full Professional Qualification.

Students from countries outside the EU are welcome to train at the Zen School of Shiatsu.  
Please see our web page [http://www.learn-shiatsu.co.uk/shiatsu\\_student\\_visa\\_information.htm](http://www.learn-shiatsu.co.uk/shiatsu_student_visa_information.htm)





Bulgaria, Chile, England, France, Ireland, Italy, Japan, Nepal...a typical student group chilling out after a 5-Day Intensive Starter Course.



Lee Dubens  
co-founder  
zen school of shiatsu

### BASIC LEARNING

LEARN THE ROPES - start anytime! Learn how to move around, how to give a great shiatsu treatment, to protect yourself from needless backpain, or energy depletion and contamination; to develop sensitivity; learn what conditions are best left alone until you have more experience, and which ones are contra-indicated anyway.

Learn the art of gentle healing. Learn something about yourself, too, and of the gift Nature has given you for this work.

By the end of the Practical Certificate course you should be confident enough to give enjoyable treatments.

After completing 20 practice-treatment notes (in your own time, on family, friends or fellow-students) you can take the assessment to qualify for your

#### Certificate in Practical Shiatsu (CPS)

with Membership of the Zen Shiatsu Society MZSS and eligibility for insurance coverage to treat non-medical conditions.

### STARTER COURSES DAYS and TIMES

You can complete the 12 Learning-Modules of the Starter Course in any of the following ways:

over six months

on the Third Saturday of each month  
10am to 1 pm and 2-5pm

OR

over 12 weeks on Tuesday evenings  
6.30-9.30 pm,

throughout the year, start any time

OR

over 12 weeks on Thursday afternoons  
2.30-5.30 pm

throughout the year, start any time

OR

if you prefer full-time

5-day Intensive STARTERS

10 am to 5 pm Monday to Friday,  
five times a year.

Sign up now: tear-off coupon at back or on-line  
at [www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)

### GETTING STARTED

Enrol 15 minutes before start-time or in advance for the 5-Day Intensive - see back flap or on-line

[www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)

### STARTER COURSE FEES and PAYMENT OPTIONS

The Practical Certificate Course fee is just £397 in advance, pay when you enrol, or pay-as-you-go at £39 per class (except Intensives).

We accept cash, cheque (not post-dated, sorry!) and most credit cards.

If you combine any Starter Course with an Intermediate Course you pay only the Intermediate Course fee.



**OPEN EVENINGS**  
& video showing  
at the Zen School of Shiatsu  
6.30-9.00 pm  
Fridays in 2005:  
30th September  
2nd December  
2006  
31st March  
2nd June  
28th July  
£9 no need to book



**5-DAY INTENSIVE**  
**STARTER-COURSES**  
Monday to Friday  
10am to 5pm  
2005 dates  
3rd to 7th October  
5th to 9th December  
2006  
3rd to 7th April  
5th to 9th June  
31st July to 4th August  
Sign Up on coupon at back



## INTERMEDIATE TIME OPTIONS

If you choose the Weekend Option, your time commitment at school is 12 hours (2 days) a month.

With any of the Weekly Options, you come in to school for 6 hours a week, afternoons and/or evenings.

For either Option add 3 hours weekly on average for assignment preparation and 3 for private practice.

### CHOOSE from

*Evenings*

**Tuesday**

6.30-9.30 Practical

**Thursday**

6.30-9.30 Tutorial

or *Afternoons*

**Tuesday**

2.30-5.30 Tutorial

**Thursday**

2.30-5.30 Practical

or

*All Tuesdays*

2.30-5.30 Tutorial

6.30-9.30 Practical

or

*All Thursdays*

2.30-5.30 Practical

6.30-9.30 Tutorial

or

*Monthly Weekends*

based on the 3rd

Saturday of the

month:

**Saturday**

10am-1pm Practical

and 2-5 pm Practical

**Sunday**

10am-1pm Tutorial

and 2-5pm Tutorial

(2 Practicals on

Saturday, 2 Tutorials

on Sunday)

If you miss a session you catch up on another day or the next round of the Cycle.



## CONTINUOUS ENROLMENT

Whichever Time-Option you choose for the Intermediate Level, you can

\* **START WHEN YOU LIKE:** just turn up to enrol 20 minutes before the start of any class

\* **Switch Options WHEN YOU LIKE**

\* **AND IF YOU MISS A MODULE** they come round again - catch up on another day, or a weekend, or the next round of the cycle.

The Intermediate Level Monthly Weekend cycle takes about 22 months - think about combining with the Professional Licence course, for 2 weekends a month to get the full qualification in just a couple of years! Weekly (afternoon/evening) Intermediate cycles can be completed in under a year.

Take advantage of the big discounts for combining course payments. You don't have to do all the courses at once! The discount is for the payment - **learn at your own pace.**

## THE THEORY BEHIND THE THERAPY

Get to grips with the ideas behind the movements, in a Journey through the Philosophy of Yin and Yang, the Five Elements, the Fourteen Meridians or Energy-Pathways and their access points (tsubos).

Study and practice Oriental Diagnosis in harmony with Western Anatomy, Physiology and Pathology: the best of apprentice-style learning combined with state of the art cross-modular educational techniques.

Prepare an Assignment, attend a Tutorial, Practical Application, and Learning-Treatments in your own time. Do the homework, discuss theory with your Tutor and other students, apply it under supervision, then reinforce it by learning-treatments on family, friends, fellow-students.

Assignment, Tutorial, Application and Learning-Treatment add up to one Module. Progress through the cycle of 44 Modules, grow steadily more familiar with the workings of the whole bodymind, apply your increasing knowledge to learning-treatments.

Grasp the theory - experience understanding. Qualify for your

**Intermediate Level Diploma (Int.Dip)**

and Senior Student Membership of the Zen Shiatsu Society SSZSS

## INTERMEDIATE LEVEL FEES and PAYMENT OPTIONS

Spread the payments: 12 monthly instalments of £197 by bankers order with an initial payment of £597 OR pay in advance for £2468 (saving £493) - **combining payment for both Starter and Intermediate Level means you pay only the Intermediate fee!**

### EXTRA SPECIAL OFFER

If you combine payment for the Intermediate Level with the Professional Licence you can make even bigger savings and cover your complete training from Starter through Intermediate Level to Professional Licence with a Bankers Order for £257 a month for 18 months with an Initial Payment of £597, or a single advance payment of £4787.

### FINANCIAL HELP

We are a registered Training Provider with the **Career Development Agency** who can help with low-cost training loans: 80% of your fees when combining Intermediate and Advanced Levels for your Professional Licence. Call them free on 0800 585 505



## ADVANCED LEARNING

how to make your living doing what you love

**Putting it all together:** Apply your learning to field-work: help out at clinics; voluntary work-placement; demonstrations at festivals, exhibitions, corporate events and community activities; gain priceless experience of the human condition in all its wonder and variety - **develop your heart connection, put your compassion into practice.**

Weekend Study-Days offer fresh angles and insights into theory and practice, while case-study tutorials, Supervised Practices and repeating Basic and Intermediate Modules refresh your earlier learning.

By the end of this course you **let go of the intellectual mind-set and follow your hands.** Your knowledge and experience, with our training and help, gives you confidence to set up and run your own practice.

You have begun to build a base of client-friends and enjoy a gift of life: to **make your living doing what you love.**

Start the Professional Licence Course any time after the first six modules of your Intermediate Course Cycle.

On passing the final assessment you will have earned your

***Licence to Practise Zen Shiatsu (Lic.ZS)***

as a Practitioner Member of the Zen Shiatsu Society **PZSS**

The Shiatsu Practitioner Professional Licence course runs for 12 monthly weekends based on the First Saturday of the month, with a

Walk-In Clinic on the Saturday Morning where students give treatments under supervision of a Tutor;

a Case-Study Tutorial in the afternoon;

and on the Sunday a Study-Day with focus on integrating course material in preparation for life as a licensed practitioner of Zen Shiatsu.

### TIME REQUIREMENT


Over the 12-month ongoing cycle of the Professional Course: you come in to school for one Weekend Module a month, one Supervised Practice session on the 3rd Wednesday, and as many afternoons, evenings or weekends, as you need to refresh Basic and Intermediate Level material, assist on other courses, work in the Student Clinic, attend private tutorial and assessment.

If combining the Intermediate Level Diploma Course with the Advanced Level Professional Licence, your school-time would be either \*two weekends a month: one Intermediate, one Professional

OR \*one monthly Professional Weekend Module and weekly Intermediate Modules.

Exhibitions, Festivals, Outside Clinic-, Work- placement, and Case-study treatments and preparation are done in your own time with plenty of help and support.

WELCOME  
CAROLA  
BERESFORD-COOKE



author of  
*Shiatsu  
Theory &  
Practice.*  
Our Visiting  
Speaker for  
the  
Professional  
Licence  
Course Study  
Day on  
Sunday 4th  
December  
2005

## SHIATSU PRACTITIONER ADVANCED (PROFESSIONAL LICENCE) COURSE WEEKENDS AND SUPERVISED PRACTICES

2005

Sep 3 Saturday Clinic & Cases

Sep 4 Sunday **EARTH ELEMENT**

Sep 21 Wednesday 6.30-8.30 pm  
SUPERVISED PRACTICE

Oct 1 Saturday Clinic & Cases

Oct 2 Sunday **BUSINESS & ETHICS**

Oct 19 Wednesday 6.30-8.30 pm  
SUPERVISED PRACTICE

Nov 5 Saturday Clinic & Cases

Nov 6 Sunday **METAL ELEMENT**

Nov 16 Wednesday 6.30-8.30 pm  
SUPERVISED PRACTICE

Dec 3 Saturday Clinic & Cases

Dec 4 Sunday **SHIATSU THEORY & PRACTICE**

Carola Beresford-Cooke

2006

Saturday 7th January 2006 Clinic & Cases

Sunday 8th Jan **WATER ELEMENT**

Wednesday 18th January 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 4th February Clinic & cases

Sunday 5th February **POINTS** Doug Foot

Wednesday 15th February 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 4th March Clinic & Cases

Sunday 5th March **WOOD ELEMENT**

Wednesday 15th March 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 1st April Clinic & Cases

Sunday 2nd April **DIAGNOSIS**

Saturday 29th April to Monday 1st May:

**BELTANE FIRE FESTIVAL**

not an integral part of the course but a wonderful weekend celebrating life and nature  
*Open to all: see inside front cover*

Saturday 6th May Clinic & Cases

Sunday 7th May **ANATOMY & PHYSIOLOGY**

Wednesday 17th May 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 3rd June Clinic & Cases

Sunday 4th June **FIRE ELEMENT**

Wednesday 21st June 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 1st July Clinic & Cases

Sunday 2nd July **ASSESSMENT TRAINING**

Wednesday 19th July 6.30-8.30 pm  
SUPERVISED PRACTICE

Saturday 5th August Clinic & Cases

Sunday 6th August

**LISTENING & COMMUNICATION**

**TAOIST TRAINING** Step 1 is included in the Shiatsu Practitioner Course, to enhance your healing-power and energy-management. See pages 14/15 for programme and information.

## SHIATSU PRACTITIONER PROFESSIONAL LICENCE FEE and PAYMENT OPTIONS

Spread your Professional Licence Course Fee by Bankers Order for £197 a month over 15 months, with an initial payment of £597.....or pay £2987 in advance and save £565.

### EXTRA SPECIAL OFFER

If you combine payment for the Intermediate Level and Professional Licence Courses, you make even bigger savings and cover your complete training: \* Starter \* Intermediate Level \* Professional Licence with a Bankers Order for £257 a month for 18 months with initial £597 OR a single advance payment of £4787 [saving £1,065 compared with paying for each course separately in advance, and even more in comparison with the spread-payments options.

### FINANCIAL HELP

We are a registered Training Provider with the **Career Development Agency** who can help with low-cost training loans: 80% of your fees for combining Intermediate and Advanced Levels for your Professional Licence). Call them free on 0800 585 505



Anyone setting out on a learning path has to consider their resources of time and money. Its a good idea to think about your preferences, too.

Ask yourself:

Are you a person who likes learning by total immersion? or steady absorption?  
Do you want to jump-start your training with an Intensive, or soak it up gently by the month or the week?

For your further training, have you the time and capacity to fast-track, combining courses, or will you steadily forge ahead, step by step?

ZEN SCHOOL OF SHIATSU - FAST FRIENDLY FLEXIBLE

## STARTER COURSES: BASIC LEVEL

leading to PRACTICAL CERTIFICATE - the first Step

### Options Available

### Time estimate\*

Time to complete Basic Course Cycle: (the estimate is flexible - if you miss a session you catch up on the next round of the Basic Learning-Cycle)

#### Weekly

12 weeks

ENROLMENT 20 minutes before class

Tuesday evenings 6.30-9.30 pm

OR

Thursday afternoons 2.30-5.30 pm

#### Monthly Saturdays

6 months

ENROLMENT 20 minutes before class

3rd Saturday in the month

2 classes: 10am-1pm and 2-5 pm

#### Intensive

5 days

ADVANCE REGISTRATION OR ENROL ON THE DAY 20 minutes before class

5 days full-time

10 am to 5pm

Monday to Friday

Weekly and Monthly options offer Continuous Enrolment so you can start any Tuesday evening, Thursday afternoon, or 3rd Saturday morning

1

### INTENSIVE COURSE DATES

#### 2005

3rd to 7th October 2005

5th to 9th December 2005

#### 2006

3rd to 7th April 2006

5th to 9th June 2006

31st July to 4th August 2006

#### SIGN UP NOW

Intensive Starter-Course registration coupon at the back flap of this prospectus or on-line at [www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)

### STARTER COURSE FEES and PAYMENT OPTIONS

The Practical Certificate Course fee is just £397 in advance, pay on enrolment, or pay-as-you-go at £39 per class (except Intensives). We accept cash, cheque (not post-dated, sorry!), and most credit cards. If you combine any Starter Course with an Intermediate Course you pay only the Intermediate fee.

### MEANWHILE....

If you are combining courses\*\*, then as soon as you have completed five or six of the Basic Level classes:

**a)** start sitting-in observing the Intermediate Level Course Tutorials  
**b)** complete the Intermediate Reading Assignments

\*\* You can combine payments to get the discounts and make the savings without necessarily combining the courses. The courses can be done consecutively or concurrently - at the pace you choose, and yes you can change if your circumstances change.

If we have given you sufficient information, why not get started? You can turn up without booking to any of the Basic classes. If you'd like to know more before making the commitment, come and see us, or give us a call on 0700 078 1195, Monday, Wednesday or Friday, 12noon to 3pm. Or visit our website: [www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)

As soon as you begin the Basic Learning-Cycle, start your own-time practice-treatments on fellow-students, friends and family, and gain experience helping out at Festivals and Exhibitions



As soon as you have completed the Intermediate Reading and attained your Basic Level Certificate in Practical Shiatsu you are ready to join the Intermediate Learning-Cycle of 44 Modules.

Each Module consists of four parts:

- Preparing an Assignment\*\*\* in your own time
- Participating in a Tutorial
- Participating in a Practical
- Doing two/three own-time Learning-Treatments each week

\*\*\*You can pre-view or download Intermediate Level Assignments on-line: go to [www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk) and click on CourseWork

**INTERMEDIATE LEVEL - the next step**

leading to Intermediate Level Diploma

**Options Available**

**Shortest Time estimate\***

to complete Intermediate Course Cycle:

**Weekly** .....

- Evenings
- Tuesday 6.30-9.30 Practical
- Thursday 6.30-9.30 Tutorial or Afternoons
- Tuesday 2.30-5.30 Tutorial
- Thursday 2.30-5.30 Practical or All Tuesdays
- 2.30-5.30 Tutorial
- 6.30-9.30 Practical or All Thursdays
- 2.30-5.30 Practical
- 6.30-9.30 Tutorial

**11 months** allowing for

**SCHOOL BREAKS:**

- 2005: 19th December to 3rd January 2006
- Spring 10th to 21st April 2006
- Summer 14th to 18th and 21st to 31st August 2006

**Monthly Weekends**..... **22 months**

- 3rd Saturday of the month
- 10am-1pm and 2-5 pm 2x Practicals
- Sunday 10am-1pm and 2-5 pm 2x Tutorials

\*the Time estimate is flexible - if you miss a session you catch up on the next round of the Intermediate Learning-Cycle

**INTERMEDIATE LEVEL FEES and PAYMENT OPTIONS**

Spread the payments: 12 monthly instalments of £197 by bankers order with an initial payment of £597 OR pay in advance for £2468 (saving £493) - combining payment for both Starter and Intermediate Level means you pay only the Intermediate fee.

**SHIATSU PRACTITIONER  
ADVANCED LEVEL**

leading to the Professional  
**Licence to Practise**  
**Zen Shiatsu**  
12 months

The Professional Licence Course is an ongoing Cycle of

\*12 monthly **Weekend Modules\*\*** based on the First Saturday of each month

\* 6 monthly Supervised Practice evenings on the Third Wednesday of each month

\* 9 Assisting Modules at Basic or Intermediate level - time-flexible

\* 9 Repeat Modules at Basic Level - time-flexible

\* 34 own-time Modules: work-placements, out-clinics, festivals, tutor-observations, exchanges, pre-assessments.

\*\* **Weekend Modules** consist of a Walk-In Clinic on the Saturday Morning 10am-12 noon where students give treatments under supervision of a Tutor,

followed by a Case-Study Tutorial from 2 to 5pm in the afternoon

and on the Sunday 10am to 5pm a Study-Day with focus on integrating course material in preparation for assessment and life as a licensed practitioner of Zen Shiatsu.

**PROFESSIONAL LICENCE  
FEE and PAYMENT OPTIONS**

Spread your Professional Licence Course Fee by Bankers Order for £197 a month over 15 months, with an initial payment of £597.....or pay £2987 in advance and save £565.

**EXTRA SPECIAL OFFER**

If you combine payment for the Intermediate Level and Professional Licence Courses, you make even bigger savings and cover your complete training: \* Starter \* Intermediate Level \* Professional Licence with a Bankers Order for £257 a month for 18 months with initial £597 OR a single advance payment of £4787 [saving £1,065 compared with paying for each course separately in advance, and even more compared with the spread-payments options].

Combine courses: After eight or nine Modules of the Intermediate Level Learning-Cycle (earlier if you feel ready), start sitting-in observing Advanced Level Professional Licence Course Clinics, Case-Studies and Study-Days.

On completing 85% of the Intermediate Learning Cycle, arrange with your Tutor for Intermediate Level Assessment training and then Assessment.

When combining Intermediate with Advanced your school-time would be either

\*two weekends a month: one Intermediate, one Professional  
**OR**

\*one monthly Professional Weekend Module and weekly Intermediate Modules.

When you have attained your Intermediate Level Diploma begin your Case-Studies for the Professional Licence, start your assisting programme, work in out-clinics and work-placements, preparing to cross the bridge from Student to Practitioner.

On completion of 85% of the Professional Licence requirements you will be ready for assessment for admission to the Register of the Zen Shiatsu Society as a fully qualified Practitioner.

**CENTRAL LONDON**

Kris Deva North MZS	TZSS TMT CNT(T) CH(T)	07000781195
Michael Cullingworth	MZS TZSS CNT	02082917981
Elizabeth Butters	LicZS PZSS CH	07903930937
Megan Stuart	LicZS CH	01273684939
Sharon Eckman	LicZS	07855975213
Jaclyn Snyders	Int.Dip SSZSS TP CH	07966592585
Jita Toor	CNT CH CPS	07949341720

**LONDON EAST**

Bernadette Carelse	TZS TP CNT CH	02089850320	Hackney
Ralitsa Dimitrova	CPS SZSS	07930601148	Docklands

**LONDON SOUTHEAST**

Michael Cullingworth	MZS TZSS CNT	02082917981
Jaclyn Snyders	Int.Dip SSZSS TP CH	07966592585
Beata Kociatyn	CPS SZSS CH	07712671788
Giulia Cubattoli	Int.Dip SSZSS	07984646472
Liz Peart	CPS	07780904562
Maria Sebastianpillai	CPS	07985092510
Ursula Gavin	CPS	07973349542
Lisa Robinson	CPS	07788734617
Paolo Ceretta	CPS	07786845713
Deborah Saxton	CPS	02077333195
Barnaby Cole	Int.Dip	02086532275
Matt Lewis	TP CH	07949602216

**LONDON SOUTHWEST**

Doug Foot	TZS	02077370692
Hyun-Ho Khang	CPS	02073261322
Penny Jean-Pierre	Int.Dip	07903581732
Katinka Haycroft	CNT	02077339227
Louise Johnson	CPS SZSS	07787520147
Magali Lussiez	Int.Dip	07715667638
Ian Ayre	LicZS CH	07787564881
Ian Jackson	CPS	07771554429
Agita Dzintare	Int.Dip	07961964940
Duncan Bolton	Int.Dip TM	02089778057
Barbara de Moubray	CPS	07969550740

**LONDON WEST**

Rosangela Ashdown	Int.Dip SSZSS	02073851168
Jason Progl	CPS	02073818101
Marie Ohlander	CPS	07956972426
Luis Willumsen	CPS	02079198500
Asha Kirkby	LicZS	07712045133
Mitsutoshi Fujimura	LicZS	02072432128
Jeremy Sikorski	CPS	02087404750
Ann Collett	Int.Dip	07859042906
Ben Simcock	CPS	07876363828

**LONDON NORTHWEST**

Elizabeth Butters	LicZS PZSS CH	07903930937
Max Whitmore	Int.Dip	02073289628
Hengameh Golestan	CPS SZSS	02072627536
Eaman Murrar	CPS	02084527763
Deborah Handley	CPS SZSS	07957400299

**NORTH LONDON**

Valeria Frank	LicZS	07958988323
Edgar Pacheco	CPS SZSS	07734207900
Angie Klein	Int.Dip SSZSS	07939158696
Russell Smith	Int.Dip	02076073057
Spencer Grossmith	LicZS	07960783806
Chris Kondic	Int.Dip CH	07958741391
Marie-Noelle Clermont	CPS	07971588592

**SOUTHERN ENGLAND**

Ania Zwozdiak	TP CNT CH	07074805805
Silvina Vartanian	LicZS PZSS	07951011755
Anne Stokes	CPS	01908216702
Nicholas Hall	CPS SZSS CH	07976328997
Gloria Shayler	LicZS	07710284423
Emma Bacon	CPS	07940174455
Sharon Eckman	LicZS	07855975213
Richard Field	CPS	01462626158
Ann Hooley	CPS SZSS TP	01892549659
Robin Corbett	CPS	07736931141
Cathy Rowan	TP CH	07753982264
Megan Stuart	LicZS CH	01273684939
Uta Demontis	CPS SZSS	07891118487

**SOUTH WEST ENGLAND & WALES**

Natalie Patillas	Int.Dip	Travelling
Risz Kulpa	TP CH	07769587387
Samara Hawthorn	CPS TP TM CH	01994419850
Ruth Trevino-Villarreal	TZSS	01792891546

Zen School/Tao Centre
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New Cross
Streatham
Woolwich
Blackheath
Elephant & Castle
Waterloo
Waterloo
Bermondsey
Hither Green
Herne Hill
Crystal Palace
Lewisham

Clapham
Clapham & Visiting
Vauxhall
Brixton
Brixton/Tulse Hill
Tulse Hill
Putney & Visiting
Earlsfield
Streatham
Teddington
Teddington

Fulham
Fulham
Chelsea
Maida Vale
Ladbroke Grove
Notting Hill
Shepherds Bush
Barnes
Ealing

West Hampstead / Kilburn
Belsize Park
Lisson Grove
Dollis Hill
Hendon

Holloway
Holloway
Islington
Islington
New Southgate
Enfield
Enfield

Beds, Herts & London
Berks Wargrave
Bucks Newport Pagnell
Bucks Beaconsfield
Essex Billericay
Essex Buckhurst Hill
Herts Hitchin, & London
Herts Hitchin
Kent Tunbridge Wells
Surrey Caterham
Surrey Farnham
Sussex Brighton, London
Sussex Brighton

**MIDLANDS & EAST ENGLAND**

Carol Ward	PZSS	01733570691	Cambs
Peterborough			
Steve Crowley	TP CH	07786072942	Cambs
Peterborough			
Martyn Chilvers	CNT	01509 505983	Leics
Shephed			
Sue Hix	TZSS TP CNT CH	01780410072	Lincs
Stamford			
Tom Litten	TZSS	01780410072	Lincs
Stamford			
Nick Stark	PZSS TP CNT CH	01522800571	Lincs
Bourne			
Kay Edgar	PZSS	01778394200	Lincs
Bourne			

**NORTHEAST ENGLAND**

Karen Hemming	TZSS	01207565813	Tyne & Wear
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**CHANNEL ISLANDS**

Steve Romeril	TP CH	077977 27435	Jersey
St Helier			

**OVERSEAS**

Zoe Braithwaite	CPS CH	(61)(0)244397478	Australia: Sydney
Stuart Blower	LicZS	tbn	Canada
Elisabeth Brochu	Int.Dip	tbn	France:
Pyrenees			
Christine Lukas	LicZS PZSS	49(0)67377107977	Germany
Selzen (Mainz)			
Ryutaro Mimura	Int.Dip	tbn	Germany
Art Scheffer	Int.Dip	(31)0715122387	Netherlands
Leiden			
Shelley Clarke	LicZS	tbn	New Zealand
Phillip Smith	Int.Dip TM CH	0039078133208	Italy
Sardinia			
Reyes Rigo	Int.Dip	00447903311575	Spain
Sevilla			
Harumi Williams	Int.Dip CNT	(301) 652 5025	USA:
Washington DC			
Jita Toor	CNT CH CPS	00447949341720	USA:
New York			

**QUALIFICATION AND EXPERIENCE CODES**

**SHIATSU**

MZS	Master of the Zen School
TZS	qualified Teacher of Zen Shiatsu
TZSS	qualified Teacher registered with Zen Shiatsu Society
LicZS	qualified shiatsu practitioner
PZSS	and registered with Zen Shiatsu Society
Int.Dip	senior student - attained Intermediate level (at least one year shiatsu training and experience).
CPS	student completed Practical Certificate, continuing in training and qualified to give practical treatments.

**TAOIST TRAINING**

TMT	Taoist Master-Trainer: completed Step 9, authorised to teach the Five of Mastery and to certify Taoist Practitioners and Trainers
TT	Taoist Trainer: completed Step 8 and certified to teach the Four Foundations
TP	Taoist Practitioner: completed Step 5 and certified to teach Beginner Tai Chi, Intermediate Chi Kung, Jade Circle/Jade Arrows.

**TAOIST HEALING**

<b>Chi Nei Tsang (Taoist Massage)</b>	
CNT(T)	teacher
CNT	qualified practitioner
TM	intermediate student - Taoist massage
<b>Cosmic Healing(QiGong Healing/Taoist Colour/Trance)</b>	
CH(T)	teacher
CH	practitioner

Treatment/Consultation Fees range from £25 to £97 according to qualifications, experience and location. Please check with your practitioner when making your appointment.

ZEN SHIATSU SOCIETY arranges insurance and support for students, practitioners and teachers for all the above therapies and others such as reiki, reflexology, aromatherapy and all forms of massage. We rely on voluntary subscription donations. Please join and help support us: send a cheque (payable to Zen Shiatsu Society) to us at 19 Phipp Street London EC2A 4NP

This list is printed once a year as part of our Prospectus. Please let us know on 0700 078 1195 if you can't get through to anyone listed. A current list for both Zen Shiatsu & Healing Tao is kept up-to-date online at [http://www.learn-shiatsu.co.uk/s\\_treatments.htm](http://www.learn-shiatsu.co.uk/s_treatments.htm)



# TAI CHI MONDAYS

6.30 to 8pm

at the London Tao Centre



## OPEN EVENINGS & video showing

at the Zen School of Shiatsu  
6.30-9.00 pm

### Fridays in 2005:

30th September

2nd December

### 2006

31st March

2nd June

28th July

£9 no need to book

## ZEN SHIATSU



## 5-DAY INTENSIVE STARTER-COURSES

Monday to Friday  
10am to 5pm

### 2005 dates

3rd to 7th October

5th to 9th December

### 2006

3rd to 7th April

5th to 9th June

31st July to 4th August

Sign Up on coupon at back

## MAKE THE CONNECTIONS

call

0700 078 1195

Monday, Wednesday, Friday

12 noon to 3pm

or click

for SHIATSU

[www.learn-shiatsu.co.uk](http://www.learn-shiatsu.co.uk)

[www.zen-shiatsu-society.co.uk](http://www.zen-shiatsu-society.co.uk)

[www.shiatsusociety.blogspot.com](http://www.shiatsusociety.blogspot.com)

[www.krisdevanorth.blogspot.com](http://www.krisdevanorth.blogspot.com)

[info@learn-shiatsu.co.uk](mailto:info@learn-shiatsu.co.uk)

[society@learn-shiatsu.co.uk](mailto:society@learn-shiatsu.co.uk)

for TAOIST MEDITATION & TRAINING

[www.healing-tao.co.uk](http://www.healing-tao.co.uk)

[www.krisdevanorth.blogspot.com](http://www.krisdevanorth.blogspot.com)

[info@healing-tao.co.uk](mailto:info@healing-tao.co.uk)

## STEEL BODY

# TAI CHI

&

## IRON SHIRT

CHI KUNG (QiGong)

## MONDAY EVENINGS

except August, December & Bank hols

**Beginners & Intermediate**

6.30-8pm £12

no need to book:  
just turn up to the  
London Tao Centre



mantak chia london november 2005 mantak chia london november 2005 mantak chia london november 2005 mantak chia london november 2005 mantak chia london



3 powerful workshops, two brand new and one firm favourite, with the Masters' Master **MANTAK CHIA** in London at the **Columbia Hotel**, Lancaster Gate W2. **4th to 10th November 2005**

- \* Learn to Heal Your Self
- \* Awaken Spirit
- \* Cosmic Healing Practitioner Certification

**SIGN UP NOW ON-LINE** [www.healing-tao.co.uk](http://www.healing-tao.co.uk)

or call 0700 078 1195 or use the coupon at the back flap

If you've missed him before, sign up now. See the man who writes the books, hear what he has to say, learn something new and a different way of feeling.

*Limited Places: Advanced Bookings Only*

## BEGINNERS WELCOME TO ALL EVENTS

Master Chia will be happy to sign your copy of his new book, for sale at all events.

**Zen Shiatsu  
Intensive  
Starter-Courses**

I understand deposits are not refundable nor transferable to any other person or course and that no fees will be refunded for any reason on or after the start-date of a course. Enrolment means I agree these terms

MONDAY to FRIDAY  
10am to 5pm

**2005**  
3rd to 7th October  
5th to 9th December

**2006**  
3rd to 7th April  
5th to 9th June  
31 July to 4th August

**REGISTRATION**

Please enrol me on the  
**5-day Zen Shiatsu Intensive  
Starter-Course**  
from \_\_\_\_\_ to \_\_\_\_\_  
( dates)

I enclose **\*£97 deposit** [no cash by post please] and will pay the balance at the start of the course...**OR...(circle which)...** I enclose the **full fee of \*£397**.

Name \_\_\_\_\_  
email \_\_\_\_\_  
phone \_\_\_\_\_  
address \_\_\_\_\_  
\_\_\_\_\_ PostCode \_\_\_\_\_

**Cheque to Zen School of Shiatsu or  
Card VISA/DELTA/ MASTER/SWITCH/SOLO**  
No: \_\_\_\_\_  
Start Date \_\_\_\_\_ Expiry \_\_\_\_\_  
Switch/Solo Issue Number \_\_\_\_\_  
please detach and post to  
**Zen School of Shiatsu 3rd Floor**  
19 Phipp Street London EC2A 4NP