

MANABU 修養 SHIATSU GUIDE LINE

My Idea

Using unique methods that I have personally developed over the years to empower the Shiatsu methodology, we can not only enable ourselves, but those around us and ultimately create a healthier, better society.

Concept

What is the total potential of your body? The key to realizing your fullest starts with understanding the tanden, which we will look at from different perspectives and methods.

(Shiatsu, Chiropractic Methods and Bodywork).

These methods will guide you to gaze at your physical and mental self, allowing you to understand the unlimited potential lying within your body.

Period: 1 Year

(However, those who wish to undergo advanced training ("Shuren") may take a 2 year option)

So what will we gain over 1 year? Shyuyou Shiatsu(修養指圧) diploma

So will these new-found skills give me super-ki powers?

Not quite, but this course will enable you with the knowledge and skills to better understand the body, propelling your ability in Shiatsu, and a wide variety of other fields

Imagine the following:

- While other grampas need a cane to walk, how would you like to create a body that has the potential to function in a manner that would give young people a run for their money?
- Stress? Problems with others? Obtain freedom from these problems by forging a strong psychology geared towards weathering difficulties.
- Triple your potential in sports, education and other areas! Ok, to be honest I don't know how big the results will be, but I do know they will be small changes that lead to a huge revolution.

Cost: See attachment

Schedule 6 times (1st course, 2 days, 6 hours x 2 days=12 hours)
(12 hours x 6 times = 72 hours)

Venue: Paris
The specific venue will be notified by email at a later date.

Curriculum

1st Stage

Standing 0(Zero) position, Walking(shift in center of gravity)

- What do we know of the human structure?
- Standing, sitting and walking...but I do those things already!
But it's actually harder than you might think...
and which is why we start from here to study movement!
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2nd Stage

Body position(unified body), Chain reaction 1

- Correct position, energy overflow
- Our bodies are connected? But isn't that a given? Or maybe not...!
- A little known superpower we are capable of known as "Chain reaction" or ordered movement

3rd Stage

Chain reaction²(reverse energy), Extend energy(from fingers)

- Self control: Am I really in control? Accept it!
- Have we ever really thought of exactly WHAT is power? In put out put
You can also transmit it and do cool things!
- Maintaining our bodies: Stretching is child's play –
so let's kick it in high gear with maintenance that does a body good!
Observing your partner: it's the key

4th Stage

Tanden(丹田), Breathing

- So what is exactly is the tanden, and what is this weird energy that flows from it?
- Breathing...don't waste another breath! Access your latent potential.
- Meditation is difficult.. We already understand now !

5th Stage

Relax, Spiral

- Do you know your weight? Can you feel it?
- Where are my bones, muscles, organs?
- Spiral, mysterious symbol for ancient world,, yes, we have meaning

6th Stage

Total review, Final test(simulation, role-play)

- Report our findings
- Q&A
- Final test and receive certificate!

Tuition System:		(Total)	(Per stage)
<i>Monthly</i>	200EURO × 6 times=	1, 200EURO	200EURO
<i>Per semester</i>	540EURO × 2 times=	1, 080EURO	180EURO
<i>Single Payment Plan</i>		960EURO	160EURO

* Participants are free to participate in courses conducted in different cities.(if any)
(transportation fee, food expenses to be covered by participants)

Cancellation Policy

- For cancellations, and emergency contact information –
- Absences will not be refunded.

Concerning Payment

Deposit information

Annual schedule

2018

29–30 September #1–Paris

01–02 Decemberr #2–Paris

2019

02–03 February #3–Paris

06–07 April #4–Paris

07–10 June #5 & #6–Paris