

PHOTO: Elizabeth Hart Wheelan



### Advantages of Shiatsu

Shiatsu offers several significant advantages:

- No oils, lotions or lubricants are used.
- There is no need to remove clothing. Because of this, modesty and sexual issues rarely occur.
- Shiatsu is versatile. It can be practiced anywhere: on the floor, a massage table or while seated.
- Learning Shiatsu broadens a practitioner's repertoire and enhances his/her marketability.
- Collaboration with practitioners of Chinese medicine is greatly facilitated.
- Shiatsu is relaxing and enjoyable to give, as well as to receive.
- The effects of Shiatsu are many faceted. Clients appreciate its depth, without being painful. They enjoy the profound sense of relaxation, while also feeling alert, refreshed and invigorated.

Revised 8/5/15

## Course List for the 311-Hour Shiatsu Certificate Program

### SHORT FORM SERIES

Shiatsu I (back of body kata)	30
Shiatsu II (front of body kata)	30
Clinic	45
Tutorial	3
Dao Yin	7
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Total Short Form hours	115

### LONG FORM SERIES

Shiatsu III (back of body stretches)	30
Shiatsu IV (front of body stretches)	30
Clinic	40
Tutorial	4
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Total Long Form hours	104

### CHINESE MEDICAL THEORY

ABCs - Part A: Overview of Chinese Medicine	30
ABCs - Part B: Pathology in Chinese Medicine	30
ABCs - Part C: Point Location	32
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Total Theory hours	92

### ELECTIVES FOR THE SHIATSU PROGRAM (not required for certificate)

Shiatsu Lab	varies
Barefoot Shiatsu	15
Tai Ji Quan	10

### Program Length and Cost

The program is modular in design and somewhat flexible in terms of scheduling, but is sequential in nature, and takes two academic years to complete. The Short Form and Long Form series separately can each be completed in three quarters. Electives can easily fit into the two-year course of study. The 311-hour Shiatsu certificate program cost is currently \$5880, with prices subject to change. Please visit our website [www.OregonSchoolofMassage.com](http://www.OregonSchoolofMassage.com) for current prices and schedule.

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# Shiatsu Massage Certification



PHOTO: Staff

### What is Shiatsu?

Shiatsu massage is rooted in the Asian cultures of Japan and China, which have long been devoted to the art of massage and bodywork. Japanese massage includes two prominent styles: 'Shiatsu' and 'Anma' (or 'Amma'). Shiatsu's meaning is "to press" with the fingers. Anma comes from the Chinese word an-mo, meaning "to rub", and in both Chinese and Japanese is the equivalent of the English word massage. A deeper interpretation, however, is "to calm with the hands", or "to make peaceful by touching". Another translation is "tranquility through touch".

Supporting Shiatsu's goal of rejuvenating the body and relaxing the mind is the holistic medical theory of Chinese medicine. This philosophy addresses health and disease in the fullest sense, seeking to harmonize the body, mind and spirit internally, and to achieve a balance between the individual and his/her environment externally.

### OSM Shiatsu Certificate Program

The OSM Shiatsu program is the only program of its kind in Oregon and possibly the Northwest. Over two-thirds of the program is comprised of practical, hands-on bodywork classes.

Students will learn several Shiatsu sequences, supported by Chinese medical theory, and a number of valuable personal care practices, such as Dao Yin (Do-In), Qi Gong (Ch'i Kung), and Tai Ji (Tai Chi Chuan).

Shiatsu is learned and practiced much like a martial art, a ballet or piece of music. The form, or 'kata', is like a musical score or a piece of choreography. The kata means both the sequence or flow of the massage, and the proper way of doing it. Done correctly, the kata generates a flow of qi within the bodies of both the recipient and the practitioner.

To apply for the Shiatsu Certificate Program contact OSM for Letter of Inten guidelines.



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## Course Descriptions

### SHORT FORM SERIES

#### **SHIATSU I - Short Form: Back Sequence (30 hours, \$505)**

Shiatsu I focuses on learning the sequence for the back of the body, as well as presenting channel/meridian and five element theory, and the Dao Yin self massage. **Prerequisite: None**

#### **SHIATSU II - Short Form: Front Sequence (30 hours/\$505)**

Shiatsu II presents the front half of the body sequence, emphasizing proper alignment and body position, as well as coordinating movements and breathing. **Prerequisite: Shiatsu I**

#### **SHORT FORM CLINIC (45 hours, \$745)**

This practicum provides students with the opportunity to practice Shiatsu on the public in a supervised setting. The training reinforces the Shiatsu short form sequence and develops confidence, strength and efficiency. In addition, important interpersonal and relationship building skills are discussed and practiced. Thus, the practicum is focused both on particulars (technique) and on more general principles. The practicum is best taken in the quarter following Shiatsu II. **Prerequisite: Shiatsu I and II**

#### **SHORT FORM TUTORIAL (3 hours, \$90)**

This is a private class in which the student practices on the instructor who provides detailed feedback on the student's work. Following the completion of the clinic practicum, the student makes an appointment with the instructor to schedule the tutorial. **Prerequisite: Shiatsu II**

### LONG FORM SERIES

#### **SHIATSU III - Stretches Back (30 hours, \$615)**

This segment of the Shiatsu training adds on to the short form by teaching students more techniques and stretching routines for all the major joints and muscle groups on the back of the body. The stretches are particularly useful for stimulating the flow of qi along the channels and through joint areas. **Prerequisite: Short Form Series**

#### **SHIATSU IV - Stretches Front (30 hours, \$615)**

This course is a continuation of Shiatsu III, where the students will learn more techniques and stretching routines for all the major joints and muscle groups on the front of the body. The course will include time for self care with the Dao Yin stretch kata. **Prerequisite: Shiatsu III**

#### **LONG FORM CLINIC (40 hours, \$680)**

This supervised clinic practicum is devoted to practicing and perfecting the long form in 2-hour sessions. Students are expected to know the techniques taught in Shiatsu III and Shiatsu IV and be able to apply them. **Prerequisite: Shiatsu IV**

#### **LONG FORM TUTORIAL (4 hours, \$115)**

Like the Short Form Tutorial, this is a private class in which the student practices on the instructor, who in turn provides detailed feedback on the student's work. It functions as the culminating step in the training. **Prerequisite: Long Form Clinic**

### CHINESE MEDICAL THEORY

#### **ABCs OF CHINESE MEDICINE - PART A**

**An Overview of Chinese Medicine (30 hours, \$640)**  
This is a step-by-step survey of traditional Chinese medicine. It presents the principles that form the foundation of the Eastern medical model and discusses traditional/classical Chinese medicine from the standpoint of a variety of topics. A significant portion of the course focuses on the Chinese image of organ networks and their range of functions. **Prerequisite: None**

#### **ABCs OF CHINESE MEDICINE - PART B Pathology in Chinese Medicine (30 hours, \$640)**

This course explores disharmony of the body energetic from the standpoint of dysfunction, or pathology of the organs. In Chinese medicine, disease is primarily identified as a constellation of symptoms known as an organ pattern. This course also utilizes qi-gong exercises designed to clear and strengthen the organs, as a self-care regimen. This course is best taken in the quarter following Part A. **Prerequisite: Part A**

#### **ABCs OF CHINESE MEDICINE - PART C Point Location (32 hours, \$675)**

Part C is a continuation of the Chinese energetic anatomy begun in Shiatsu I. This course covers all 361 acu-points on the 14 primary channels of the body. We will focus on the anatomical location of each point and learn the most significant clinical categories associated with them. In addition, students will be introduced to the names by which points are identified in China, as well as a translation and medical meaning of the most important points. **Prerequisite: Shiatsu I**

## Shiatsu Staff

**Harry King, LAc** is a licensed acupuncturist, and the director of OSM's Shiatsu program. He teaches the theory class series of the Shiatsu certificate (ABCs of Chinese medicine). Harry is a graduate of the OSM Shiatsu certificate program, and practiced Shiatsu for over 10 years prior to receiving his MS in Oriental medicine at AIMC in Berkeley, CA. After practicing Acupuncture and Chinese medicine for a number of years in California, Harry and his family recently returned to the Portland area. Harry is a longtime practitioner of Tai Chi, Qi Gong, meditation, and various other internal practices. He is passionate about practicing and teaching all of the branches of Chinese medicine, including bodywork and Shiatsu.

**Wendy Ward, LMT #10147**, has been practicing bodywork off and on since 1980. Prior to being licensed in Oregon, she worked as an herbalist and organic farmer. She currently practices in SE Portland, emphasizing Shiatsu in her work. She's especially enthusiastic about Shiatsu because it is as engaging and rewarding to give as it is to receive. Inspired by the traditional, cultural and medical theories at the root of this art form, she incorporates Tai Ji and Dao Yin in her self-care regimen.

**Melanie Zermer, LMT #5183**, has practiced massage and Shiatsu in Salem since 1995. She has taught massage and the short form series of Shiatsu courses at OSM in Salem since 1999. Melanie is a local activist and enjoys live music and performing arts. She is involved in citywide issues and performs political satire focused on peace, justice and environmental sanity.



PHOTO: Elizabeth Hart Whelan

