

Course Content

BASIC LEVEL OF OHASHIATSU® (CERTIFICATE)

Beginning 1: fluidity and inner strength

In the First Level Beginners the fundamental principles of Ohashiatsu are learned in their application to body work and to every aspect of life: to be natural ... to have respect ... to be present ... to be continuous ... to use two hands. The benefits are immediate as you become calmer, more centered and learn to accept yourself and others better.

We will study:

- How to feel the life force or Qi energy flowing in the body
- The Yin and the Yang
- How to locate the 12 meridians throughout the body
- How to locate and understand the use of some important tsubos of each meridian (acupuncture points)
- The fundamental movement in Ohashiatsu and the use of the right posture
- Techniques in the supine and prone position

At the end of the course you are able to practice a complete basic treatment.

Wear comfortable clothing that allows movement.

The basics of Eastern Diagnosis: setting the diagnosis

This 12-hour course allows you to learn to observe the human being and his microcosm-macrocosm relationship from a different point of view. The purpose of the curriculum is to create a better understanding of the principles of Eastern diagnosis and to develop the ability to read the body and make a diagnosis.

According to Ohashi, the information is already there and you just need to learn how to read it.

Topics addressed:

- Understanding the lack of balance
- Constitution and condition

- The 4 types of TCM Diagnosis (Bo-Shin, Mon-Shin, Bun-Shin and Setsu-Shin)
- Reading of the face, observation of the tongue, listening to the wrists
- How to take anamnesis and collect information for case studies

Beginning 2: The Five Elements

In the Second Level we understand the "why" of working with specific meridians and present the theory of the Five Energy Transformations or Five Elements, Fire, Earth, Metal, Water and Wood. Our appearance, our habits, our preferences or idiosyncrasies, our emotions and attitudes are examples of our effort to remain in harmony with the Five Transformations that are in nature and within us at all times. The meridians and acupuncture points are studied in more depth and techniques are learned in the lateral position.

We will also learn:

- The Makko-Ho stretching exercises of the Five Elements which open the relative meridians and balance the Qi energy
- The BO and YU points, diagnostic points that help us understand which meridian most needs to be rebalanced
- The meridians of Conception Vessel and Governor Vessel
- How to treat the body in a lateral position

TUTORIAL: from the Beginners 2 onwards, students are followed in groups of 2 or 3 for private lessons that take place in addition to the hours of lessons held during the course. The content of each lesson is developed on the specific needs of each student and the areas that need to be strengthened. Tutorials are recommended at each level of the courses, sometimes additional tutorials are required to improve the student's knowledge and ease before entering a higher level.

Anatomy 1

This is a theoretical course that introduces basic anatomy and physiology. It includes the study of the musculoskeletal system, the structure of cells and tissues, the nervous system, digestive system, respiratory system, urogenital system, endocrine system, cardiovascular system.

Intermediate 1: diagnosis of Hara and Body Stretching

This course demonstrates why Ohashiatsu is the best technique for practitioners, compared to other shiatsu massage practices. New techniques will be studied using the hands, elbows and knees, improving the balance and elegance of one's body. The combined use of the knees with the forearms, elbows or hands allows the practitioner to maintain a more complete connection with the recipient, resulting in a greater feeling of exchange for both.

We will also learn:

- Eastern Diagnosis of Body Areas
- Energy qualities of Kyo and Jitsu
- The psychological and emotional aspects of the meridian energy and their relationship in the Five Transformations

4 private sessions with COI or COC

An important aspect of learning Ohashiatsu techniques is receiving treatments from Certified Teachers (COI) and Consultants (COCs). The private sessions allow the student to “feel” the work and to learn directly through their own body. Receiving individual treatments from different Teachers makes it possible to understand differentiated approaches. A minimum of 4 treatments received are required.

60 hours minimum of practice classes

Guided practices are essential to help students improve the techniques learned in the classroom. The Teacher conducts an initial meditation and opening exercises and assists students with reviewing the techniques and maintaining correct posture as they work with each other. A minimum of 60 hours of guided practice are required to obtain the basic certificate.

Final exam

Once the five courses, the practices and the required treatments received have been completed, a small written exam and a practical one are foreseen for the achievement of the Certificate.

BASIC LEVEL OF OHASHIATSU®

- Beginning 1
- The basics of Eastern Diagnosis
- Anatomy 1
- Beginning 2 + Tutorial
- Intermediate 1 + Tutorial + Case Study
- 60 hours of practice classes
- 4 private sessions
- Written test
- Practical exam

All courses at this level must be completed before enrolling in the Professional Level

OHASHIATSU® PROFESSIONAL LEVEL (SPECIALIZATION OR PROFESSIONAL DIPLOMA)

Intermediate 2: meridian psychology and the Masunaga system

During the Second Intermediate the Masunaga meridian extension system will be introduced. Doctor Masunaga, a psychologist turned practitioner and teacher of shiatsu and body techniques, found that the psychological and emotional aspects of meridians manifest in parts of the body other than those shown by the traditional meridian system. By learning the extensions of the Masunaga meridians, you will be able to understand more deeply how physical situations can manifest themselves in the emotions and psyche, and how an emotional imbalance can produce physical pain and disease.

Topics addressed:

- Extensions of the meridians, emotions and related behaviors
- The roots of Kyo and Jitsu and how they are formed in our life
- Study of personal characters

Eastern Diagnosis with Ohashi

course open to all students including the basic program

The Eastern Diagnosis of Ohashi will teach you how to "read the body" to discover the physical, mental and spiritual conditions in yourself and in others. This 15-hour course allows you to observe the human and natural world with new eyes. Ohashi compares Eastern and Western methods with humor and sensitivity, and brilliantly outlines the precepts and apparent contradictions of Eastern Medicine in a language understandable to all. The deeper objective of the course is to present the unity of body, mind and spirit, emphasizing the fact that reconciling with one's weaknesses is just as important as using one's strengths.

Anatomy 2

In Anatomy 2 the shape and function of anatomy in relation to body systems are examined in the context of the theory of the Five Energy Transformations.

Advanced 1: Masunaga study and free movement

In Advanced 1 the techniques and concepts of Ohashiatsu are refined and expanded. We will learn to practice micro and macro transitions during the treatment: from supine to prone, from lateral to prone etc., safely and effortlessly. We will learn the treatment in a sitting position. The program is completed by the use of the four diagnostic methods of observation and the analysis of the structure of the body using the theory of Kyo and Jitsu. During the course there will be a practical application seminar.

Advanced 2: advanced techniques with Ohashi

Advanced 2 is a very challenging and challenging course. As it is also the final course, it should be considered as another learning experience rather than the last course. Try to think of it like all other courses, a place to learn what you need to improve. Of course, it is important that you are, and feel, prepared for this course. But remember that studying lasts a lifetime and it will take many years and many more before you feel more than just a beginner - and rightly so. Among the new techniques learned at this level: meridian muscle toning, sedation, new diagnostic methods, moxibustion, and how to treat the neck with a foulard. Application seminars, case studies and private lessons form the outline of the advanced courses, which conclude with a written exam and a practical exam with Ohashi. Master

Ohashi will teach the 2nd Advanced Level: assisted by a Senior teacher, he personally assesses each student through the private lesson and the exam.

4 sessions with COI or COC

A minimum of 4 treatments received since the Ohashiatsu professional level has been undertaken are required to obtain the diploma. An important aspect of learning Ohashiatsu techniques is receiving treatments from Certified Teachers (COI) and Consultants (COCs). The private sessions allow the student to “feel” the work and to learn directly through their own body. Receiving individual treatments from different Teachers makes it possible to understand differentiated approaches.

Minimum 90 hours of practice classes

For graduation, a minimum of 90 hours of guided practice is required from the beginning of the professional level of Ohashiatsu. Guided practices are essential to help students improve the techniques learned in the classroom. The Teacher conducts an initial meditation and opening exercises and assists students with reviewing the techniques and maintaining correct posture as they work with each other.

Final exam

Once the courses of the professional program have been completed, the practices and treatments received requested during the last course, Advanced 2, each student will take a written and a practical exam, directly with M ° Ohashi.

OHASHIATSU® PROFESSIONAL LEVEL

- All courses of the Basic Level (Certificate)
- Intermediate 2 + Tutorial + Case study
- Anatomy 2
- Eastern Diagnosis with Ohashi
- Advance 1 + Tutorial + Case study
- Advance 2 + Tutorial + Practical exam +Case study
- 90 hours of practice classes
- 4 Private Session
- Written exam
- Practical exam with Ohashi

FEEES

BASIC LEVEL (Certificate)

1st Level Beginners: £ 400

Bases of Eastern Diagnosis: £ 210

2nd Level Beginners: £ 440 + £ 60 for the tutorial

Anatomy: £ 250

1st Intermediate Level: £ 500 + £ 60 for the tutorial

Final practical exam: £ 50

Private treatment with COI: £ 60

Private treatment with COC: £ 40

Guided Practices (3 hours each):£ 30

Final certificate: £ 40

Total hours: 208 hours

PROFESSIONAL LEVEL (Diploma)

2nd Intermediate Level: £ 570 + £ 60 for the tutorial

Diagnosis with Ohashi

1st Advanced Level: £ 670 + £ 65 for the tutorial

Anatomy 2: £ 250

2nd Advanced Level: £ 1050 - (£ 950 for registrations completed 30 days before the course) 2020 tariff. (the cost includes the tutorial with a Senior teacher and the practical exam with Ohashi)

Private treatment with COI: £ 60

Private treatment with COC: £ 40

Guided Practices (3 hours each): £ 30

Diploma Certificate: £ 50

Total hours: 370 hours

TERMS AND CONDITIONS

TRAINING COURSE REGISTRATION

Fill out the registration form and pay a deposit of £ 100.00 to reserve your place in class. The balance is specified in the form.

DISCOUNTS (ONLY ONE APPLICABLE PER COURSE)

Early Registration - £35 (within the day specified in the form)

50 € if you register for the next course while enrolled in the current course.

REPEATING

50% discount for course repeats within 2 years. No other discount.

OHASHI'S COURSES

To secure your place you must register and pay in full. The course fee is non-refundable. No cancellation / no course transfer.

REFUND POLICY

In case of cancellation of a course at least 2 weeks in advance, 60% of the amount paid will be refunded, unless a replacement participant is found.

In case of withdrawal a few days before or after the start of the course there is no refund, but the sum can be fully recovered later, in a course at Ohashiatsu® in the UK within 12 months following the payment.

GENERAL

By using our services you agree to be bound to these terms and conditions. Any breach of the terms and conditions or delay of payment will be brought to jurisdiction and governed by the laws of London, UK.