

FULL SHIATSU CURRICULUM – Shiatsu Bodywork Academy

1. Introductory Weekend Course

2. Foundation Level (1st year) (CERTIFICATE)

- 10 weekend workshops
- tutorials – monthly, 1 evening after each weekend course – optional but recommended, distance options may be available
- independent study group / swaps > 2x monthly recommended – optional
- 30x Practice sessions on friends and family with written reflections
- written essays
- own daily reflective practice in: meditation, breathing, oriental discipline
- (50-100hrs expected throughout the year)*
- Anatomy and physiology (min 100 hrs)*
- 1st aid course – level 2*

(The certificate course encompasses a minimum of 500 hours of teaching, online reading and self-directed learning. Students should expect to spend between 8 and 10 hours weekly on course-related activities in addition to the 10 weekend courses.)

3. Practitioner Level (2nd & 3rd years) (DIPLOMA in Shiatsu Therapy)

- 14 (compulsory subject) weekend workshops
- 6 (elective subject) weekend workshops
- tutorials – monthly 1 weekday evening after the compulsory subject workshops
- independent study group / swaps with other students > fortnightly
- own practice: 200 treatments with written reflection
- Monthly rotational student clinic (3rd year only)
- Essays and case studies
- independent study / reading
- daily reflective practice in: meditation, breathing, oriental discipline*
- experience 5 shiatsu treatments from professional shiatsu practitioner (SPAANZ member)*
- Individual tutoring / mentoring session (2-3hrs)*

(The diploma course is made up of a minimum of 1100 hours of teaching, online reading and self-directed learning. Student should expect to spend between 10 and 12 hours weekly on course-related activities in addition to the 10 full weekend courses per year.)

Assessment: Internally assessed through competency in practical performance (student clinics and weekends), essays and case studies.

*External Provider / Courses or sessions to be booked separately and not included in academy course fees

FEES

1. Intro Course

Introductory courses usually cost \$350 for the weekend. There may be some variation based on venue. For full details of upcoming courses, please visit the course page.

2. Year 1 – CERTIFICATE

payment options:

1. **\$4690** full payment up front
2. \$890 deposit, then
\$400 monthly (x10 months)
TOTAL \$4890
3. \$690 deposit, then
\$110 weekly (x40 weeks)
TOTAL: \$5090

Anatomy/physiology course (approx \$400) and First Aid Course (approx \$250) are external and not included in the course fees

3. Years 2 & 3 – DIPLOMA

payment options:

1. \$4990 (two-time payment, initial payment at enrolment, with the second payment due in full 8 weeks prior to commencement of year 3 courses)
TOTAL: \$9980
2. \$1380 deposit, then
\$400 monthly (x22 months)
TOTAL \$10,180
3. \$1030 deposit, then
\$110 weekly (x85 weeks)
TOTAL: \$10,380

Level 2 First Aid Course (approx \$250) is external and not included in the course fees also not included in the fees are the shiatsu treatments and individual mentoring sessions extra elective courses (after the 6x compulsory electives) available at discounted rates for current students (subject to availability)

Diploma Course fees include student membership to Shiatsu Practitioners Association of Aotearoa NZ (SPAANZ)

...Deposit payable on enrolment, installments due monthly or weekly as per payment plan.

All fees are in NZD (New Zealand Dollars).

Pay it forward:

options available to pay part or all of a course for another student

Scholarships and financial assistance:

alternative payment schedule by individual arrangement

recipient of pay it forward scheme (depending on availability)