

## Shiatsu Certificate Program- External Course Content

External course content is to be completed by each student externally at an institution of choice. There are many options available and students should choose these, depending on their own preference. Please check with Shiatsu Bodywork Academy if you are not sure if the course you would like to do meets the specific criteria.

Below are the criteria and some recommended courses by online and/or distance learning for the Certificate in Shiatsu Training (Foundation Level):

### **Anatomy & Physiology** – min 100hrs study, required to be completed as part of the Foundation Level Shiatsu Certificate

(Below are examples only)

- Basic Human Anatomy  
Holistic Health Clinic and Learning Services (info available)  
Sue Williams 07-8664800 / honey309@xtra.co.nz  
Distance learning programme, self-paced, actual paper learning sent via post  
Time: 200 hours  
Cost: \$400 (?)
- Body Intelligence Living Anatomy course  
<https://bodyintelligenceanatomy.com/>  
<https://www.embodiment-for-health.com/courses/bodyintelligenceanatomy>  
Online learning with high image and video content. They offer a first module for free, so go ahead and trial it to see if it's right for you.  
Time: 100 hours  
Cost: US\$255
- Holistic Health Training Ltd  
[www.hht.co.nz](http://www.hht.co.nz)  
NZQA-Registered Private Training, self-paced, course delivered via USBs with options audio-visual presentation for each module (at an extra cost)  
Time: 500 hours  
Cost: \$610 (without av presentation)  
\$850 (includes av presentation)  
payment plans possible
- Recognition of Prior Learning  
Students with prior learning in anatomy and physiology of a minimum of 100 hours can have this cross-credited. Please provide proof of learning for this.

**Comprehensive First Aid** – min 12 hours, Level 2, required to be completed as part of the Foundation Level Shiatsu Certificate