

Terms and Conditions for Attendance of Movement Shiatsu Residential Programme

What can I expect from the course?

The course is an course in therapeutic approaches from Movement Shiatsu which can be applied in the context of a Shiatsu session. It can also be taken as a foundation course in Movement Shiatsu for those who have experience in other bodywork or therapeutic fields.

There are five distinct aspects to this:

- 1) The theory and techniques associated with working with the Six Combined Channels and their link to developmental movement.
- 2) The development of the quality of touch and quality of personal contact
- 3) Self-exploration and group process
- 4) Learning the discipline of Inner Qigong
- 5) Experiential Anatomy

The following explains what you can expect from each of these aspects:

1) The theory and techniques associated with working with the Six Combined Channels and their link to developmental movement

Theory is taught in the main by explanations given within the practical demonstrations, and by occasional lectures. Some handouts will be given but a lot more are available on the web. Since the primary aim of the course is your personal development as a warm and contactful Shiatsu practitioner, the theory given tries to be supportive of that process rather than demanding that you learn a lot of new concepts which would distract from your primary relationship with clients.

Tutors are available for support in learning and understanding the theory presented and a specific website is available for sharing course notes and for asking questions about the theory and techniques.

Techniques are demonstrated and practiced on partners. Tutors are available within the classes, as well as the course leader, for helping you to master these techniques.

The tutors will hold tutorials during each residential to provide support for those that need to learn basic Shiatsu bodywork or to resolve anything that is unclear from the main sessions.

There is a feedback procedure to allow you to comment on the support, information, teaching and material to help make sure that no-one is getting lost.

2) The development of the quality of touch and quality of personal contact

This is a major aim of the course and we will aim to give each participant personal feedback about the quality of their physical, energetic and personal contact. The course tutors will give you this feedback while you are practicing the techniques taught and also may suggest that you work with them directly to improve particular aspects of your touch. The course is a multi-level course and we encourage people with less experience of Movement Shiatsu to pair up with more experienced students to get their guidance and feedback.

3) Self-exploration and group process

This is a major component of the course and it is important that you understand what is involved. The basic philosophy of the course is that if you know yourself and are present in yourself without shame or avoidance, then you automatically have compassion for others and can be with them without judgement, shock or avoidance.

It is this unshockable contact which gives the client permission to unlock the areas of themselves that they are avoiding and to learn to be with themselves and with others without contracting.

Our basic belief is that how you are with yourself and with a client is much more important than the techniques and theory that you apply as tools.

Another basic belief is that each one of us is a group. I am sometimes a child, sometimes a parent, sometimes vulnerable and shy, sometimes confident and have authority. One can see all these different aspects as different members of an internal group.

We specifically teach and work with group process in the course as a way of helping the internal group to come together, to communicate and to self-monitor and self-challenge. Games we play to avoid contact with others mirror the ways in which we avoid contact with our selves.

This means that the group work is an important and significant part of the course. Specifically: learning to express oneself rather than describe oneself, to speak from one's experience rather than advising others, learning to be aware of avoidance of contact and challenging it rather than colluding in it and learning to value the process of making contact with people who push our buttons.

If you do this course, you should be aware that you may be challenged, that you may become aware of deeper areas of yourself that are less comfortable than your habitual way of being.

Therefore support and safety are important. Some of the course tutors are trained counsellors and can listen and support if you need personal time. We will do our best to set up group structures, which will make it safe for you to explore deeply without feeling judged or avoided. We aim that the result of this self-exploration is a sense of deeper connection and greater aliveness.

This is not a psychotherapeutic group. We aim to teach and to bring awareness rather than use psychotherapeutic techniques to resolve and process what comes up. It is not the responsibility of the group or the tutors to help you resolve issues that come up. We can support, advise and stay in contact, but it is your responsibility to obtain personal help outside the group if issues come to the surface that cannot be properly dealt with within the constraints of a teaching group.

4) *Inner Qigong*

Movement Shiatsu is more than the bodywork. It is also a movement education system. Learning how movement, mind and energy are connected is an essential part of Movement Shiatsu training and the foundation of this knowledge is encapsulated in Inner Qigong.

Inner Qi Gong evolved from ancient Taoist movements, Tibetan Yoga and the western theory of Developmental Movement. [Bill Palmer's](#) research into movement development showed that the 'Energy Meridians' of Chinese Medicine are exactly the pathways along which a baby learns to move their body.

When a baby develops a movement such as rolling or crawling, he is not only learning to move, but also building his mind. For instance, through crawling he starts to learn to be autonomous - if he wants something 'over there' he can go get it, instead of being dependent on somebody else to bring it to him. Through rolling he learns to integrate the different parts of the body so that they work together harmoniously.

In the same way, Inner Qi Gong works with these whole body meridians, re-teaching the different parts of the person to work together harmoniously and developing a unity between mind and body.

Uniquely, Inner Qi Gong also uses [bodywork and voicework](#) to help really experience these inner connections. Each of the six archetypal functions of the body-mind is supported by an aspect of our movement and anatomy and expressed in certain qualities of voice. So learning to experience these qualities in ourselves is a fundamental step in teaching and working with others.

5) *Experiential Anatomy*

Experiential Anatomy is a term coined by Bonnie Bainbridge Cohen as part of Body-Mind Centering but is a way of learning anatomy which has been also been used in Alexander Technique, Feldenkrais Method and Movement Shiatsu. In general, it

means that you not only learn the details of anatomy, such as the origin, insertion and function of muscles, but also how to feel and use your anatomy from inside. This awareness is facilitated by touch and guided movement. Our approach focuses on knowledge of certain key structures and systems in the body, which are the most common areas where energy gets blocked. Examples of these are the menisci of the knees, the small bones of the hands and feet, the deep postural muscles and the autonomic nervous system.

A detailed knowledge of these means that one can feel exactly which tissues are stuck and help them to move in the ways natural to them. If you yourself have learned to experience them from the inside, and learned to consciously activate them, then you can, in turn, transmit that experience through your touch. This helps the client to open pathways to the embodiment of disconnected areas. For more information go to <http://www.experientialanatomy.org>

In this course you will be given free access to online modules on the Skeleton and the Organs and half-price access to the module on the Postural Muscles. Doing these online courses is an essential part of the course and also provides a forum for discussion of course material in the times between residential**How much does it cost?**

The current full fee for the course is advertised on the website plus conditions for receiving early-bird discounts. In addition we may offer bursaries to keen students who are on low income, but this depends on the number of full-paying students attending. The awarding of bursaries is fully at the discretion of the School for Experiential Education. Each person must pay their own accommodation costs for the residentials, which must be paid in full at each residential. You may, by arrangement, pay the teaching fees by regular instalments.

What is the structure of the course?

The course consists of three residential courses and several online modules, including an online discussion group so that the group can support each other in the times between courses. The dates are published on the website.

In addition, you are expected to take at least two of the free online courses on Experiential Anatomy and to take part in the discussions on the forum in those courses. These courses also contain videos and pictures of many of the techniques taught in the course. The forum provides a platform for digesting the material taught in the residentials as well as for discussing the information of the online courses.

On top of this, you are strongly advised to have at least one individual session with Bill Palmer or another of the senior tutors during the course. Feeling how the content of the course is embodied in a bodywork session is invaluable. Bill charges students on this course a special discounted rate.

Who do I write the cheque to?

The School for Experiential Education

Can I pay directly into a bank account?

Yes. The bank account details are available if you email bill@seed.org

Where are the Residential Courses held?

In Gaunts House, Gaunts Common near Wimborne, in Dorset

What is the timetable for the courses?

Residentials start at 6pm on the Thursday, dinner is served at 6.30pm and then we have an evening session 8.30- 10.30. On Sunday the courses end after lunch with a short finishing group .

How much deposit is required?

We ask for an initial deposit of £200 to reserve your place on the first residential.

Who do I write to to discuss payment terms.

Bill Palmer (bill@seed.org)

How do I pay the balance?

You may pay the balance in two ways:

1. Payment of the entire course fee + accommodation costs for the first residential can be paid at the beginning of the first residential course.

2. Payment by instalments may be negotiated but must be agreed in writing before the end of the first residential. This must take the form of a standing order, paid at regular intervals. If you pay by instalments, you will sign a contract stating that you will pay the full fee + accommodation costs.

If I just do the first residential, what is the cost?

A special fee is charged for the first residential if you are not committing to the whole course. This is published on the website. In addition, you pay the cost of the board and lodging at the venue (this is reduced if you are camping - you still get meals and can use bathroom facilities).

If you then decide to commit to the whole course then these payments will be subtracted from the fee for the course. Discounts will still apply as long as you pay the whole sum before the end of the first residential or shortly afterwards by agreement with the tutor in charge of fees.

What happens if I want to cancel?

If you want to cancel before the course starts, you will simply lose the deposits you have made since we will have to pay these to the residential venue in any case.

If you want to cancel after the course starts, it will depend on the reason for cancellation. If you are seriously ill and cannot attend the rest of the course for medical reasons, we will refund you most of the value of the remainder of the course, calculated pro-rata on the number of teaching days the course still has left to run. For this to apply, you need to give us an official signed letter from your doctor, describing the condition and the reason that you cannot continue.

If you want to cancel after the course starts for another reason then we will listen to your reasons and, at our sole discretion, give a refund if we feel it is appropriate. We are under no obligation to refund any course fees but will do so, without prejudice, in a way we feel is fair to the circumstances.

Does the course count for Shiatsu Society CPD hours?

Yes.

What qualification do I get from the course?

This depends on your prior experience.

Postgraduate Shiatsu Students:

If you attend the entire course you will get a Postgraduate Diploma from the School for Experiential Education. This qualifies you to do further training, for instance as an Inner Qigong Teacher or to do further work to get a qualification in Movement Shiatsu. If you attend the course for further years and your practical work and group contributions during the course show a real understanding and application of the material of the course, then you will be awarded an Advanced Diploma in Movement Shiatsu. There is no formal examination, but the tutors will be assessing the progress and understanding of repeating students during each residential.

Foundation Students

Students who have previous experience working on themselves or in another form of bodywork or therapy can take this course as a foundation in Movement Shiatsu. Completion of this course qualifies you to continue onto a second year training in Movement Shiatsu and Bodyvoicework Coaching.

After the second year of study you can qualify as a Bodyvoicework Coach and to teach a simple form of the Inner Qigong to groups.

A third year of study is then needed to qualify as a Movement Shiatsu practitioner.

Details of this progression are published on www.movementshiatsu.co.uk

Complaints and Feedback

If you have a complaint or any feedback about the course, the course tutors, the mentors or the venues then you can at any time fill out our feedback and complains form (which can be anonymous) at <http://www.seed.org/feedback> or write to SEED. We promise to take your feedback seriously and to follow up any complaint with a discussion with you. Our teachers and tutors try to be careful to always make clear what is expected of you and to gain your agreement before putting it into practice. If you feel that they have been negligent in this or any other matter then we will, in addition to discussing the matter with you and if your complaint seems to be a real breach of our code of conduct, suggest methods of reparation and of future change to our conduct to satisfy you.

As our teachers and tutors are members of the Shiatsu Society, they are bound to adhere to the Shiatsu Society's Codes of Conduct and Ethics and, if you are not satisfied with our internal procedures for dealing with your complaint, then you may write to the Shiatsu Society to mediate the issue.

Changes to these Terms

We affirm the right to change these terms and conditions at any time. However, if you have paid deposits or fees on the basis of these terms then the terms as published on the date of your last payment or agreement will hold for the purpose of any legal contract between you and the School for Experiential Education unless you agree in writing or by electronic confirmation to the proposed changes.