

School of Shiatsu and Massage at Harbin Hot Springs

Owned and operated by Bodywork Career Institute llc.

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2012 Catalog – effective January 1, 2012

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Waterdance™ developed by Arjana Brunschwiler and Aman
Schroter

Watsu® is registered and owned by Harold Dull

Aquatarnatives® developed by Mary Theri Thomas

Photography

Over the years, the photography in this catalog has been
anonymously and generously shared by students, instructors,
and the community of the School of Shiatsu and Massage.
Thank you all.

Approvals

- ✓ The School of Shiatsu and Massage was granted approval from the Bureau for Private Postsecondary Education (BPPE) pursuant to California Educational Code Section 94915. (school code 1700041)
- ✓ Approval to operate means compliance with minimum standards and does not imply any endorsement or recommendation by the State or the Bureau. The BPPE is the authority regulating California's private postsecondary institutions and approving educational institutions for Veterans under the G I Bill. The Bodywork Career Institute llc is not a public institution.
- ✓ The California Board of Registered Nursing approves the School of Shiatsu and Massage as Continuing Education Provider Number CEP6457.
- ✓ The School of Shiatsu and Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Provider (provider number 451348-10).

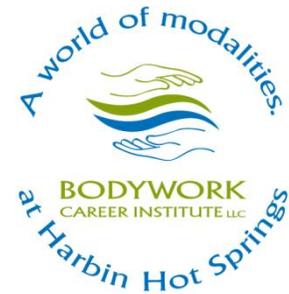


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About the school.

The School of Shiatsu and Massage originated almost 30 years ago. It was established in 1979 as the Niyama School of Healing Arts and then changed names and ownership in 1985, when it was purchased by Harold Dull . Since June 1994 the school has been owned by the Worldwide Aquatic Bodywork Association (WABA), a non-profit organization.

January 2008 the school changed ownership again, from WABA to the Bodywork Career Institute llc.

The School of Shiatsu and Massage is known throughout the world as a premiere learning center for aquatic and land bodywork therapies. The classes are offered in a residential intensive format that allows the student to become totally immersed in the learning process. The staff and faculty are here to assure that your learning environment is nurturing, fun and full of self-discovery and that your stay here is pleasant.

Because of the uniqueness of the programs and curriculum, students come to our school for a variety of learning opportunities, including the beginning of a new career in the healing arts, continuing education to broaden their skills as a professional body worker, and for the experience of personal growth. Many students return for the strong feeling of community that the school fosters.

Unique modalities

In addition to traditional massage training, unique and innovative modalities are offered that are not taught elsewhere.

On Land

Students can receive a solid education in massage therapy, encompassing many different modalities:

Energy-active Craniosacral / Deep Tissue / Shiatsu /
Therapeutic Massage / Reflexology / Thai Massage /
To name just a few.

In Water

Since its inception, the School of Shiatsu and Massage has been at the forefront in training aquatic bodyworkers and now offers the largest selection of aquatic classes in the world.

The primary modalities are; Watsu®, AQUATERNATIVES®,
Waterdance™ and Healing Dance.



About classes at the School

Are you a practicing bodyworker wanting to expand or improve your technique ?

A successful health professional looking for the most contemporary bodywork for your clients ? Or perhaps an individual considering making bodywork your career of choice. Whatever your current level of bodywork experience or your reasons to attend, this school offers a wide range of options and opportunities; from single classes to advanced certification courses.

Taught by successful practicing professionals, each 50-hour week- and 100 hour 2 week class presents a comprehensive approach to the modality being taught. Each class provides the anatomy and hands-on training required to give a sensitive, intuitive and complete bodywork session. Students also receive guidance in setting up a practice and marketing their services. All this ensures that the student leaves the school as a competent and confident bodywork professional.

Students are free to choose and combine electives that best suit them within the requirement of their program and to proceed at their own pace to successfully earn the desired certificates.

Perhaps the most popular feature of this school is that students can start at any time of the year at whatever level of training is appropriate for them.

Beginning level classes are offered regularly along with more advanced classes, as well as unique modalities that will re-inspire the practicing therapist. Students can design their own programs, choosing when to participate in the required classes and electives. This allows students to learn within their own time frame, financial parameters and areas of interest.

There are many weekend classes available for CEU's or educational weekend getaways. Please check the schedule for more details.

Location

All classes are located at Harbin Hot Springs, an ideal complement to the unique bodywork developed at the school. Our classes are held at the Meadow Building, Mountain Lodge and the Harbin Domes pools.

Harbin Hot Springs is a beautiful retreat center nestled in its own 1700 acre valley with pristine nature, hot springs and modern facilities. It has been a sacred land of pilgrimage since before recorded history. The hot-, warm- and cold pools are fed directly with spring water, rich in minerals that bubble up from the earth. The Native Americans of the area believed that the waters of Harbin's springs had great healing power because



*“After just 1 class I took with the school, clients told me that I have given them the best massage they have ever had.”
H. Ritscher*

they came from the underworld, the spirit realm of the Shaman's vision.

Harbin and the school attract people from all over the world. Harbin Hot Springs is located on the side of Mt. Harbin and is surrounded by trees, paths, deer and other wildlife that roam freely on the land.

Harbin's other facilities include sauna, steam room, restaurant, library, natural food market, daily free Yoga classes and other events in the beautiful Temple.

The scenic natural environment, combined with all these amenities makes the School of Shiatsu and Massage at Harbin Hot Springs, the perfect learning environment.

*Enjoy the serenity
of Harbin*

*Learn the Healing
Arts*

*"Wow what an experience, and
beautiful experience. I have
thoroughly enjoyed every aspect
of this training.*

A.Nasoff

*Rejuvenate
Regenerate*



*Know the satisfaction
of helping others*

*Obtain a skill you
Can use Anywhere
for the rest of your life*

Training Programs leading to certification

An overview

At the School of Shiatsu and Massage students can earn certificates ranging from 258 to 1058 hours.¹

Each course introduces concepts and skills that provide a foundation fundamental to all other forms of bodywork which are expanded upon in other classes.

To become a proficient bodyworker, it is reasonable to estimate 500 to 1000 hours of training and a year's worth of practice.

Prior to registering for classes with the school, students are encouraged to check with their local state, city and/or county ordinances for licensing requirements and the number of hours they require in bodywork training in order to set up practice within these areas.

Students can tailor most of the certificate courses to suit their interests as long as they participate in all required classes and choose from a wide range of land- and water electives. Please refer to the elective requirements of each course.

Practitioner Training Programs

Therapist Training Programs

Approved Training Programs

Advanced Bodywork Programs

On land

- Massage Practitioner – 258 hours – specific to Massage
- Specialized Practitioner- 358 hours- Shiatsu and Deep Tissue
- Massage Therapist – 558 hours – specialize in Massage
- Shiatsu Therapist- 708 hours
- Advanced Bodywork Therapist – 1058 hours

Land Modalities

In water

- Watsu provider – 320 hours
- Watsu Therapist – 788 hours
- Aquatic Bodyworker – 988 hours

Individual classes

Many of the classes offered by the School of Shiatsu and Massage can be taken individually for personal growth, enrichment, to further enhance a career and to receive continuing education contact hours. All that is required of the student is to observe the prerequisites that are listed under each specific class description in the catalog as they “dive in” to the individual classes of their choice.

Water Modalities

Continuing Education

Details of Land certificate courses

Bodywork Practitioner certificates

* Massage Practitioner-258 hour

Massage Intensive - 100 hours
Anatomy Bones & Muscles – 50 hours
Anatomy Body Systems – 50 hours
Essential Business Skills -16.5 hrs
Trust in Touch or Ethics – 16.5 hours
Kinesiology – 25 hours

*Practitioner
Training Programs
258 hours*

* Shiatsu Practitioner-358 hours

258 hour Practitioner Program
Shiatsu 1 – 50 hours
Shiatsu 2 – 50 hours

* Deep Tissue Practitioner-358

258 hour Practitioner Program
Deep Tissue 1– 50 hours
Deep Tissue 2– 50 hours

*Specialty Practitioner
Training Programs
358 hours*

Massage or Shiatsu Therapist Certificates

While each state, county and each city has the right to set the minimum number of hours required to practice massage, the standard for entry level in the massage profession has become 500 hours of training.

In order to apply for California or National Certification, 500 hours of documented training from an approved school is required.

We offer two distinct paths:

- the Western approach with the Massage Therapist Certificate
- The Eastern approach with the Shiatsu Therapist Certificate.

The 558 hour program at The School of Shiatsu and Massage is also a great way to supplement whatever basic training a student may have already received and in many cases previous training can be transferred into this program.

*Therapist
Training Programs
558 hours*

*Massage Therapist-558 hour

Massage Intensive - 100 hours
Anatomy Bones & Muscles – 50 hours
Anatomy Body Systems – 50 hours
Essential Business Skills -16.5 hrs
Trust in Touch or Ethics – 16.5 hours
Kinesiology – 25 hours
Pathology – 50 hours

Required Curriculum

Details of Land certificate courses Continued

(Massage Therapist cont.)

Add 150 hours from any of the following specializations:

Advanced Therapeutic Massage 50 hours

Craniosacral 1 and 2, 50 hours each

Deep Tissue 1 and 2, 50 hours each

And Electives 100 hrs

* Shiatsu Therapist-708 hours

558 hour Therapist Program

Shiatsu 1 50 hours

Shiatsu 2 50 hours

Shiatsu 3 50 hours

* Advanced Bodywork Therapist-1058 hours

If you wish to increase your specialty with additional advanced bodywork training, then this Training Program is for you!

Complete the requirements for the Massage Therapist Training Programs and then follow it up with additional classes to reach 1058 hours, choosing freely from the land and water electives.

*Shiatsu Therapist
Training Program
708 hours*

*Advanced Bodywork Therapist
Training Program
1058 hours*



*See the Registrar to
Create a program and take
classes when they
fit your schedule
And budget*

Electives

50 hour Land classes

Advanced Therapeutic Massage
Deep Tissue 1
Deep Tissue 2
CranioSacral 1
CranioSacral 2¹
Anatomy Bones and Muscles
Anatomy Body Systems
Lomi Lomi Massage
Pathology
Reflexology
Shiatsu 1
Shiatsu 2
Shiatsu 3
Traditional Thai Massage 1
Traditional Thai Massage 2

50 hour Water Classes

Watsu 1
Watsu 2
Watsu 3
Watsu 3 Adapted (A Clinical Approach)
Basic Healing Dance
Waterdance 1
Aquaterratives

100 hour Land

Massage Intensive

25 hour Land

Kinesiology
Spa therapies, Dry room techniques

16.5 hour Land

Chair massage
Essential Business Skills
Ethics
Hot Stone Massage
Shiatsu Yoga

16.5 hour water

Basic Watsu
Clinical Ai Chi

Choose any three 16.5 hour classes to equal one 50 hour elective.

Note:

The following classes are considered core curriculum and not eligible for NCBTMB continuing education hours.

*Massage Intensive
Anatomy Bones & Muscles
Anatomy Body Systems
Pathology
Kinesiology
Essential Business Skills
Ethics*

Description of Land Classes – Western modalities

Becoming a bodywork professional at the School of Shiatsu and Massage has many advantages. The classes not only provide state-of-the-art massage education, but also give the student a solid foundation combining creativity and adaptability. All classes are taught by highly experienced and practicing massage professionals, who have a wealth of knowledge and experience to share.

Please note that the following classes are 50 hour modules, unless otherwise indicated.

Massage Intensive 100 hours

For many of us, touch is natural and even instinctive; but learning to touch therapeutically – with healing intent – is a distinct and sophisticated skill.

This intensive will provide students the confidence, skills and techniques to become an excellent massage practitioner. Using proper body mechanics so that the student is centered and grounded, they will be able to massage with effortless power and grace.

Emphasis is placed on stretching and proper body posture for the therapist to prevent injury while caring for the client. Students will learn a Swedish relaxation massage and therapeutic approaches to common conditions.

Body mechanics, the benefits and contraindications of massage, anatomy, proper draping, ethics and procedures for establishing a private practice will also be taught.

The safe and supportive atmosphere of this class makes learning massage a pleasurable experience. At the end of this 100 hour intensive, students will have an excellent foundation for a professional career.

Prerequisites: None

*Class Materials: Introduction to Massage Therapy 2nd edition
Braun & Simonson 2 sets of twin sized sheets*

Instructors: Keesha Standley, Katherine Perry

Lomi Lomi Massage 50 hour

Lomi Lomi is an ancient healing art that was traditionally passed down through generations of Hawaiian families only. In 1973 native Hawaiian healer, “Auntie Margaret” Machado began teaching it to students of non-Hawaiian lineage. She called it the “loving Touch” and wanted the world to learn about it and the healing effects it

Western Modalities

Massage Intensive



*Begin with Massage
Intensive*

*And you are ready to
provide a professional
Massage*

offers. Lomi Lomi is a rhythmic massage comprised of four basic strokes used in a pattern of specific movements designed to increase circulation and lymphatic drainage. It is the “dance of Massage”, and as wonderful to give as to receive. Combined with Hawaiian breathwork it creates a profound sense of well being in the client as well as the practitioner.

Prerequisite: Previous Massage experience

Class Materials: 2 sets of twin size sheets

Instructor: TB

Western Modalities

Deep Tissue

Deep Tissue 1 50 hours

Deep Tissue is an often misunderstood bodywork modality. In this class students will discover and explore a variety of ways to get a deep release in a client’s musculature.

Students will begin by learning how the body holds tension and how that tension can cause imbalances in posture and overall health. From there, students will learn many very effective methods for working safely in the deeper realms of the client’s body. Strong emphasis will be made on proper body mechanics, compassionate connection with a client, indications and contraindications and many hours of hands-on experience. Whether it takes the form of a deeper full body Swedish or a focused session on a specific postural imbalance, Deep Tissue is an invaluable addition to any bodyworker’s toolbox of techniques.

Prerequisites: Advanced Therapeutic Massage and Living Anatomy Bones and Muscles or by instructor permission. Registration must be complete 2 months prior to class

*Class materials: “The Balanced Body - A Guide to Deep Tissue and Neuromuscular Therapy” by Donald Scheumann.
2 sets of twin sized sheets*

Instructor: Gonzalo Landeros

Deep Tissue 2 50 hours

This class will take Deep Tissue massage to a level of profound therapeutic massage. Students will take the concepts and techniques from Deep Tissue 1 and add to them a variety of effective skills that will be able to further address the needs of clients. Included are techniques such as body reading, deep facial stripping, deep tissue sculpting, active deep tissue and more. In addition specific techniques for neck and shoulders, carpal tunnel syndrome, deep muscles of the upper torso, muscles of respiration, deep hip movers and legs will be shown and experienced. In depth study of these areas combined with plenty of hands on time will make this an exciting journey into advanced bodywork.

Prerequisites: Deep Tissue 1 or by instructor permission. Registration must be complete 2 months prior to class.



*Acquire the Skill
Clients ask for most*

Class materials: “The Balanced Body - A Guide to Deep Tissue and Neuromuscular Therapy” by Donald Scheumann.

2 sets of twin sized sheets

Instructor: Gonzalo Landeros

Cranio Sacral 1 – Balancing 50 hours

The healing process of Cranio Sacral balancing is a natural path to relaxation, self correction and restoration of optimal balance for body, mind and spirit. The work is gentle, yet has deep effects allowing for improved movement, quicker healing and overall wellbeing. Headaches, TMJ dysfunctions, neck and backaches, sciatica and stress related problems are just some of the issues that respond well to Cranio Sacral balancing. You will learn protocols to feel for and support the release of holding patterns. You will also get an introduction to Subtle Energy Therapy as developed by Jim Gilkeson in form of partner treatments and meditations to develop your own therapeutic approach to healing.

Prerequisites: none

Class materials: “**Energy** Healing: A Pathway to Inner Growth” by Jim Gilkeson (Marlowe & Co), 2 sets of twin sized sheets

Instructor: Keesha Standley

Cranio Sacral 2- Balancing 50 hours

This course builds on discoveries from Cranio Sacral 1. Students will have a thorough review of the main elements of course 1 and continue to learn to work with the structures and energies of the head, hard palate and face. The work includes expanded techniques around the sphenoid and temporal bones and eyes. The focus is on learning to move the flow of the receiver’s body, allowing release to take place. In this non-doing space, doors to inner dimensions open, expansion becomes effortless, and the body heals itself.

Time will be devoted to strategies for unwinding the body and the location and release of energy cysts. Personal energy work exploration will provide a means of deepening all facets of this approach, which blends work with both the structure of the body and the energy that enlivens it.

Prerequisites: Cranio Sacral 1 or an earlier introductory course in Cranio Sacral work Contact Keesha with any questions.

Class materials: “Energy Healing: A Pathway to Inner Growth” by Jim Gilkeson (Marlowe & Co)

2 sets of twin sized sheets

Instructor: Keesha Standley

Western Modalities

Cranio Sacral



Continuing Education

Pathology for Bodyworkers 50 hours

This course will be an introduction to a vast subject. Knowledge of pathology is vitally important to massage therapists so that they can protect both their clients and themselves. Knowing when to refer a client, when not to give a bodywork session, when, why and how to modify a bodywork session are all essentials skills. Topics will include: definition of pathology, contraindications and cautions, universal precautions, inflammation, fever, infection, circulatory conditions, diabetes and cancer. Learning Methods include lecture, discussion, and role-play.

Prerequisites: Massage intensive or equivalent

Class Materials: "Massage Therapist Guide to Pathology"

Instructor: Kirsten Staley

Advanced Therapeutic Massage 50 hours

Tailoring your work to meet specific client needs

This course offers the continuing student an opportunity to expand existing skills and acquire new tools to dramatically increase the therapeutic benefits of their work. Students learn a side-lying approach, which is particularly effective for the hip, lower back, neck and shoulder girdle. This positioning also offers more comfort and flexibility for pregnant clients. Students will learn the theory and techniques of joint mobilizations, myofascial stretching and release, proprioceptive neuromuscular facilitation (PNF) and hydrotherapy and how to integrate them effectively in the context of a Swedish-based massage session. Each student will be carefully coached to adopt excellent body mechanics and injury prevention measures to ensure longevity as a massage practitioner. This class is a prerequisite for the School's Deep Tissue and Trigger Point Classes.

Prerequisites: 100 hours massage training

Class Materials: "Introduction to Massage Therapy," Braun and Simonson, 2 sets of twin size sheets, instructor handouts

Instructor: Carlisle Douglas

Western Modalities

Pathology

Advanced Therapeutic



"This class was excellent. We learned a great pattern to work with. I feel confident in being able to use this material when I leave here."

A. Feinstein

Anatomy Bones & Muscles 50 hours

Living anatomy is a required course for the practitioner and therapist programs at the School of Shiatsu and Massage. It is an introductory course in anatomy, providing the essentials of musculoskeletal anatomy, as well as the fundamentals of human kinesiology.

Designed by a bodyworker for bodyworkers, this course focuses on information essential for massage therapists. Students begin by exploring different learning styles and effective study skills. Students will use a “hands on” approach to learning that includes palpating bones and bony landmarks, stretching muscles, and locating and/or drawing them on each other. Students will also learn to understand some of the common conditions that bodyworkers meet in their practices, such as carpal tunnel syndrome, herniated discs, sciatica, and thoracic outlet syndrome. Special attention is paid to endangerment sites and other precautions. Students will receive an easy to follow Anatomy Study Guide annotated with page references to the required texts. Lectures will be enhanced with palpation videos, skeletons, charts, and selected coloring assignments.

Prerequisites: None

Class Materials: “Trail Guide to the Body” 2 sets of twin sheets

Instructor: Kirsten Staley

Anatomy Body Systems 50 hours

Living Anatomy 2 is required for the practitioner and Therapist programs at The School of Shiatsu and Massage.

Designed to help bodyworkers “see” into the body and be more effective as therapeutic practitioners, this class teaches students how to “build a body” by providing an overview of cells, tissues, organs, the major body systems and how they relate to each another. Students will learn about the benefits, physiological effects and contraindications of massage. All of this is taught through lively interaction, lecture, games, and movement in a creative learning environment. Together with “Living Anatomy 1: Bones and Muscles,” this class helps prepare bodyworkers for the State and National Certification Exam Challenge Test, and any serious bodyworker will find it to be an essential part in his/her learning.

Prerequisites: None

Class Materials: “anatomy coloring book” Wynn Kapiit, Lawrence Elson “Introduction to Massage Therapy,” Braun and Simonson 2 sets of twin sheets.

Instructor: Julie True

Description of Land Classes – Eastern Modalities

Western Modalities

*Anatomy Bones &
Muscles*

Anatomy Body Systems



Shiatsu 1 50 hours

Students are introduced to the Japanese art of healing touch, Shiatsu. This course presents the main theory of Yin and Oriental philosophy through Aikido, Yoga, and Do-In along with the techniques of Shiatsu necessary for the effective practice of massage. Shiatsu was developed and is practiced based on twelve meridians. Students will learn and practice how to release and tonify meridians, along with oriental breathing, Qi flow, intention and physical postures of the practitioner. Students are also taught both seated and prone position along with 30 basic acupressure points. A minimum of 35 hours is devoted to demonstration and practice of techniques. Students have ample time each session to give and receive shiatsu under the supervision of the instructor.

Prerequisites: None

Class Materials: Instructor Manual and “Intermediate & Advanced Acupressure Course Booklet”, by Michael Reid Gach, PhD

Instructor: Shinzo Fujimaki

Shiatsu 2 50 hours

In this course students are focused on the supine position of Shiatsu. At the end of the week we review whole body treatment. Up to an hour and half of detailed Oriental theory including the 5 elements, Jitsu (excess) and Kyo (deficient) is taught at the beginning of each session to learn the basic understanding of diagnosis. Shinzo’s emphasis is on learning to see the positive side of challenges of the body and mind through sickness. Main attention is paid to understanding the client’s body, mind, and spirit. Discover how to blend your healing energy so both clients and practitioner’s energy open up to a higher level of healthy energy. At least 35 hours spent in hand on practice of these skills.

Students have ample time each session to give and receive Shiatsu under the supervision of the instructor.

Prerequisites: Shiatsu 1 or by instructor consent

Class Materials: Instructor manual and “Intermediate & Advanced Acupressure Course Booklet”, by Michael Reid Gach, PhD and “Zen Shiatsu”, by Shizuto Masunaga and Wataru Ohashi

Instructor: Shinzo Fujimaki

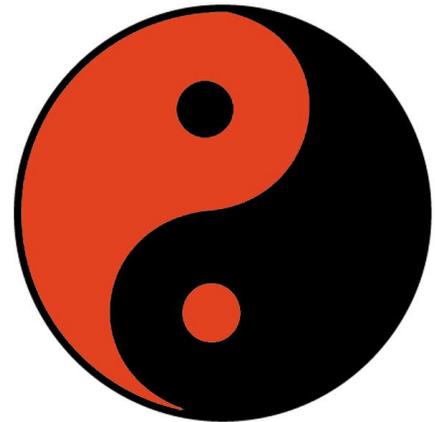
Shiatsu 3 50 hours

This advanced Shiatsu class places more emphasis on meeting the specific needs of clients through free style. Shinzo believes Shiatsu is an energetic dance between a practitioner and a client, and through Shiatsu they can awaken their own healing energy. Students can create their own Shiatsu style or blend

Eastern Modalities

Shiatsu 1

Shiatsu 2



with other massage styles harmoniously. Up to an hour and half of detailed theory of Five Elements is taught at the beginning of each session so they understand their own essence. Emphasis is placed on how the practitioner can incorporate their healing energy with the client's body, mind and spirit so both the client and practitioner's energies open to a higher level of dance together.

Prerequisites: Shiatsu 2 or by instructor consent

Class Materials: Instructor manual and "Intermediate & Advanced Acupressure Course Booklet", by Michael Reid Gach, PhD and "Zen Shiatsu", by Shizuto Masunaga and Wataru Ohashi

Instructor: Shinzo Fujimaki

Eastern Modalities

Shiatsu 3

Thai Massage 1

Traditional Thai Massage 1 50 hours

Traditional Thai Massage is an act of meditation for both giver and receiver. Thai Massage incorporates the best stretches from traditional Hatha Yoga, the depth of Ayurvedic Medicine, and Chinese Acu-point theory, it is rooted in and practiced with a sense of Buddhist spiritual serenity. It is luxurious, challenging, intimate, and deeply therapeutic.

You will learn the form of Nuad Bo – Rarn, as it has been practiced in the Wats (temples) for almost 2500 years. The first half of the training will focus on history, theory, technique and form. Treatment sequences in supine, prone, side-lying, and sitting positions will be taught and practiced. Emphasis will be placed on learning safe and effective therapist body mechanics. Specialized segments will be taught for each major joint as well as visceral organ massage. This beautiful and ancient bodywork form is becoming internationally popular. Many spas such as Sonoma mission Inn, Osmosis Enzyme Bath and Spa, and the Spa Hotel Healdsburg now offer Thai Massage. After completing a Thai Massage 1, the student will be able to give a two hour Thai massage session.

Prerequisites: None

Class Materials: Instructor's technique manual, Queen/King size sheets to cover practice mats, A variety of pillows to act as bolsters, Please contact the school for a list of recommended pre-class reading materials

Instructor: Kirsten Staley

Traditional Thai Massage 2 50 hours

Traditional Thai Massage 2 continues with the form of Nuad Bo – Rarn. The training will focus on continuing mastery of techniques learned in Thai 1, flow, integration of complete treatments, and incorporating more advanced techniques. With the completion of Thai 1 and Thai 2, the student will be able to



Beautiful, Ancient Bodywork

give almost four hours of non-repeating bodywork.

Prerequisites: Traditional Thai Massage 1, or instructor's consent

Class Materials: Instructor's technique manual, Queen/King size sheets to cover practice mats, Please contact the school for a list of recommended pre-class reading materials

Instructor: Izabela Rapacz

Reflexology 50 hours

Reflexology is the art and science of healing the body and balancing energy systems by working primarily the feet and hands. This unique method is based on the principle that points on the feet and hands correspond to the glands, organs and parts of the body. By working or pressing these points, the corresponding body areas are energized.

Students will use the techniques developed by Eunice Ingham and other pioneering reflexologists, as well as explore similarities to traditional Chinese medicine meridian theory and will be giving reflexology sessions in the warm water pool.

This class is open to all health professionals and to those who wish to use reflexology for personal health care.

Prerequisites: None

Class materials: TBD

Instructor: Bill Anderson

Eastern Modalities

Thai Massage 2

Reflexology



“Remember your brothers are here too.”

Albert Schweitzer

“Thank you for a truly incredible class. My feet feel completely different, and I’m much more grounded in my body. There is so much space between my toes! The healing power of your work is amazing.”

M. Eliason

Water Training Programs

Innovative Career Options

Aquatic Bodywork came into being in 1980 when Harold Dull began developing Watsu in the warm pool at Harbin Hot Springs. Up until that time, therapists had used exercises in water to treat specific conditions. Watsu, by connecting with the breath and working with the whole body, can affect every level of a person's being. Many consider it the most profound bodywork developing in present time. In clinics around the world, it is supplementing and replacing traditional rehabilitation modalities for a growing number of conditions. In spas worldwide, it is rivaling massage as a method of stress reduction. Like massage, Watsu's simpler forms are enjoyed by the public among family and friends.

Being the place of origin, this School has been at the forefront in developing and teaching a number of forms of aquatic bodywork that have grown out of Watsu thus providing practitioners with tools to apply to every possible situation. The School has the most extensive offering of aquatic bodywork classes anywhere. Students come from all over the world to learn skills they can use in therapy, to help prepare themselves for new professions and for personal growth.

In water classes, students learn how to move and be with a client in water by applying specifically designed moves and methods, thereby gaining a sound understanding of body mechanics. The supportive nature of the classes can be a perfect place to identify and establish boundaries and process issues that have yet to be explored. Time is also spent covering topics important to those in practice, including ethics, marketing, and continuing education.

Please note that Harbin Hot Springs is a "clothing optional" community with more than 1800 acres. In our classes, which take place in the secluded Pools at the Domes or Conference Center Pools, swimsuits are required. After classes however, our students have access to Harbin's hot spring fed pools, where bathing suites are optional.

Fluid

Flowing

Warming

Relaxing

Soothing

Restful



Water Training Programs

Watsu Provider (320 hours)

Holders of this certificate would be authorized to provide Watsu sessions to the clients of spas, clinics, and sports clubs. Those being registered as a Watsu Provider acknowledge that their status is that of an intern and requires an annual renewal with 50 hours of continuing education until they complete all requirements to be a Watsu Therapist or to be registered as a Watsu Practitioner through WABA. They would be registered alongside those who already professionals licensed to work with the body.

Required Watsu Classes: 100 hours

- Watsu 1
- Watsu 2

Required Land Classes: 150 hours

- Shiatsu 1 50 hours
- Anatomy Bones & Muscles 50 hours
- Anatomy Body Systems 50 hours
- 50 hours of elective bodywork (including Aquatic)

Required Practicum: 20 hours

- 20* logged practice sessions (*10 logged after Watsu 2)
- *Demonstration of Mastery*

Received sessions can range from no fee / trade to 150.00 per session at high end spas.

Watsu Therapist (788 Hours)

The Watsu Therapist certificate provides you with the extensive training in aquatic bodywork. Combined with sound knowledge of principles of Shiatsu, it prepares you to combine and choose from different techniques to give professional sessions to your clientele. Please call us for details.

Complete the 558 hour Massage Therapist Program and add 230 hours of classes and Practicum

- Watsu 1 50 hours
- Watsu 2 50 hours
- Watsu 3 50 hours
- Watsu 3 Adapted hours

(watsu Therapist cont.)

Required Practicum: 30 hours

- 10 received sessions from Professional Watsu Practitioners
- 20* practice sessions (10* logged after Watsu2)

Additional Requirements



Complete your Training

In your time

When you are ready

One class at a time

Definition of Demonstration of Mastery for Watsu Therapist:

After Watsu 2 and 20 logged sessions, students will demonstrate mastery by giving a session to an authorized assistant or instructor. These demonstrations are to be made under instructor supervision, or during an audit of Watsu 2. Mastery of the form and principles of Watsu is required

- CPR Certification

Aquatic Bodyworker (988 hours)

This extensive program offers the aquatic bodywork student a wide variety of applications to fully experience and integrate profound healing and multi-level therapeutic benefits with confidence and creativity.

Complete the 788 hour Watsu Therapist Program

- Add 100 hours of water specialization classes
- Add 100 hours of Land or Water electives

What is Watsu?

Watsu began in the warm pool at Harbin when Harold Dull began floating his students of Zen Shiatsu, applying its stretches and moves. Zen Shiatsu which Harold studied with its founder in Japan emphasizes stretching as an older, more effective way to balance our chi energy than working with points. Warm water's therapeutic benefits, and its freeing movement, make it an ideal medium for passive stretching. The support water provides takes weight off the vertebrae and allows the spine to be moved in ways impossible on land. Gentle, gradual twists, and pulls relieve the pressure a ridged spine places on nerves and helps relieve any dysfunction this pressure causes to organs serviced by those nerves. In water, Watsuers can support and brace stretches with their own bodies. Beginning with, and periodically flowing back to positions close enough to facilitate these powerful stretches, a deep heart connection and a coordination of movement with a shared breath pattern distinguishes Watsu.

While most bodywork on land is based on touch, the holding that working in water necessitates brings the receiver to a new level of connection and trust. Being floated level with someone's heart, rising and sinking to the same breath, can help heal deep wounds of separation. Tears often appear. Having trained to just "be" with someone, the Watsuer doesn't question whether they are tears of sorrow or joy, or stop to process whatever emotions might be surfacing. The continuous flow of Watsu allows whatever comes up to be released, a valuable lesson to take out of the pool. Typically, by the end of the session, both giver and receiver recognize the connection they feel in Watsu as their connection to everything, their Oneness. Accessing that level, they are better prepared to deal with any disturbance, past or present.

A giver of Watsu can receive as much benefits as the receiver. Besides discovering new ways to connect, learning to adapt the flow to each person in their arms can increase their sensitivity to others. Those who continue on to explore Free Flow find themselves connecting from the most creative levels of their own

Water Training Programs



"We carry in our bodies the whole history of evolution. When we go into our most primitive moments, the aquatic, we are on our most creative level."

Harold Dull

Being. Learning to hold appropriate boundaries and honoring the commitment implicit when people allow us to work as close as they do in Watsu are focused on throughout the training. The giver maintains a safe place in and out of the pool. Many find a week of Watsu to be one of the most transforming experiences of their life, a transformation that continues as they go out to float others and connect with those in the worldwide water family. Concurrent with the development of Watsu as a modality for professionals, it's simpler moves are being developed as a way to bring the benefits of giving and receiving to everyone. Besides being a form of bodywork, Watsu is becoming a powerful tool for improving communications and dynamics within groups and populations.

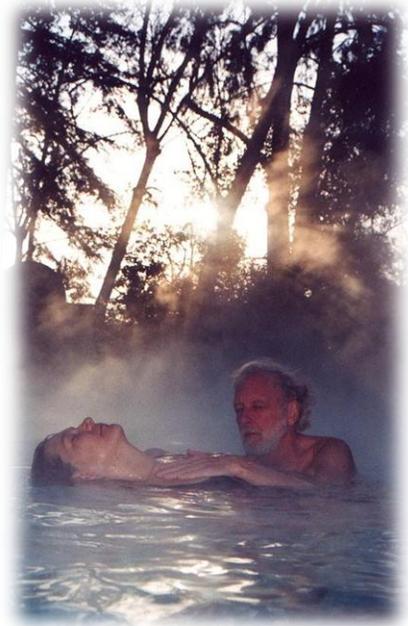
The Stages of a typical Watsu Training

Each stage has an organic unity. Rather being the first step towards something to be achieved later, an achievement is completed at each stage. The sequence or kind of sessions learned can be repeated over and over without losing its freshness or benefit for both giver and receiver. Each stage teaches presence, flow, form, adaption, and creativity which are learned continuously throughout life. Rather than just being a step, each becomes a platform that supports and sustains the next.

- Basic Watsu introduces the body mechanics and the heart/breath connection which grounds the presence with another person in the water.
- Watsu 1 includes the basics and introduces Watsu's timeless continuity through the beauty and grace of its flow from one position to the next.
- Watsu 2 (creates a complete Watsu form by introducing in each position the Transition Flow, additional moves, and point work.
- Watsu 3 fills watsuer's toolbox with powerful stretches, step work, rolls, and other ways to adapt each session.
- Watsu 3 (Adaptive) A clinical approach provides the tools to apply Watsu techniques to a special needs client.

Water Training Programs

What is Watsu?



*“Nothing under Heaven is more soft and yielding than water. Yet, for eroding the hard and strong, nothing can surpass it.”
Tao Te Ching*

Description of watsu classes 50 hour

Watsu 1 50 hours

Students will learn to support someone and stay grounded in water. They will learn the body mechanics that underlie Watsu by first flowing them as in Tai Chi, and then with a person in their arms. They will experience the stillness that is the ground of presence, and incorporate the way the heart and breath connection can be maintained throughout a Watsu, before having to memorize any sequence.

)Transition & Flow: (the last 34 hours of Watsu 1) Students will learn to connect the techniques learned in Basic Watsu into a simple flowing form. Emphasis is centered around moving smoothly between all the major positions of Watsu using long gracefully transitions.

On land students will be introduced to Co-Centering by exploring and sharing what “being held” means to the giver and receiver.

Prerequisites: None, but we recommend Basic Watsu, or AQUATERNATIVES®

Class Materials: Notebook & “Watsu: Freeing the body in Water”, 1 set of Floats

Instructors: Harold Dull, Theri Thomas, Linda de Lehman, Minakshi

Watsu 2 50 hours

Watsu 2 revisits and adds to the positions that students have learned how to transition onto and put of in Watsu 1. Each position introduces more detailed bodywork, point work, stretches and moves, and ways to explore and adapt as needed. This expanded form has proven to provide an ideal base for Watsu sessions. Students who wish to proceed to a course requiring Watsu 2 as a prerequisite should first demonstrate their mastery of the Watsu 2 form and its principles. This mastery usually requires additional practice and / or courses after the 50-hour class has ended. Whether a student chooses to demonstrate this mastery or not, 50 hours of completed coursework will still be added to their transcript, and those who wish to take this course for personal growth continue to be welcomed.

Prerequisites: Watsu 1

Class Materials: Notebook, 1 set of floats

Instructors: Theri Thomas, Harold Dull, Linda DeLehman , Minakshi

Watsu Training Program

Watsu Provider

Watsu Practitioner

Watsu Therapist



“I feel the sky is the limit when it comes to Watsu.”

T. Burley

Watsu 3 50 hours

Watsu 3 fills Watsu professional's toolbox with rolls, step work, wall work, powerful stretches and other advanced moves, and ways to adapt each session as needed. Focus is on ways to use the practitioner's own body to brace stretches and be a fulcrum for lifts and rolls, and on ways the practitioner's legs can become more active players, lifting someone into 'leg accordions' and being there when someone comes out of a roll. Rolls are the gateway to Free Flow, often leading the practitioner into new

positions. Besides teaching students techniques that can lead into free flow, attention is focused on ways to adapt Watsu with Watsu 3 (cont)

a variety of conditions. This becomes the primary focus in a variant Watsu 3 that focuses on Adapted Watsu.

Because this is the highest level of Watsu required for the Watsu Therapist Certificate, attention on land will be place on preparing students for professional practice,

Prerequisites: Watsu 2, 20 practice sessions (at least 10 which were logged after Watsu 2); either an audit of Watsu 2, or a Watsu 2 Supervision with an authorized instructor or assistant; 50 hours of anatomy

Class Materials: Notebook, 1 set of floats

Instructors: Harold Dull, Linda DeLehman, Theri Thomas, Minakshi

Watsu 3, Adaptive: A Clinical Approach 50 hour

Building on the principle's and concepts covered in Watsu I & 2; Watsu 3, Adaptive emphasizes developing students comfort ability and intuitive awareness for working with special needs. Students will explore through exercise, discussion and practice: The Way of Watsu; Viewing the Body Landscape; Active Listening; Somatic Languageing; Power of Touch in Relationship; and Building a Viable Practice. Students will learn how to utilize a soft leg support and head cradle to assist in working with client's that are challenged by size and/or loss of flexibility, mobility and co-ordination. Stretches and advanced techniques will be introduced, as well as how to utilize the floatation devices as orientation tools for structural and muscular holding patterns. Students will explore step work, and alternative saddles to accommodate emotional and physical guarding.

Watsu Training Program

Watsu 3

Watsu 3 Adaptive (A Clinical Approach)



"In addition to providing many wonderful tools for working with disabled clients, Cameron's teaching also gave us a feeling for the deep sensitivity we need to work with people who, without our support, would be helpless in water."

G. Brown

(Watsu 3 adaptive cont)

Pre-requisite: Watsu 2, completion of 20 practice sessions, and a recorded demonstration of mastery.

Class materials: An Orthopedic, Neurological and Systemic Guideline is provided as well as an in depth manual.

Instructor: Cameron West

Water Modalities

What is Waterdance?

Waterdance 1

What is Waterdance?

Waterdance, or “Wassertanzen” (the original German name) is a form of aquatic bodywork developed by Arjana Brunschwiler and Aman Schroter in 1987.

Like Watsu, it begins with the client being cradled, stretched and relaxed above the water surface. In Waterdance, the client is then given nose clips and gradually and gently taken entirely under the water. Once freed from the bounds of head support and gravity, the client’s body can be moved, stretched, and worked into literally unlimited ways. Waterdance incorporates elements of massage, Aikido, dolphin and snake movements, rolls, somersaults, inversions, dance, and much more. The effects of this work include physical release and can induce deep states of relaxation, meditation, Bliss, and even visions.

Waterdance 1 50 hours

Together, students explore the art of breath connection that enables them to establish a deep rapport with their clients, inspire their trust and offer the attentiveness that is necessary when bringing someone below the water’s surface. Students learn the Waterdance short form which includes learning to establish a rhythm that works with each client’s breathing needs and to move all body types through the water with security, ease and graceful fluidity, giving the receiver a profound sense of freedom and joy.

Prerequisites: AQUATERNATIVES or Watsu 1

Class Materials: Notebook, Nose clips, 1 set of floats

Instructors: Davida Taurek, Minakshi

“My first Waterdance Session took me beyond anything I had ever experienced before. The meditative state along with the Therapeutic bodywork allowed my body and mind to relax and rejuvenate”

J. Reim



“A new vision of ‘beingness’, thank you.”

M. Lou

What is Healing Dance?

Healing dance is a synthesis of Watsu, Trager work, Waterdance, and pure movement. It combines the freedom, scope and 3-dimensionality of Waterdance with safety and nurturing of Watsu. The approach is based on the healing power of movement and how the body naturally moves in water. The movements are hydrodynamic and spacious, featuring over twenty different undulating wave movements that integrate the body and release blocked energies. Quiet embraces, releases, tractions, smooth transitions and massage are all woven together in an unending flow. Life and movement re-enter the body.

Basic Healing Dance 50 hours

In Basic Healing Dance, the entire session takes place above the surface of the water, yet it elicits many of the same responses experienced in an underwater session. The giver enjoys the pleasure of her or his own dance, bringing the grace of movement to the receiver.

The form allows the natural tendencies of the body moving in water in a variety of waves, circles, and figure eights with the legs free to experience the sensation of the water flowing past. Positional sanctuaries, releases, creative stretches, and transitions, including the Matador and Vortex, are part of this level. Students learn the principles of relating and mirroring, moving by example, generating a rhythmic field, and applying advanced body mechanics to be able to travel smoothly across the pool to create “virtual currents”
Basic Healing Dance (Cont)

Prerequisites: Watsu1, or AQUATERNATIVES®

Class Materials: Notebook, 1 set of floats

Instructors: Theri Thomas

Water Modalities

What is Healing Dance?

Basic Healing Dance

“All these moves naturally are in my body... This week has awakened a beautiful natural flow that spoils out and over into the rest of my life.”

A.C

Adaptation

Exploration

Elemental Movement

One’s relation to Spirit

What is Aquaternatives?

AQUATERNATIVES® foundation is an introduction to, or refinement of four key approaches to aquatic bodywork: Core Still Base, Traveling Base, Underwater Techniques and Adaptive Tools. It is the first and required class of the AQUATHERICS® program while also counting for credit in the other water programs and for WABA continuing education.

It does not matter whether a student has ever experienced aquatic bodywork or is quite proficient in one style or another; everyone starts on the same page at the beginning asking “what if?” Seeing the water and self through a new perspective allows the student to find a deeper connection with themselves and others in a safe and productive way.

AQUATERNATIVES® 50 hours

This class is taught by using principles of the work and various exercises as a way to experience and learn those principles in the body, rather than perform sequence or choreography. The work is alive because students are exploring and understanding the work in the moment through awareness of themselves and the person they are floating rather than replicating someone else's moves. There is focus on safety as well as connection and communication of both giver and receiver. Students are in discovery of what they notice with each new person and experience. They learn to honor the process rather than to do something to someone. Learning to ask open-ended questions allows the intuitive solutions that are available to be recognized. They are then able to take their newfound knowledge and tools of awareness with themselves to keep using after class is done.

Whether students are looking to build a solid foundation and choose a favorite direction to pursue or are refining what they have already learned, they will leave with everything they came for and much more. If a student is in need of an AQUATHERICS®, Watsu or Healing Dance supervision, this can be accomplished during this course. This class is recommended before Watsu 1 or to enhance any aquatic modality.

Prerequisites: None

Class Materials: Nose clips

Instructor: Theri Thomas

Water Modalities

*What is
Aquaternatives?*



*A Foundation
For all of the water
classes*

25 hour Land Class Descriptions

Kinesiology- Clinical Application 25 hours

In this course you will learn to palpate the major muscles and study their actions and functions. We will discuss a range of musculoskeletal conditions such as atrophy, hyperatrophy, adhesions, tendonitis, and trigger points and learn how they affect muscle function. Using postural assessment and palpitation, you will learn to distinguish muscles that are tight and facilitated from those which are weak and inhibited. We will also learn stretching and strengthening exercises for the muscle groups we cover. This class may be taken to fulfill the 25 hour requirement for Kinesiology if you are submitting a portfolio to take the national Exam.

Prerequisites: Anatomy Bones and Muscles

Class Materials: "Touch for Health The Complete Edition"
John F. Thie

Instructor: Kirsten Staley

Spa Therapies, Dry Room Techniques 25 hours

The Spa Treatments workshop is designed to give the continuing education student training in popular services offered in spas, hotels, retreat centers and private massage therapy settings. Students will learn how to apply exfoliating body scrubs and body wraps in a "dry room" setting (No shower or wet room required).

An understanding of the various supplies and equipment used to give these treatments is covered, as well as sanitation and safety. Home made recipe ideas will be given and students will be introduced to a few of the spa products lines that are available.

This course is designed to give students hands-on experience with spa treatments, products, equipment and supplies in order for them to be easily trained according to the needs of the particular setting as well as integrating the treatments into their own practice.

Spa treatments are popular, in-demand technique that are commonly integrated into massage treatments and are an important part of any massage business.

Prerequisites: 100 hours of massage training

Class Materials: A list will be provided upon registration, and spa therapies cont.)

Instructor provided Packet. (a fee will be paid directly to the instructor for your Instructor provided Packet).

Instructor: Katherine Perry

25 hour Land Classes

*A Week End of
Fun and learning*

*Marketable Skills
That entice your
Clients to return for More*

*Kinesiology
(Clinical Applications)*

*Spa Therapies
(Dry room Techniques)*

16.5 hour Land Class Descriptions

Essential Business Skills 16.5 hours

Did you ever wonder why some massage therapists are successful while others fail in obtaining employment, or at running their own private practice? In this course, students will acquire professional communication skills, develop marketing ideas, write a resume and cover letter, review job skills, set personal and professional goals, discuss practitioner's issues, and create policies for taxes for the self-employed practitioner. Students will walk away from this course with the self-confidence they need, as they seek employment or as an entrepreneur.

Prerequisites: Previous bodywork training

Class Materials: Instructor produced handouts

Instructor: Spirit savage

Hot Stone Massage 16.5 hours

This course will introduce you to Hot Stone Massage and provide you with comprehensive information and the practical skills necessary to confidently give relaxing, therapeutic, safe treatments to your clients.

You will learn about the use of stones throughout history, the types of stones used for hot and cold massage and where to find them. We will discuss the types of appliances best suited to heating the stones and the hygienic care of the stones and equipment.

In addition, indications and contraindications, thermotherapy and benefits to the client and therapist will be covered. Best of all using the healing properties of this modality will insure your hands remain supple and pain free !

Prerequisites: previous massage training

Class Materials: Handouts and wall charts provided, Bring 2 sets twin sheets, oil bottle + holster, 5 hand towels, and 1 blanket

Instructor: TBA

Chair Massage 16.5 hours

This workshop will prepare you to utilize seated massage as an integral part of your massage therapy practice. We will discuss the use of chair massage in diverse environments, such as; corporate offices, retail stores, sporting events, community events, and festivals.

Students will learn a core form that addresses common musculoskeletal complaints of the back, neck and arms and

16.5 hour Land Classes

Add that Special Touch to your Session

Essential Business Skills

Chair Massage

Hot Stone

Chair Massage *(cont)*

can be performed through clothing in 15 minutes. This sequence can be contracted to a 5 minute freebie or expanded to a 30 minute session that addresses issues such as headache, shoulder pain, carpal tunnel and overuse strain of the arms. Self care exercises will be taught along with easy stretches to keep your body healthy while performing a full day of chair massage.

Prerequisites: None

Class Materials: Instructor hand outs

Instructor: Gonzalo Landeros

Ethics 16.5 hours

Ethics is a vital field of study. Life is more fulfilling when we use honor and integrity in all our business dealings. What is and what is not ethical behavior? This class clarifies an often vague, amorphous topic, and assists practitioners in developing an ethical foundation beyond reproach. We will use a hands-on practitioner's guide to creating a professional, safe and enduring practice. This class fulfills the 16.5 hours of ethics required for our Practitioner and Therapist programs.

Prerequisites: Some massage training

Class Materials: The Ethics of Touch Ben E Benjamin, PhD, and Cherie Sohnen-Moe

Instructor: Theri Thomas

Shiatsu Yoga (An Introduction to Oriental Healing) 16.5 hours

In this course, you will be introduced to the basic philosophy of oriental healing utilizing a self-care method of Shiatsu Yoga on land. Shiatsu Yoga is based on a combination of Shiatsu, Yoga and QiGong with the intention of creating harmony between heaven and earth. Once energy channels are opened up to the power of nature, the body and mind can not only heal itself, but overcome specific challenges resulting in the creation of a positive future. This class will be the first step to understanding and recognizing your own unique nature. You will be introduced to the concept of Five Element theory and learn how to open up each essence with Shiatsu Yoga.

Students will increase awareness and the ability to share this simple, yet very powerful skill after this weekend course. This course is highly recommended as a prerequisite before completing a Shiatsu intensive.

Prerequisites: None

Class Materials: 2 sets of sheets

Instructor: Shinzo Fujimaki

16.5 hour Land Classes

Chair Massage

Ethics

Shiatsu Yoga



"I am truly grateful for all the incredible gifts I received this weekend. Thank you for holding this space."

B.R. Balock

Basic Watsu 16.5 hours

Basic Watsu: Students learn to support someone and stay grounded in water. Students learn the body mechanics that underlie Watsu by first following them as in Tai Chi, then following with a person in their arms. Experience the stillness that is the ground of presence, and incorporate the way the heart and breathe connection can be maintained throughout a Watsu, before having to memorize any sequence.

Prerequisites: None

Class Materials: 1 set floats

Instructors Linda de Lehman, Theiri Thomas, Harold Dull

Clinical Ai Chi, Energy Aquatic Shiatsu Yoga 16.5 hours

Ai Chi EASY; In Oriental Medicine we seek balance in nature as well as in our bodies and minds.

Ai Chi: In our daily life it is very difficult to slow down. Our bodies and mind cannot relax easily. Slow and smooth Ai Chi movements are an excellent solution to balance our fire energy with the water element by nourishing Yin. Ai Chi helps us to feel and listen to our inner energy.

EASY: Energetic Aquatic Shiatsu Yoga is based on a combination of Ai Chi, Shiatsu and Yoga. Shiatsu, a Japanese healing art, is based on the principal that the body can heal itself and overcome specific challenges to the body and mind. It enables anyone to maximize health through the use of healing touch on particular acupuncture points and conscious, gentle yoga stretches along your body's meridians. It is very important to practice EASY for 30 minutes to 45 minutes daily to create balance in your body and mind. However, it is also beneficial to practice EASY as a 5 to 10 minute warm down after an active workout. You will feel peaceful energy flowing through your entire body.

In this course you will learn basic oriental medicine and how to heal yourself in the water. Also students will have a right to teach this simple yet very powerful skill after this weekend course.

Prerequisites: None

Class Materials: 2 sets of twin sheets, Instructor manual

Instructor: Shinzo Fujimaki

16.5 hour Water Classes

Basic Watsu



“After Basic Watsu, I was able share the fun, the warmth, and the blissful experience with my family.”

M. Harbour

Clinical Ai Chi

Energy Aquatic Shiatsu Yoga

(EASY)

*Combine Ai Chi,
Shiatsu & Yoga In Water*

“I’ll be back... Thanks to the entire staff for being inspirational, loving and fun, all wrapped into one. I’m looking forward to implementing what I’ve learned in my physical therapy practice.”
M. Kellu

Teach others your new skill with competence



“I was really amazed at the calm, nurturing demeanor of our teacher. I’m very shy normally, but the style of this teacher really put me at ease. I am so thankful that I got to do the class and that this environment was so uplifting and expanding...I feel Bigger now!”
L.R.

General Information

School Campus

All classes at The School of Shiatsu and Massage are residential. The school supplies an area for storage of personal belongings while students are attending class. When the class is over, students must take their belongings with them. Any belongings left by students after their class is a complete will only be held for a limited time (2 weeks). Please assist the staff in making sure there is enough room for all students by adhering to this policy.

Directions to the school campus at Harbin Hot Springs

Harbin Hot Springs Retreat & Workshop center is located approximately two hours from San Francisco or Sacramento, in Middletown, California. For those traveling 101 North from San Francisco, take exit Mark West Springs Road (north of Santa Rosa) and follow signs to Calistoga. Take Hwy 29 to Middletown. At the first stoplight, turn left onto Hwy 175. After three short blocks, turn right onto Barnes Rd, which will become Big Canyon Road. After 1.2 miles, you will reach a fork in the road. Take the left fork onto Harbin Springs Road. The Harbin gatehouse is two miles from there.

Lodging

Shared group housing or camping and the use of Harbin's community facilities are included in the tuition fee for each day the class meets. "Shared group housing" (co-educational) means that floor space is provided in a large, open room within the facility where the class is held. Students are welcome to bring sleeping gear and make themselves comfortable each night. However, in the morning all sleeping gear must be stored to allow space for the class to meet.

Students preferring more private accommodations during their stay should consider outdoor tent camping (at no extra fee) or a private room, which is available at Harbin Hot Springs for an additional charge (early reservations recommended). The group housing space has bathrooms and showers. Camping and group housing is included only for those nights during in which each class is actually in session. For the students planning to spend the weekend at Harbin Hot Springs in order to attend two consecutive 50-hour class (i.e. Deep Tissue 1 and 2 or Watsu 1 and 2), additional accommodation fees will be charged for Friday and Saturday overnight stays. Please check with Harbin's front gate.

Meals

The Building you will occupy for class has a large kitchen and dining room. You are welcome to bring and prepare your own meals, or you can enjoy the cuisine at The Harbin Restaurant for breakfast and dinner. The Harbin Market has a variety of yummy foods and drinks, and a delicious lunch buffet.

General Information



"An overall wonderful learning opportunity. I learned what to do-even what not to do."
M. Owen

Tuition

The total for a 50-hour intensive is \$800.00. This includes; tuition, camping, and a Harbin Pass. This cost does not include class materials. For 50 hour water courses there is an additional pool use fee of \$70.00 per class.

The total cost for the 100-hour Massage Intensive is \$1600.00. This includes; tuition, and camping, and a Harbin Pass. This cost does not include class materials.

The total cost for a 16.5-hour class is 340.00 and includes; tuition, camping and a Harbin Pass. This cost does not include class materials. There is an additional \$30 pool use fee for 16.5 hour, week end, water classes.

The total cost for a 25 hr class is 430.00 plus class materials. The price includes camping and a Harbin Pass.

* STUDENT TUITION RECOVERY FUND (STRF):

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident.
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The state of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other cost.
4. There was a decline in the quality of the course of instruction within 30 days before the school closed, or if the decline began earlier than 30 days prior to closure, the period of decline determined by the Bureau.
5. An inability to collect on a judgment against the institution for



"It was extremely helpful in learning meridians and the Shiatsu techniques when it was personal, about each of us. The instructor helped us to discover Shiatsu by helping our own aches and pains."

A.S.

a violation of the Act.

Registering for a class (New Policy)

Early registration is encouraged. Payment must be completed no later than 2 weeks before a class is scheduled to begin. A \$50.00 late fee is added for registration and payments less than 2 weeks before class begins.

Class Materials Fees

Textbooks, videos and reference materials can average an additional \$20 to \$110 plus tax per class. Although the current textbooks are listed under each class in the catalog, students interested in purchasing them before the beginning of class should call the School first to ensure they are purchasing the correct edition. All class materials will be available for purchase beforehand or on the first day of class.

Auditing a Class

After taking a class at the School of Shiatsu and Massage, providing space is available, a student may repeat that class for a percentage of the tuition fee as an “auditor”. Auditing is a great way to brush up on material the students has not seen for a while. In longer certification programs, students can save on the cost of tuition by auditing the allowed number of hours. Please call for updated pricing information.

Mentorship

Once the student has completed and audited a class, the student is welcome, with prior instructor permission, to deepen their understanding of the material by assisting a class. Note that the number of Assistants per class is limited, so prospective applicants should register their interest early.

Student Policies

Non-Discrimination Policy

The School of Shiatsu and Massage does not discriminate on the basis of race, color, gender, sexual orientation, physical challenge, national or ethnic origin. All persons have equal access to all the rights, privileges, programs and activities made available to students at the School.

Professional Affiliations

The School of Shiatsu and Massage is a Professional Member of Associated Bodywork Massage professional (AMBP).Independent Massage School Association of California (IMSAC), California Board of Registered Nurses(CBRN), National Certification Board for Therapeutic Massage and Bodywork.(NCBTMB)

“This class was an amazing learning experience. I could take it again and again. The knowledge that was given is also a healing experience.”

P. Branum



Continuing Education Hours

The School is recognized by the National Certification Board for therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider #451348-10

The California Board of registered Nursing approves the School as continuing education provider number CEP 6457

Student Services

Academic advising is offered to prospective students who inquire about a particular program. Suggestions are made as to the appropriate classes that best suit their needs based upon their desired program, skill level, physical ability, schedule, and financial means.

A reference library is made available to students during class hours. The School does not offer English as a Second Language, nor provide English Language services or students visas. The School does not provide placement services for its students.

Financial Information

The School of Shiatsu and Massage works with many vocational agencies and programs that provide funding for tuition. We also provide a comprehensive list of student funding available upon request. The School of Shiatsu and Massage is not A Title 4 funded institution. Please contact our office for more information.

Admission Requirements

A High School Diploma. Prospective students should have the physical ability and emotional maturity to do bodywork. Please be aware that all of the water classes and most of the land classes in these programs require a high degree of safe physical closeness and intimacy. Applicants must be at least 18 years of age and not be on any drugs or medication that would hamper their faculties. An admissions package will be sent to all prospective students, which includes an application, student information, form and an enrollment agreement.

Attendance Requirements (Revised Policy)

Students must attend all hours of the class and are expected to arrive a few minutes prior to class. Students who are tardy more than twice (10 minutes or more), depart early without permission, or show a general lack of commitment, may receive an Incomplete or Fail. Both are given at the discretion of the instructor. Students who drop out of a class will receive no credit. Students who drop out after paying the full fee may repeat the class half price. If a student misses more than 10% of class time, they will receive an incomplete and will be required to repeat the class before receiving a passing grade.

Leave of Absence

Due to the short duration of classes, a leave of absence is not allowed. Should a student's class be disrupted, the School will

*"The environment and setting is a perfect match for learning, training, and personal growth
Very Professional!
Very Professional!"
A.S.*

"I don't remember a teacher I have ever had that was as present and knowledgeable as this. The class was transformative and gave me answers to questions I have had my whole life. My deepest gratitude is the Instructor for delivering gifts with so much grace and LOVE....."

*Thank you to this school and Harbin for making this powerful work in this magical place available to humanity!!!"
A Nasoff*

implement the student refund policy.

Student Records

The School maintains student records for a minimum period of 5 years from the last date that the student attended the School. This includes student withdrawal or termination. We recommend that students keep personal records of the classes taken at the School. Student records are kept safe at the School's office, 18424 Harbin Springs Road, Middletown, CA 95461.

Transferring of Credits

The School accepts the transfer of credits for appropriate comparable training and education from other approved institutions. The School admissions counselor will review to determine which hours are applicable to the student's chosen course. Up to 50% of the requirements for any program (except the 258-hour core curriculum requirements) may be satisfied by the transfer of credit. To apply for a credit transfer a student must supply the following:

1. A signed and completed "credit transfer official form" directed to the school admissions counselor indicating the type and number of credits that the student is requesting to have transferred. (this form may be obtained in the Schools office)
2. The School Certification course for which the transferred credits may be applied;
3. Transfer documentation (official transcripts and/or certificates). If transcripts and/or certificates do not indicate the number of credited hours, a letter from the accrediting institution must state the content and number of hours given in each course. The School does not award life-experience credit. Credit transfer fee: \$2.00 per credit hour.

Student Conduct

Students are expected, at all times, to maintain a high standard of personal and academic integrity, treating all School staff and classmates with respect and goodwill, as well as treating the belongings of others and the School with care and respect. Dismissal from a class is at the discretion of an instructor and the School. Grounds for dismissal include (but are not limited to) use of alcohol and/or non-prescription drugs, possessing a weapon or posing a safety hazard, being disruptive or disrespectful to others, theft or willful neglect of property and/or equipment, nudity in school pools, inappropriate intimacy in or around the class facility, or violation of Student Code of Ethics agreement.

Grading

Grades are based upon meeting the "Certification requirements". The following applies to all classes:



*"A wonderful week of eye opening and heart warming experiences."
B. Lulofs*

R= Pass, ready for the next level
 L= Pass with a requirement that practice sessions be logged before attending a subsequent level*
 S= Pass and must attend a supervision class (up to 8 hours) to achieve a mastery sufficient for a subsequent level*
 U= Unable to attend subsequent level without auditing
 W= Withdrawal
 T= Transfer
 I= incomplete
 F= Fail

Certification Program Requirements

Students must demonstrate a minimum level of competence to receive credit and certification. The determination of “minimum competence” is based on the student’s ability to be fully attentive and focused in class, to complete required reading assignments, follow instructions, respond appropriately to feedback, and demonstrate an appropriate attitude and ethics as a health professional. Competence with the actual bodywork is judged by the instructor and takes into account that most people need additional after-class practice to integrate the material and develop confidence with it.

If for any reason a student is unable to reach what the instructor feels is the minimum level of competence during the class, the School suggests that the student learn as much as possible and return to audit the class for credit and/or certification at a future date. Students may always check with the instructor during the course if they have concerns about their progress. (Please note that the Watsu program requires a “Demonstration of Mastery” requirement. Please refer to the program for details.)

Duplicate Certificates and Transcripts

If a student misplaces the original certificate or needs a transcript of classes taken at the School of Shiatsu and Massage, the School will provide them at a cost of \$20 per document. Please request these by writing, or by e-mailing the school registrar.

The School P.O. Box 889, Middletown Ca 95461;
Registration@watsucenter.com, allow 7-10 working days.

Refunds and Cancellations

Students may cancel their Enrollment Agreement and receive a refund by writing to Registrar, The School of Shiatsu and Massage, P.O. Box 889, Middletown CA 95461. A refund will not be processed until the letter of request is received. Cancellation prior to the first day of a class, entitles the student to a full refund of the fee for that class, less the registration fee of \$100.

Students giving notice 14 days before a class begins may transfer their deposit one time to a subsequent class of their



Learn it

Love it

Share it

Learn more

Love more

Share more

choice. If the student withdraws after the class has begun, but prior to 60% of class completion, a pro-rated refund will be made for the unused portion of tuition. If the School cancels or discontinues a class, the School will refund all monies paid for the class, including registration fee. All refunds will be paid within 30 days of cancellation or withdrawal.

Complaints

A student who has personal or academic difficulties with any member of the School community is expected first to approach the individual directly to seek a resolution to the problem. Requests for further action made be made by lodging a complaint verbally or writing to any instructor or School administrator. The School Director is the person designated to receive and resolve student complaints, Director, The School of Shiatsu and Massage, P.O. Box 889 Middletown, CA 95461, (707) 987-3801. A written complaint will receive a response with 10 days. Unresolved complaints may be directed to the Bureau for Private Postsecondary Education <http://www.bppe.ca.gov/>

*“You must be the change
you want to see in the
world.”*

Mohandas Gandhi

*“Energy and persistence
conquer all things.”*

Benjamin Franklin



Bill Anderson is a CMT, HHP (Holistic Health Practitioner), Watsu Practitioner, and practicing Reflexologist. He was introduced to Reflexology in 1969 at which he began a self study program. In 1990 he started his professional practice after studying with Dwight Byers and other teachers from the International Institute of Reflexology. Bill is on the Massage Therapy teaching staff at Trinity College in San Jose, CA.



Cameron West, CMT, APE ~ is credentialed in Adaptive Physical Education and is certified to teach all levels of Watsu® and Aquatic Integration™. Trained in Neuro Structural Bodywork®, Shiatsu & T'ai Chi, Cameron brings to her classes her creativity & passion for the "Balance" between the Eastern and Western practices and will inspire her students to discover the center of their own rhythm and breath. Currently, Cameron travels to teach Watsu and Aquatic Integration and is the Director of the Aqua Zen Center in Fillmore, CA, where she teaches and has a private practice



Carlisle Douglas, MA, CMT, maintains a full-time massage therapy practice in Arcata, CA. Primarily clinical in her approach to bodywork, she incorporates muscle energy techniques, positional release, myofascial release and deep tissue techniques in a Swedish style of massage to facilitate injury recover, chronic pain management and proactive health maintenance. Carlisle applies her 20 years experience as an educator to creating a learning environment that is fun, comfortable and nurturing. Her courses facilitate the intellectual learning of massage theory, technique and anatomy while encouraging the application of intuition, creativity and personal style. By focusing on concepts, as opposed to routines, students develop the skills to think independently about how the best address clients' unique needs.



David Taurek, has a diverse background in the creative arts and body-centered therapies. She is a professional Doula, an instructor of Watsu®, Waterdance®, Yoga, and the 5Rhythms® movement practice. She lives in Northern California and is on the teaching faculty of the Moving Center School.



Gonzalo Landeros, Since 2003, Gonzalo has worked in Resort, Hotel and Day Spas where he held positions of Lead Therapist and Spa Supervisor; he was involved in hiring, training, marketing and retail. In his role as Spa Supervisor, he created spa treatments that were showcased in magazines like *Common Grounds* and *Allure Magazine*. Gonzalo has been teaching massage since 2007 he brings to his students a strong understanding of the demand for Deep Tissue work and how to assess client needs and strategize for appropriate bodywork session. He continues to do massage out of a studio in Noe Valley in San Francisco. A Berkeley graduate, Gonzalo is fluent in Spanish and French. Gonzalo says; *“We all possess the talent of massage; those of us that are called to refine it are fortunate and blessed. I strive to facilitate classes where information is shared between students and instructor. I love working in a learning environment because I’m constantly meeting amazingly wonderful people that inspire me to be the best massage therapist and the best teacher possible.”*



Izabela Rapacz, I have always been fascinated by the beauty and complexity of the human body. Growing up in Poland, my favourite subjects were biology, anatomy and chemistry. In college I also became interested in psychology and philosophy. I entered the field of massage therapy in 1999 after graduating from National Holistic Institute. I travel to Thailand and continue my education at International Training Massage School. I have been teaching a variety of modalities for nearly a decade and enjoying every moment of it. >It is very rewarding to see students learn new practical skills or gain a deeper understanding of the human body.



Julie True, a Nationally Certified Massage Therapist, has over 1200 hours of training in massage and holistic health. Since graduating from World School of Massage in 2003, Julie’s focus in her private practice has been Energy Work and Transformational Bodywork. Julie has enjoyed work in Chiropractic offices, day spas, and corporate companies, such as Google and Apple Inc. She holds a B.A. in Psychology and has been teaching massage since 2005. She is currently working at National Holistic Institute in Emeryville, Ca. She has combined her love for travel, study and teaching by leading and attending massage workshops internationally. Her true passion lies in supporting students on their journey of discovering the potential of the human mind, body and spirit.



Harold Dull, BA, MA, is the president of the Worldwide Aquatic Bodywork Association, and the creator of Watsu, Tantsu, Co-centering and Watsu CQ. Harold has trained with the foremost Zen Shiatsu teacher in Japan, Shizuto Masunaga (author of “Zen Shiatsu”), and the two foremost teachers in America, Reuho Yamada and Wataru Ohashi. The profundity and effectiveness of the bodywork forms he has created reflect his passionate practice and deep understanding of energy and the body; the creativity of these forms reflects his background as a poet in the San Francisco Renaissance. His current book “Watsu: Freeing the Body in Water” is an eloquent testament to the power of both his writing and his bodywork. Harold speaks several languages, which allows him to teach his work all over the world. He has been honored with the International Aquatics Award from the United States Water Fitness Association; honored at the National Aquatic Exercise Conference in Japan; and in 1998 received the Tsunami Spirit Award from the Aquatic Therapy and Rehab Institute.



Katherine Perry NCBTMB, CMT, has been working in the field of bodywork since 2001. Among her specialties is Spa treatments, She creatively adds luxurious spa services to her menu that are easy to perform, keep clients coming back and will give therapists variety in their practice. The classroom goal is to create a fun, sacred and creative learning environment.



Keesha Standley, a Massage and Cranio Sacral Balancing Therapist who has been teaching massage since 1997. She is a warm lovely human being whose understanding of bodywork and gentle approach make her a superb teacher for beginners as well as the experienced. She lives in Sacramento where she teaches and maintains her own private practice.



Kirsten R. Staley, BA, CMT, began nurturing her fascination with the human mind, body, and spirit in the early 1990's, obtaining BA degrees in both Social Work and Child Psychology. Four years later, pursuing an interest in energetic healing, she became a Level 2 Reiki Practitioner.



In 2004, she dedicated her life full time to the healing arts, and obtained a certificate in Massage Therapy and Health Education. She currently practices massage in a variety of settings, including private practice, chiropractic, spa, and corporate/event on-site.

Kirsten believes that every person has the energy and capacity to heal themselves and others. It is this conviction, which inspires her to teach as well as practice massage.

Linda de Lehman has a degree in Interdisciplinary Social and Behavioral Sciences. She has furthered her education with studies in holistic health, hypnotherapy, body/mind courses and oriental medicine. She has extensive studies in Watsu, Wassertanzen and other Sub-Aquatic bodywork techniques. Since moving to Switzerland, she has co-taught with Harold Dull in California, Hawaii, Italy, Belgium, France, Spain, Brazil and Slovenia. In 1997 she became the WABA European Coordinator. Linda currently resides in Italy where she teaches Watsu level I, II and III, Tantsu I and II, and Inner Watsu (Sub-Aquatic Experience) in various European countries.



Minakshi has been studying and practicing bodywork since 1980. She became a certified Watsu instructor in 1991 and teaches Waterdance and a Shiatsu class (Fire and Water) in the water which is recognized by WABA for the Shiatsu requirements. Since 1991 she has instructed over 3000 students. Working with Harold Dull, Arjana Brunswiler, Mario Jahara and others well-known in the Worldwide Aquatic Bodywork Association she has instructed classes throughout the USA, Canada, Italy, Japan, Switzerland, Greece and Poland. She founded the Aquatic Bodywork Island Studio in the Florida Keys. In 2009 she became qualified by Red Cross to teach CPR and First Aid.



In addition to her work in the water she has explored Acupressure, Ayurveda, Continuum, Cranio-Sacral Therapy, Feldenkrais, Hatha Yoga, Hellerwork, Polarity and more.

Shinzo Fujimaki, MS, BS, Certified Shiatsu Instructor, has been teaching Shiatsu at the School of Shiatsu and Massage since 1992 and at several massage schools in Hawaii. He was born in Japan and learned the art of Shiatsu at an early age, massaging members of his family. He demonstrated a gift for healing, and thus his path of study and career. Shinzo is also a longtime student of philosophy of Aikido into his Shiatsu practice, creating a rich and full healing experience within the context of massage. His continuing educational in Oriental medicine also includes the study of acupuncture and therapeutic herbs. Shinzo likes to describe himself as “all fire”, and his deep spirit and sizzling passion fills every class with meaning, power and humor.



Spirit Savage has 20 years of experience, over 3000 hours of education and has been teaching for 14 years. She was certified in Neuromuscular Therapy (aka: Trigger Point) in 1994 and applied it successfully in her private practice for 15 years. She teaches a wide variety of modalities including Swedish, Deep Tissue, Myofascial Release/Injury Rehabilitation, Anatomy Body Systems. She is passionate about teaching, honors the learning process and each student as they follow their path of self discovery.



Theri Thomas has been everything from a corporate trainer to a martial arts national competition competitor and coach. She currently is a practitioner and instructor in the areas of massage, martial arts, yoga, Nia, fitness, nutrition, hypnotherapy and holistic health for over 25 years. She has trained with Harold Dull, the originator of Watsu, with Alexander, the creator of Healing Dance, with Jahara the creator of the Jahara Technique, and with Peggy Schoedinger, PT, the originator of Adaptive Watsu. Theri is a certified instructor in the World Wide Aquatic Bodywork Association (WABA) for Watsu, Healing Dance, and the lead instructor for WABA Assistant and Instructor Training Programs. Theri is also on the Board of Directors of WABA. Theri loves the detective work of finding just the right approach or point of reference for each and every student so they leave satisfied that they surpassed their expectations.



Full Time Staff Members

Joyce Reim, Director



William Harbour, Registrar / Executive Assistant

