

Happy 30th Birthday Shiatsu Society (UK)

We would like to welcome you to Congress 2011!



At Belsey Bridge Conference Centre, Ditchingham, Suffolk NR35 2DZ
from 4pm Friday 30th September until 4pm Sunday 2nd October



2011 is the 30th birthday of the Shiatsu Society (UK), and we would like to invite you to join us to celebrate. We are planning a supportive, friendly event including workshops, chat, discussions, shiatsu swaps, great food and more.



30 years of Shiatsu: Celebration and Practice

Friday

- 4.00 Registration
- 4.30 Welcome
- 5.00 Small groups
- 6.00 Settle in, walk in nature, tennis
- 7.00 Dinner
- 8.30 Workshop 1: storytelling and stories - Suzanne Arnold or Shiatsu swaps or just chill

Saturday

- 7.15-8.15 Workshop 2: Shintaido - Jamie Hamilton, MRSS(T)
- 8.30 Breakfast
- 9.30 Morning circle - welcome, agenda, group meditation
- 10 - 12.30 Workshop 3: Structural Realignment - Ohashi
- 1.00 Lunch
- 2-4.00 Workshop 4: Psycho-emotional Balance - Ohashi
- 4.30 Birthday Tea
- 5-6.00 small groups - checkin, meditation, shiatsu swaps
- 6.00 Tennis, walk in nature or just chill
- 7.30 Celebration Dinner
- 9.00 Chanting and movement or just chill - Len Goss

Sunday

- 7.15-8.15 Workshop 5: Kundalini Yoga - Maria Serrano, MRSS(T)
- 8.30 Breakfast
- 9.30 Morning circle - checkin, agenda, group meditation
- 10-12.30 Workshop 6: Five Element - David Home MRSS(T) or Deep Pathways - Jamie Hamilton MRSS(T)
- 1.00 Lunch
- 2-3.30 Workshop 7 Barefoot Shiatsu - Maria Serrano MRSS(T) or Social Media - Wendy Francis, MRSS
- 3.30-3.45 Tea
- 3.45 Closing circle
- 4.00 Close

This is a provisional timetable: events and timings may be subject to change.

2011 Prices	After 30 Apr	Before 30 Apr
MRSS, graduates, Associates	£295.00	£255.00
Students, new graduates (less than 2 yrs)	£265.00	£230.00
Group bookings of 8 or more	£240.00	£210.00
Day rate	£160.00	£140.00
Non-members	£350.00	£310.00
Children (under 7)	£70.00	
Children (under 2)	FREE	
Partners (not doing workshops)	£145.00	
Camping £50 discount (not applicable for group booking)		

£50 Deposit secures your booking

Book early to guarantee your place, and to obtain your preferred accommodation

**Open to
members
and non-members!**

Contact us for a booking form
0845 130 4560

www.shiatusociety.org