



in FOCUS

Shiatsu Schools

Shaping the future of Shiatsu education.



Shiatsu Society UK
www.shiatsusociety.org

2025



Welcome to your guide!

If you are a Shiatsu enthusiast interested in discovering more about Shiatsu for professional practice, or for personal development, this guide is for you!

This carefully curated yearly guide includes everything you need to know about the Shiatsu Society, our educational standards, and the ratified Shiatsu schools that we partner with across the UK. Keep reading to find out more about:

- The Shiatsu Society
- Shiatsu for Personal Development
- Shiatsu as a Career
- The LASER Learning Level 4 Diploma in Shiatsu
- Ratified Schools
- Intro to our Partner Schools

The Shiatsu Society

Established in 1981, our non-profit organisation is the leading professional association and hub of Shiatsu activity for Shiatsu professionals, practitioners and enthusiasts in the UK.

Vision

To establish Shiatsu as an officially recognised form of therapeutic bodywork and ensure that all members are recognised as essential healthcare workers in the promotion of positive health and wellbeing.

Mission

To foster an ethical, professional and compassionate environment for Shiatsu practitioners and enthusiasts.

Values

Ethical & Transparent
Respectful & Compassionate
Professional & Reliable
Friendly & Approachable

These principles shape the future of Shiatsu education.

Quick Facts



Level 4 Diploma in Shiatsu

Regulated Qualification Framework (RQF) equivalent to a foundation degree.



Highest standards of education

'Centre of Recognition' for internal and external quality checks.



22+ Ratified Shiatsu schools

To choose from across the country.

Shiatsu for Personal Development

Shiatsu is a non-invasive bodywork therapy that originated in Japan and is rooted in Chinese Medicine (CM).

Practised in Asia in different forms for centuries, Shiatsu became an independent modality in 1957, officially recognised by the Japanese Ministry of Health, Labor, and Welfare.

The ripple effect led to its increase in popularity and worldwide expansion.

Shiatsu combines ancient knowledge with modern techniques to enhance the body's natural ability to balance itself and achieve harmony. It works on all levels of being, including mental, physical, emotional



and spiritual. As such, Shiatsu is a great tool for holistic personal development. Shiatsu is a complete system that supports a lifestyle rooted in conscious values, mindfulness, expansive love, and empathy for self and the world around.

Many enthusiasts choose to enrol in Shiatsu courses to facilitate a sense of growth for themselves. Whether it is done regularly or sporadically, Shiatsu is a wonderful complementary bodywork therapy supporting holistic wellbeing for the modern lifestyle.

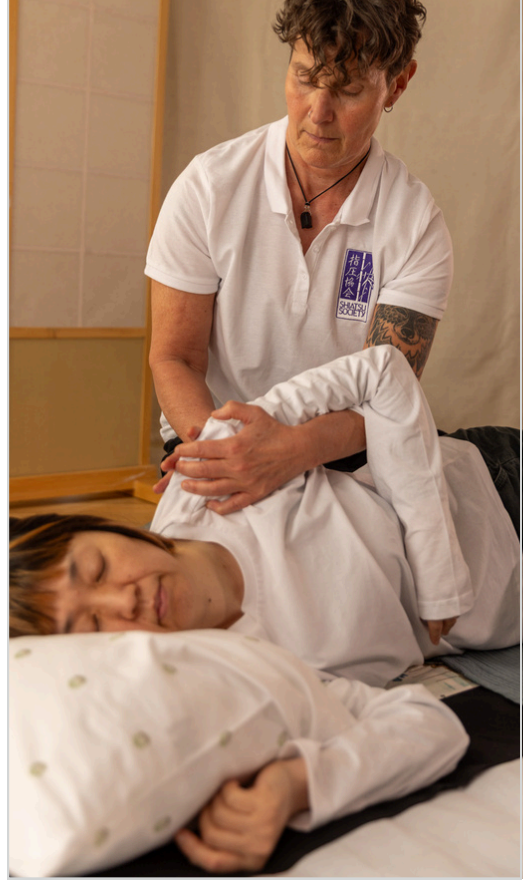
Shiatsu as a Career

Imagine waking up every morning excited to do what you love, being able to create a lifestyle that cultivates continuous growth and personal development.

Imagine building a professional practice where you hold space for others to connect to their inner wisdom for health and healing.

Shiatsu is the ideal career for someone with a passion for natural therapies, holistic wellness and an interest in East Asian philosophy and medicine.

If you are interested in helping others in your local community, and crave the flexibility of running your own business, and setting your own hours, this guide is for you!



Shiatsu Professionals

✓ Wellbeing

Shiatsu professionals cultivate a sense of wellbeing for themselves and those around them.

✓ Fulfilment

Shiatsu professionals are passionate and dedicated to their own personal development.

✓ Flexibility

Shiatsu professionals are able to work flexible hours or run their business their way.

✓ Community

Shiatsu professionals have regular opportunities to work in collaboration with others.

The Shiatsu Career Path

Becoming a qualified Shiatsu practitioner is a fulfilling yet challenging process that requires passion, practice and dedication. As a minimum, Shiatsu students complete 1000 hours of training over the course of 3 years. Half of those hours are classed as guided learning hours and half are additional study hours.

Learning Shiatsu is a rigorous undertaking that goes beyond simple academic study, into the realm of holistic personal development.

There are many Shiatsu schools out there, offering qualification over different timeframes and with varying admission requirements. The **Shiatsu Society UK** acts as the over-arching professional body that protects and enhances high standards of Shiatsu practice by taking on the 'Internal Quality Assurance' and overall administration role.

By choosing a Shiatsu Society ratified school you don't just ensure the highest standards of education and practice; you can also work towards the LASER Learning Level 4 Diploma in Shiatsu, a certification equivalent to a foundation degree.



The Shiatsu Career Path *at a glance*

LASER Level 4 **Diploma in Shiatsu**

The Shiatsu certification equivalent to a foundation degree, delivered by Shiatsu Society ratified schools.



After **one year of study**, students have the option to become a:

Wellbeing Practitioner

After completing **1000 hours of study and practice**, the student becomes a:

Shiatsu Practitioner

After a minimum **two years of practice**, the practitioner can train to become:

Shiatsu Teacher

After a minimum of **five years** of being on the Shiatsu Society UK Teachers' Register, the teacher can apply to become a:

Shiatsu Teacher Trainer

LASER Level 4

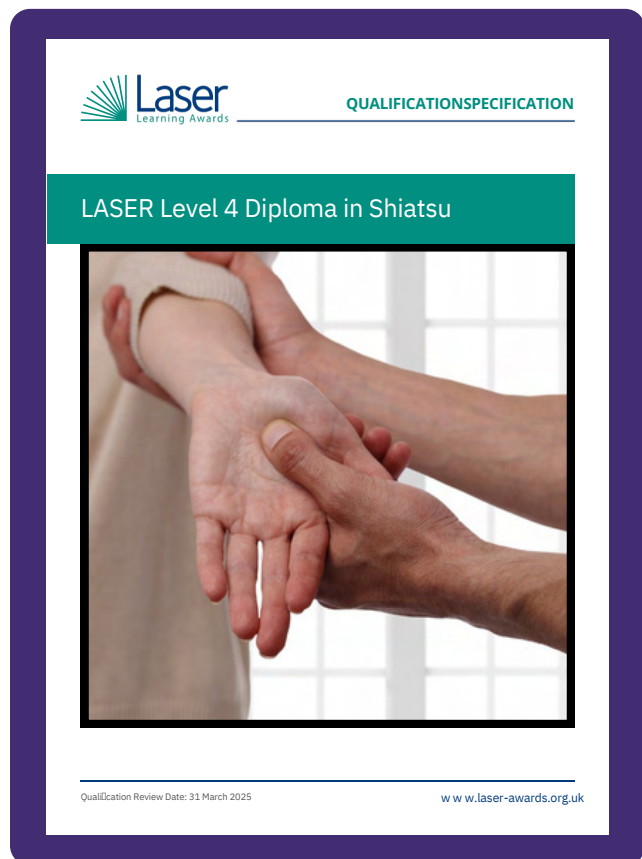
Diploma in Shiatsu

The highest standard of Shiatsu education



Awarded Diploma in Shiatsu

The Shiatsu Society partners with **LASER Learning Awards** to ensure the highest standards of education and practice of Shiatsu .



LASER Learning is an awarding organisation regulated by Ofqual, the regulator of qualifications, examinations and assessments in England.

The Laser Level 4 Diploma in Shiatsu provides the required knowledge and skills to be competent to provide Shiatsu to clients at a very high standard.

This qualification is suitable for those who wish to pursue a **career** offering Shiatsu as part of a complementary therapy business and for those looking to develop their **personal interest** in Shiatsu.

Graduates of the Level 4 Diploma in Shiatsu must complete a total training time of 1000 hours, of which 500 hours are guided learning hours, with the further 500 hours being additional learning hours. The qualification generally takes **3 years** to complete, but some schools offer part-time options. The curriculum includes five mandatory units:

- Unit 1 – Provide Shiatsu to Clients
- Unit 2 – Shiatsu Core Theory
- Unit 3 – Shiatsu: Lifestyle Medicine
- Unit 4 – Shiatsu: Professional Development, Business Practice and Ethics
- Unit 5 – Anatomy, Physiology and Pathology for Shiatsu

There are assessments for each unit and at the end of the course the qualified practitioner will be able to:

- ✔ Explore and establish the client's needs for complementary and natural healthcare.
- ✔ Develop and agree plans for complementary and natural healthcare with clients.
- ✔ Provide Shiatsu to clients according to their individual needs and level.

All Shiatsu Society ratified schools are able to deliver the LASER Level 4 Diploma in Shiatsu.



in **FOCUS**
Shiatsu Schools
the foundation of the Shiatsu Society



Shiatsu Society Ratified Schools

**The label of recognition, endorsement
and high-standard practice of Shiatsu.**

The Shiatsu Society is the only professional body in the UK to conduct 'Internal Quality Assurance' assessments in the process of delivering the Level 4 Diploma in Shiatsu, accredited by Laser Learning Awards.

Ratification is a process through which assessment practices and decisions are regularly examined and evaluated, ensuring consistency and fairness across all Shiatsu Society affiliated schools.

Our organisation holds a registry of 22 Shiatsu schools across England, Scotland and Wales. These schools are either fully ratified and have met the Shiatsu Society's quality assurance standards for providing professional training, or are progressing through the ratification process.

Please note: This guide includes all of the Shiatsu schools that have chosen to participate in this promotional campaign. Please visit our [school registry](#) to discover all available options.

in FOCUS **Shiatsu Schools**

Aberdeen School of Shiatsu

Northern School of Shiatsu

The European Shiatsu School (Brighton)

The Shiatsu College, Brighton

The Shiatsu College, Hastings

The Shiatsu College, London

The Shiatsu College, Manchester

The Shiatsu College, Norwich

The School for Experiential Education

London College of Shiatsu

Glasgow School of Shiatsu

Cardiff School of Shiatsu

East West College

The Bath School of Shiatsu & Yoga



A Shiatsu school a long way north, run by three amazing women who endeavour to bring out the very best in their students!

Aberdeen School of Shiatsu

Growth and holistic personal development are the focus of the Aberdeen School of Shiatsu. Run by three excellent teachers who have supported many students over the years, the school's origins go back to 1984 with the formation of the **Aberdeen East West Group**.

The Group thrived for many years, organising introductory courses in a wide range of subjects and leading the way in getting **complementary therapies** better known in the **Aberdeen** area. Regular Shiatsu classes were very popular and were the centre of its work; from this basis the full training was able to take off.

By 1992 the first full Shiatsu training course had started. The school trained many of the current practitioners in the North East of Scotland and Fife, and all the teachers of the school learnt with Laura.

Laura Davison, the Principal of Aberdeen School of Shiatsu, has been running Shiatsu training for 33 years.

The school aims to keep a strong focus on the practical aspect of the course, even when teaching anatomy, physiology and pathology.

As a small school, it is able to adapt to any special needs to help students achieve as much as they can. It offers a variety of options to practise or study Shiatsu, including:



LASER L4 Diploma in Shiatsu (Awarded): full 3-year professional training.



Grassroots Shiatsu: regular introductory and community classes or workshops.

01 LASER Level 4 Diploma in Shiatsu

The training is divided into 4 parts, starting with the **Living in Harmony Course** which focuses on the practical skills of Shiatsu. It introduces the theory of Shiatsu, the Shiatsu meridians and the Shiatsu points that help with common symptoms. For those wishing to continue their training in Shiatsu, the 1st year Living in Harmony Completion Course follows the Living in Harmony Course. This is followed by the 2nd and 3rd year of training and both of these include a 4-day residential. The training places emphasis on providing a greater sense of awareness and offers many ways to improve one's own personal health and wellbeing. This includes a tool-kit of complementary first aid points for use on family and friends, and a wide range of dietary and general recommendations for health and wellbeing .

Living in Harmony Course (the start of 3-year training)

Year 1: 5 Element Shiatsu

Year 2: Zen Shiatsu

Year 3: Traditional Chinese Medicine

Start dates:

Year 1: 13th September 2025

Year 2: 20th September 2025

Year 3: 20th September 2025

02 Grassroots Shiatsu

The Aberdeen School of Shiatsu also runs regular introductory classes where Shiatsu enthusiasts can find out more about the school and its practices including Shiatsu, Do-in and Qigong. These sessions are a great opportunity for practice, connecting with current students, hands-on treatments and community networking. Classes run once a month on a **Saturday** morning.

Find out more:

Location: Aberdeen

Contact: Laura Davison

Email: laurashiatsu@hotmail.com

Phone: 01224 662878

Phone: 07833 358302

Website: www.aberdeenshiatsu.co.uk





A person-centred, student-led approach to training, for professional or self-development.

The Northern School of Shiatsu

Set up in 1998 the Northern School of Shiatsu is committed to providing a person-centred, student-led approach to training, and focuses on the potential of Shiatsu in both the professional and self-development arenas.

The school offers a range of courses from 1-day tasters and a 3-weekend foundation course, through to the 3-year Diploma in Shiatsu, which is ratified by the Shiatsu Society. The school also offers a range of continuing professional development options for practitioners.

The Northern School's 1-year Holistic Acupressure Certificate is a professional qualification which enables students to offer relaxing treatments to the wider public within the limits of their knowledge and experience. The course is Zen Shiatsu based but includes the Chinese theory of the Five Elements as part of

the Acupressure Certificate.

Participants do not need any prior learning or experience to join the taster days or the foundation course (which can be taken as a stand-alone course or can form the first part of the 1-year Certificate).

The school has adopted a non-hierarchical, enabling approach to teaching and encourages students to recognise their unique style of learning and collaboration.

This fosters an atmosphere of openness and inclusion, encouraging students to find their own learning path within Shiatsu.

With small groups, supported by a teacher and an assistant, sessions aim to provide a safe, welcoming space where students can have a positive, fun learning experience and take away memories of their learning weekends long after the course is finished.

Upcoming Courses

Month	Year 1 dates	Year 2 dates	Year 3 dates
September 2025	6\7	13\14	20\21
October	4\5	11\12	18\19
November	1\2	8\9	15\16
November \ December	29\30 Nov	6\7 Dec	13\14 Dec
January 2026	10\11	17\18	24\25
January \ February	31 Jan\1 Feb	7\8 Feb	14\15 Feb
February \ March	28 Feb\1 Mar	7\8 Mar	14\15 Feb
March \ April	28\29 March	11\12 April	18\19 April
April \ May	25\26 April	9\10 May	16\17 May
June	6\7	20\21	13\14
July	4\5	11\12	18\19



Find out more:

Location: Sheffield

Contact: Carol Dean

Email: carol.dean244@btinternet.com

Phone: 0191 236 8250

Phone: 07891 591108

Website: [https://](https://www.northernschoolofshiatsu.uk)

www.northernschoolofshiatsu.uk





One of the first Shiatsu schools in the UK, providing the best possible quality of Shiatsu training.

The Shiatsu College

The Shiatsu College was established in 1986 to provide the best possible quality of Shiatsu training – it was among the very first of its kind.

The College now has five regional branches: Brighton, Hastings, London, Manchester and Norwich. Teachers at the different branches collaborate to develop best practice in teaching Shiatsu.

Their main approach is **Zen Shiatsu**; they also cover **5 Elements** and **Chinese Medicine**, and have a strong focus on developing physical practice and energetic awareness.

The College offers a supportive and inclusive atmosphere, and assessment is carried out through a combination of coursework, projects, and practical assessment.

All branches are ratified by the Shiatsu Society, and offer the full 3-year Shiatsu Diploma, and the 1-year Shiatsu College Bodywork for Wellbeing Certificate, as well as open classes and introductory workshops.

The College holds a wide range of continuing professional development events for graduates, including classes, opportunities to assist with teaching, and teacher training.



LASER L4 Diploma in Shiatsu (Awarded): full 3-year professional training.



CPD Training: continuing professional development opportunities.



Norwich Branch

High standard of training in Shiatsu, creating an enjoyable and fulfilling learning experience with a student-centred approach!

The Norwich Branch of the Shiatsu College holds its classes at the Wellbeing Centre, a lovely central venue with spacious rooms, leafy views and its own garden for outdoor exercises and summer picnic lunches.

The school can also offer simple overnight accommodation at the Shiatsu Centre clinic, for students travelling from afar. It is a co-operatively run branch of the Shiatsu College UK.

The collective consists of Cat Westwood (Manager & Director) and Basti Deans (Director); Dinah John (former Head of Branch) and Cliff Andrews (one of the founders of the Shiatsu College) provide further teaching support. The school is excited to offer weekend classes, workshops, and continuing professional development days to the public throughout the year.

In addition, the school offers online live streams and membership options. Passionate about teaching students who aspire to become professional Shiatsu practitioners, it also provides Shiatsu to those interested in enhancing their health and wellbeing.

The school's **inclusive** and **supportive** classroom adapts to the diverse needs of its students. It has amazingly skilled teachers and more than a century of combined experience in energy work, yoga, and Qigong across the teaching team.

The school's ethos is that nature is our greatest teacher. Learning how to give and receive Shiatsu will connect students to a new perspective on the world. The Shiatsu College has an international reputation for teaching Shiatsu and will support your exploration of the art and science of touch therapy.

Events & Workshops

Drop-in Classes

Saturday morning QiGong
Sunday morning Meridian Yoga

Transform Your Health the Shiatsu Way

FREE online **Wednesdays**

CPD Workshop Day with Clifford Andrews

Saturday 15 June 2025

Introductory Shiatsu Weekend

Saturday 20 September 2025

Find out more:

Location: Norwich

Contact: Cat Westwood

Contact: Sebastian Deans

Email: team@shiatsucollegenorwich.org

Phone: 01603 632555

Website: <https://www.shiatsucollege.co.uk/norwich>





Brighton Branch

The place to explore new ways of thinking about the world. Support your exploration into the art and science of touch therapy.

The Brighton branch of the Shiatsu College is based in Southwick, at the Sussex MS Centre, surrounded by parkland and just 10 minutes along the coast from the bustling centre of Brighton and Hove.

The school's focus is on creating a safe, kind, humour-filled and inclusive environment, to encourage learning through experience.

Each year the school welcomes the local community to join in on Saturday mornings to gain Shiatsu experience and knowledge – for use on self, family and friends to support relaxation and wellbeing.

The Saturday mornings run alongside the school's academic weekends and are accessible for people of any ability, bringing fresh Ki into the room to blend with that of fully enrolled students.

The school also invites former students and qualified practitioners to join in for full Saturdays. This is ideal for those needing support and keeping up to date with skills and knowledge. It is also ideal for connecting with fellow members of the Shiatsu 'family.'

The Brighton school provides a spacious teaching environment for small groups of students. There are generous amenities, free parking, transport links, local shops and room to wander amongst the trees at lunchtime. Students are welcome from a wide geographical area.

The first year can be taken as a 'standalone' one-year course to gain The Shiatsu College Certificate of Bodywork for Wellbeing.

"I really loved the last Brighton weekend: it feels like I've inadvertently stumbled into something very special by signing up for your course, so thank you!"

- recent student

Events & Workshops

Community Sessions

Grassroots Shiatsu mornings for family & friends run for eleven weekends throughout the academic year.

'Chi – full' Qigong exercise & Shiatsu techniques for your own health and to practise with family & friends.

First Introductory Weekend in Shiatsu

Saturday 27 September 2025

New Intake for the Shiatsu Diploma and Shiatsu College Bodywork for Wellbeing Certificate

Saturday 27 September 2025

Three-week Autumn Foundation Course in Shiatsu

Saturday & Sunday 27–28 September 2025

Saturday & Sunday 18–19 October 2025

Saturday & Sunday 15–16 November 2025

Find out more:

Location: Brighton BN42

Contact: Claire Gilliver

Email: brighton@shiatsucollege.co.uk

Phone: 07951 170637

Website: <https://www.shiatsucollege.co.uk/brighton>





The place where the path of the Shiatsu therapist starts and continues, by trusting the power of touch.

Hastings Branch

The Shiatsu College Hastings has developed ways of learning that embed theory into heart-hand connections, following Masunaga's words: 'The hand is used as an extension of the heart.'

Students learn to trust the power of touch in an environment close to the sea - so lunch on the beach and swimming are also on the cards.

The school's teachings are strongly rooted in the belief that 'nature is the greatest teacher' and that learning how to give and receive Shiatsu will connect people to a whole new way of looking at the world.

The school boasts expertise in education and learning, with amazingly skilled teachers with more than a century of combined experience of energy work, yoga and Qigong. The school's student-centred approach is flexible and supportive. The teachers' love for Shiatsu contributes to the bigger aim of making the world a better place through holistic medicine.

Events & Workshops

CPD – One Ki Weekend

Saturday 7 June 2025

Introduction to Shiatsu

Saturday 20 September 2025

New Intake for the Shiatsu Diploma and Shiatsu College Bodywork for Wellbeing Certificate

Saturday 20 September 2025

Exploring the 5 Spirits through Qigong – CPD Weekend

Saturday 29 November 2025

Find out more:

Location: St Leonards-on-Sea

Contact: Annie Cryar

Email: hastings@shiatsucollege.co.uk

Phone: 07722 868397

Website: www.shiatsucollege.org.uk/pages/hastings-branch





A highly embodied learning experience with enthusiastic, experienced teachers.

Manchester Branch

Shiatsu College Manchester is run by an experienced team of teachers, led by Hannah Mackay (FwSS, BA, PhD). They love Shiatsu, and are enthusiastic about teaching students who want to work as professional practitioners, those learning Shiatsu for their own experience, or as an adjunct to an existing holistic practice.

Teaching is informed by the wide range of Shiatsu training and associated practices in which team members have participated, including Shiatsu with a wide range of teachers, acupuncture, Seiki, Movement Medicine and Qigong.

This branch of the Shiatsu College runs as a Community Interest Company, which means profits are invested back into the work. The school has recently set up a bursary fund to support students with fees. Located in central Manchester, the

school welcomes students from across the North of England, the Midlands, and North Wales. It attracts a vibrant and varied group of students, and a community of graduates and practitioners who pop in to participate in further training and help out.

Learning Shiatsu in Manchester is a fun and fulfilling experience, as well as being a high standard of training. Shiatsu is taught in an inclusive and supportive way, adapting to students' needs, for example around neurodiversity and disability.

Training happens one weekend per month, and all three year groups attend on the same weekend. This means students get to know a wider range of Shiatsu people, and the school can mix and match year groups as appropriate. Students also have input from different teachers over the course of the weekend.

Events & Workshops

Summer Solstice Shiatsu

Saturday 21 June 2025

Introduction to Shiatsu and Acupressure

Saturday & Sunday 27-28 September 2025

New Intake for the Shiatsu Diploma and Shiatsu College Bodywork for Wellbeing Certificate

Saturday & Sunday 27-28 September 2025

Shiatsu CPD Day – Ancestors and Ancestral Qi, with Hannah Mackay

Saturday 1 November 2025

Find out more:

Location: Manchester

Contact: Hannah Mackay

Email: manchester@shiatsucollege.co.uk

Phone: 07762 821364

Website: <https://www.shiatsucollege.org.uk/pages/manchester-branch>





The place where you'll be challenged, nurtured, and given the highest quality teaching possible.

London Branch

The Shiatsu College London is one of five branches in the UK. All branches run the same modules over differing weekends; this continuity allows students to attend other branches if required, which is a great opportunity for students to catch up if they'd missed a weekend at their own branch. The school has committed and experienced teachers who can ensure that their students receive the best possible learning outcomes.

The school aims to equip students with the knowledge and confidence to become effective professional Shiatsu practitioners.

The Shiatsu College London has a diverse group of students currently in training, who benefit from a supportive teaching team and friendly administrators. Together they have a wealth of experience in Zen Shiatsu.

The branch is well situated and has excellent transport connections for the whole of the UK. Eurostar trains connect London to continental Europe, and the various London airports provide convenient connections further afield.

The London school allows prospective students to attend for a day or a weekend to gain a flavour of their teaching and of the Shiatsu diploma course. They have a nurturing and supportive teaching group who excel at sharing decades of Shiatsu experience. The school provides inclusive classes that take into account an individual's specific needs.

The London school doesn't have final exams, but continuously appraises student work via an online portal, with project work including, amongst others: Yin/Yang, the Five Phases, Reflective Practice, and Acupressure Points.

Events & Workshops

Intake for Shiatsu Diploma & Shiatsu College Bodywork for Wellbeing Certificate

Saturday, 21 September 2025

Introduction to Shiatsu and Acupressure

Saturday 21 September 2025

Find out more:

Location: Holborn, London WC2B

Contact: Christian Huber

Email: london@shiatsucollege.co.uk

Phone: 07951 442243

Website: www.shiatsucollege.org.uk/pages/london-branch





A carefully structured study programme leading, through energetic self-development using Shiatsu theory and techniques, to confident professional level practice.

Glasgow School of Shiatsu

The Glasgow School of Shiatsu has been introducing people to Shiatsu and training practitioners since 1986.

The school offers the 3-year Diploma in Shiatsu (L4 on the UK RQF), a 1-year Certificate in Acupressure for Health and Wellbeing, and a Certificate in Onsite Seated Shiatsu.

The focus is on student-centred training in a friendly and sometimes playful learning environment. Each level of the course is individual – no composite classes – meaning that classes are pitched to the exact stage of development of each group.

The school's 3-month foundation level course allows people to try Shiatsu before committing to a full year of study. Self-discovery and personal development are inherent in each level, using varying systems of East Asian medical philosophy.

The 1st year is based on the Theory of Five Elements; the 2nd year focuses on the versatile Zen Shiatsu system and includes a 4-day residential in the beautiful Trossachs region.

In the 3rd year, "Shiatsu Unlimited," the school encourages students "to develop your own style," with introductions to Seitai and specialist seminars on back pain and reproduction/pregnancy.

The school supports a thriving Shiatsu community in Glasgow with regular Practice Days open to current students, graduates, and practitioners.

The school has a low-cost student training clinic, and also runs CPD courses with national and international teachers.

Events & Workshops

Introductory Days

Saturday 14 June 2025

Saturday 24 August 2025

CPD: 3-day Trauma Course with Mihael Mamychshvili

Friday to Sunday, 27-29 June 2025

Foundation Course

Saturday 20 September 2025

2nd Year – Saturday 20 September 2025

CPD Samurai Shiatsu for Children with Svenja Schaper

Saturday 29 November 2025

Shiatsu & The Five Elements (Phase 2 of 1st Year)

Saturday 13 December 2025

Find out more:

Location: Glasgow

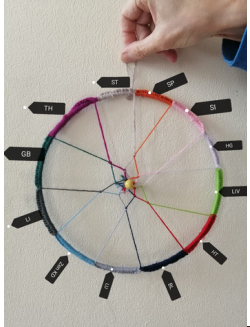
Contact: Elaine Liehti

Email: admin@glasgowshiatsu.co.uk

Phone: 01505 682889

Phone: 07968 800424

Website: <https://www.glasgowshiatsu.co.uk>





The only school in the UK to incorporate the Suzuki /Hirata Zones into their curriculum to expand and complement diagnosis and treatment.

London College of Shiatsu

Providing Shiatsu training in central London since 1988. The school's main teachers spent over five years each studying in Japan and hold the highest teaching qualifications.

The school's purpose is to teach the style of Shiatsu studied by its main teachers in Japan at the Iokai Centre and under Takeo Suzuki.

The College offers various classes and workshops, including a three-year Shiatsu practitioner course. This consists of weekly practical Shiatsu classes as well as theory classes in Western sciences and 'Oriental' medical theory. It also offers final year students the opportunity to enter a supervised student clinic.

The school's supervised Student Clinic is organised on a professional basis, with private rooms treating members of the public.

It is an indispensable part of the practitioner diploma, replicating work in a professional environment, setting students up for their future career.

The London College of Shiatsu teaches and promotes meridian and zone therapy as a gentle yet effective therapeutic style of Shiatsu.

The school's practical and down to earth approach is accessible to anyone, whatever their previous experience.

"When you touch one thing with deep awareness, you touch everything."

– Lao Tzu

Events & Workshops

Clinics (First Saturday of Each Month)

First Saturday of each month:

- Saturday 3 May 2025
- Saturday 7 June 2025
- Saturday 5 July 2025

Introductory Evenings

Monday 28 April 2025

Monday 22 September 2025

Beginners' Courses

Monday evening weekly:

- Monday 6 October 2025 – Monday 8 December 2025

Sunday every two weeks:

- Sunday 5 October 2025
- Sunday 2 November 2025
- Sunday 16 November 2025
- Sunday 30 November 2025

Find out more:

Location: Southbank SE1

Contact: Nik Kyriacou

Email: info@londoncollegeofshiatsu.com

Phone: 07786 927114

Website: <https://www.londoncollegeofshiatsu.com>





The only school in the UK to offer Movement Shiatsu, a style that transforms Shiatsu from a treatment system to an education process.

The School of Experiential Education

The centre for teaching Movement Based Therapies and Somatic Exploration. Based in Somerset, but with a global presence, the school's basic vision is that self-exploration can be joyful and playful rather than a serious process of 'getting better.'

The school runs postgraduate courses worldwide for body-based therapists. These courses train practitioners to involve the client more in the treatment, consequently teaching clients to be aware of their bodies and postural patterns and to experiment with changing those patterns.

The approach of Movement Shiatsu transforms Shiatsu from a treatment system to an education process. It focuses on waking up the developmental process using touch and activation of the archetypal movements associated with meridians.

This means that the client is helped to explore themselves and develop agency rather than being passively treated.

The school's courses are open to everyone, and they can be taken as journeys of self discovery or as a further, postgraduate qualification leading to a diploma.

The postgraduate programme covers:

- **The Six Forms of Touch** – a training in how particular qualities of physical touch, guided movements and different aspects of the therapeutic relationship activate the Qi of specific meridians.
- **Meridians and Development** – Showing how infant movement development and psychosocial development are associated with the pathways of meridians and their Qi functions.

- **Experiential Anatomy** – Showing how to teach clients to be aware of their body at a subtle level and how to listen to the needs and wisdom of each part.
 - **Working with Chronic Conditions and Special Needs** – Movement Shiatsu is also an education system, teaching clients how to see their issues as opportunities for exploration and life learning.
 - **Inner Qigong and work with Breath and Voice** – Inner Qigong complements Movement Shiatsu. The movements and visualisations help people to be aware of how they embody each part of their energy system, and brings into consciousness those parts that need attention.
- Each workshop in the programme can be taken individually.

Events & Workshops

- **Working with Trauma, Body Memory and Fascia** 23–25 May, Brussels, Belgium
- **Meridians and Adult Development**, 30 May – 1 June, Wageningen, Holland
- **Destiny and Choice**, 20–22 June, Bern, Switzerland
- **Exploring the Inner Community**, 5–7 September, Totnes, UK
- **Intensive Residential on Development and Meridians**, October 5–10, Somerset, UK
- **Six Forms of Touch**, 31 Oct – 2 Nov, Hamburg, Germany
- **Masterclass in Movement Shiatsu Techniques**, 14–16 Nov, Wageningen, Holland
- **Qi Development in Eight Stages of Life**, 5–8 December, Barcelona, Spain
- **Inner Qigong Retreat**, 3–4 Jan 2026, Somerset, UK

Find out more:

Location: Frome

Contact: Bill Palmer

Email: courses@seed.org

Phone: 07775 928721

Website: <https://seed.org>





Continuing Professional Development (CPD) courses for holistic practitioners.

East West College

Based in Farnham (Surrey) the East West College specialises in short in-person courses for acupuncturists, and practitioners of Shiatsu and Chinese medicine.

East West College was founded in 2009 in Farnham to teach a three-year Diploma of Shiatsu. In 2012, with Fugaku Ito and Nicole Beauvois of Anma France, East West College organised two Diplomas of Anma at East West College, and workshops on Japanese Sotai techniques for releasing muscular tension.

Jamie Hamilton, the main tutor, graduated from the European Shiatsu School in Marlborough and became a 'Big T' teacher (MRSS (T)), and also studied the Six Divisions with Tim Mulvagh of Classically Based Shiatsu. Jamie has developed a new teaching on pulse diagnosis based on the Chinese classic 'The Mai Jing',

uncovering new aspects of diagnosis.

East West College is currently running programs and CPD courses, including a 12-day CPD training for acupuncturists in Exeter called:

- **Diploma of Tuina and Advanced Bodywork.** The Shiatsu part of the course has been very well received by acupuncturists, who have appreciated a more listening touch and yin way of treating.
- **Mai Jing method** pulse course which is open to Shiatsu practitioners.
- **Applied Channel Theory** training (based on the teachings of Dr Wang Ju-Yi) for practitioners who have a strong grasp of TCM.

Events & Workshops

Diploma of Tuina & Advanced Bodywork in Acupuncture Practice

Friday, Saturday, and Sunday 20–23 February 2026 (provisional diploma start)

Mai Jing Pulse Method Course

Friday & Saturday 7–8 November 2025

Applied Channel Theory (2 days)

Friday & Saturday 24–25 October 2025

Find out more:

Location: Farnham, Surrey

Email: carinahamilton1@icloud.com

Phone: 07799 238810

Website: <https://www.eastwestcollege.co.uk>





Forging a new path to offer Shiatsu as THE best route to the study of acupuncture.

The European School of Shiatsu

The ESS is passionate about Shiatsu bodywork and having a deep understanding of Chinese Medicine. The school's ethos is to re-integrate Shiatsu with its roots in Classical Chinese Medicine, to offer students a unique opportunity to learn how to diagnose and treat effectively using this ancient and profound understanding of the body.

Students learn not only Yin/Yang and 5 Element theories but also the Zang Fu Functions and Patterns as well as the 6 divisions understanding of the channels and organs.

This excellent and strong grounding in Chinese Medicine will then guide and focus the amazing Shiatsu bodywork skills we also love and teach at ESS - mother-hand sensitivity, 2-handed connection, movement from your Hara and a beautiful quality of touch.

The school strongly believes that when students learn to integrate these two arms of knowledge that they will have a great recipe for clinically effective treatments and a successful practice.

At ESS Brighton students can learn to be excellent Shiatsu practitioners to feel and work with Qi in the body and the acupoints, before incorporating acupuncture and the use of needles into their therapeutic tool kit.

This will open up many more work opportunities and help the student become a more effective clinical therapist.

If you are passionate about Shiatsu and Chinese Medicine and potential roots into acupuncture and herbal medicine, then we are the school for you.

Events & Workshops

Foundation Course in Shiatsu

September – October 2025

Professional Certificate in Acupressure

Spring 2026

Professional Diploma in Shiatsu & Acupuncture: 3 years

Spring 2026

***These courses can be studied separately or in combination, culminating in a Diploma in Shiatsu, Acupuncture, or Shiatsu & Acupuncture.**

Acupuncture Diploma for Qualified Shiatsu Practitioners: 18 months

Spring 2026

Find out more:

Location: Brighton BN1

Contact: Donna Armstrong

Email: donnashiatsu@googlemail.com

Phone: 07717 748852

Website: <https://shiatsu.net>





Over 30 years of teaching experience and a deep knowledge of how to use the body effectively to enable the deepest connection.

The Bath School of Shiatsu & Yoga

Founded in 2000 as a result of a wish to combine the powerful and mutually beneficial arts of Shiatsu and yoga.

Alongside drop-in yoga classes, the main focus of the school is a three-year professional Shiatsu training, leading to a nationally recognised qualification as a practitioner.

During the Shiatsu training, students are also taught a thorough grounding in yoga techniques. In order to maintain the highest standard of teaching and learning, the class size on the Shiatsu training course is limited to fourteen.

The course covers many areas of 'Oriental' medicine, and more traditional Western anatomy, physiology, pathology and counselling skills, all supported by comprehensive notes, continuous assessment and exams. Because of its flexible nature, students are able

to commit to as much of the training as they are comfortable with, completing one section and taking a break, or moving straight through the three years.

The school has over 30 years of teaching experience and a deep knowledge of how to effectively use the body in order to enable the deepest connection, helping both the client and practitioner to relax.

Based in a beautiful location, in Central Bath, the 3-year Shiatsu practitioner training is taught in a supportive enlivening way with one of the country's most experienced and senior teachers.

If you want to deepen your knowledge of bodywork and self health/maintenance and learn a skill that will serve you and enhance your life, this is the place for you.

Events & Workshops

One-day Introductory Shiatsu & Yoga Workshops

Autumn 2025

Shiatsu Foundation Course

Autumn 2025

Professional Diploma in Shiatsu

Autumn 2025

Find out more:

Location: Bath

Contact: Frank Davis

Email: frank@bssy.co.uk

Phone: 07833 467411

Website: <https://www.bssy.co.uk/>





The place where you'll learn to embody the art of Shiatsu, to access holistic health for yourself and others.

Bristol School of Shiatsu

Bristol School of Shiatsu is on a mission to guide people in remembering their health and wholeness through the power of touch.

Shiatsu is more than a massage. It is a body of wisdom that comes from a rich heritage, developed to support the inherent desire of our body, spirit, and mind to be whole and well through the energy of touch.

When we are connected with another or others, we are more present to this inner health, the balance of which is unique to each person. There is magic and power in the space created in that relational connection. When we access that space, we remember our spirit and our oneness with life. This gives us connection to our health and wholeness. Bristol School of Shiatsu aims to guide people in remembering their inherent wholeness.

Their teaching emphasises an intuitive approach to Shiatsu within a framework of traditional oriental medical theory.

They see Shiatsu as both an art and a science, encouraging the student's self-development and creativity, based on a firm foundation of theoretical and practical knowledge.

A major focus of the school is on the development of the intuitive awareness and sensitivity of the students, encouraging the listening in depth to another's body and being. At the Bristol school, they have, over the last thirty years, developed a style of shiatsu that we call **'Relational' Shiatsu**.

At the core of their training is attention to and focus on our own unfolding self-awareness and resulting personal transformation.

Events & Workshops

Shiatsu Foundation Course

Autumn Foundation:

3 weekends (36 Hours)

Saturday & Sunday, 20-21 September 2025

Saturday & Sunday, 11-12 October 2025

Saturday & Sunday, 1-2 November 2025

Shiatsu Practitioner Training – Year One

Following on from the Foundation Course

Saturday & Sunday, 15-16 November 2025

Find out more:

Location: Bristol

Contact: Elaine F A West

Email: elaine@bristolschoolofshiatsu.co.uk

Phone: 07791 364460

Website: www.bristolschoolofshiatsu.co.uk





The place where you'll find a relational approach to teaching, with a strong emphasis on awareness and self-development.

Cardiff School of Shiatsu

Cardiff School of Shiatsu has been offering foundation courses for 6 years. At the heart of the school is a commitment to inclusivity and accessibility. The school offers a relational approach in their teaching, with a strong emphasis on awareness and self-development through the use of movement and embodiment practices to ground learning. They school is affiliated with the Bristol School of Shiatsu.

Sarah Hall, the leading teacher, had an interest in complementary health from her 20s and trained in different modalities, including contemporary dance.

Shiatsu came as a natural progression from this movement work, as her leaning to work therapeutically with people re-emerged. She is incredibly keen to take Shiatsu out into the world, not just as an offering to private clients,

but also through workshops to organisations and charities; seated sessions in businesses and care homes; out in the community; and through volunteering. Sarah also worked as a teaching assistant at the Bristol School of Shiatsu where she initially trained.

Cardiff School of Shiatsu offers courses that share the essence of Shiatsu and teach basic skills for people to share with friends and family.

The school's Foundation Course will run for 3 three weekends over two months. The course provides a good grounding in the healing art of Shiatsu. The Foundation Course is a complete elementary course in its own right and can also be taken as the first stage of the one-year course and the 3-year Shiatsu practitioner training at Bristol School of Shiatsu.

Events & Workshops

Shiatsu Foundation Course

Spring Foundation:

Saturday 10 May 2025

Saturday 7 June 2025

Saturday 28 June 2025

Autumn Foundation:

Saturday 13 September 2025

Saturday 4 October 2025

Saturday 25 October 2025

Find out more:

Location: Cardiff

Contact: Sarah Hall

Email: sehshiatsu@gmail.com

Phone: 07930 241409

Website: <https://shiatsucardiff.com>





in FOCUS

Shiatsu Schools

Shaping the future of Shiatsu education.

Shiatsu Society UK

www.shiatsusociety.org