

SAMURAI SHIATSU

The founder of Samurai Shiatsu – physiotherapist and international Shiatsu teacher **Karin Kalbantner-Wernicke** has focused her work on babies and children for over 30 years.

The basis of the Samurai Shiatsu program began in 1990 when Karin and Thomas were approached by educators for exercises that would counteract performance pressures in school.

The program was developed in such a way that different qualities of touch when applying Samurai Shiatsu stimulate and active the meridian system as well as different sensory systems.

The techniques taught in this programme come from Shiatsu and Amma, two manual types of treatment originating in Japan. The techniques were adapted to be child friendly and appropriate for the school environment. These exercises are carried out fully clothed in a seated position which further supports their suitability in school and other educational establishments.

Karin has authored two books '**Baby Shiatsu**' and '**Children at their Best**'. Thomas is the author of '**Shonishin: The Art of Non-Invasive Paediatric Acupuncture**'.

"The training was lively, engaging and information. I left with a great set of exercises.

I have taught this routine to children who have picked up easily and practice with each other and parents." - G. Trewenack

DATES

DAY 1: 11th December 2018
Fit for School - Train the Trainer

DAY 2: 12th December 2018
Touch and Movement Exercises for Older Adults

TIME & VENUE

9am - 5pm
at the
Australian Shiatsu College
103 Evans Street,
Brunswick VIC 3056

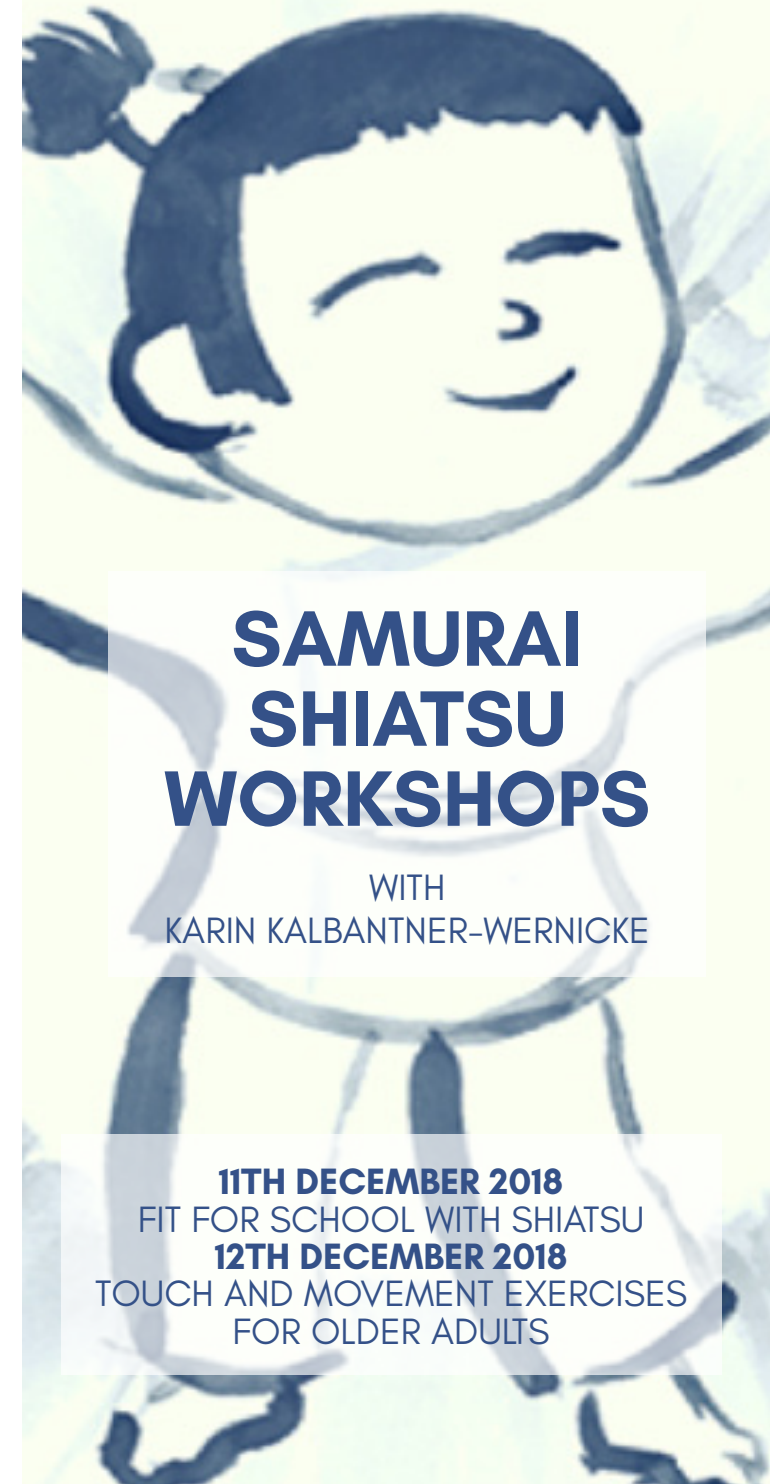
COST

\$200 per day

REGISTRATIONS

Please contact

CHINA BOOKS
Level 2, 234 Swanston Street,
Melbourne VIC 3000
Ph: (03) 9663 8822
info@chinabooks.com.au
www.chinabooks.com.au



SAMURAI SHIATSU WORKSHOPS

WITH
KARIN KALBANTNER-WERNICKE

11TH DECEMBER 2018
FIT FOR SCHOOL WITH SHIATSU
12TH DECEMBER 2018
TOUCH AND MOVEMENT EXERCISES
FOR OLDER ADULTS

DAY 1: DEC 11

FIT FOR SCHOOL WITH SHIATSU

A practical exercise program specifically developed for children aged five to twelve years that builds multi sensory perceptiveness, **self efficacy**, improved concentration whilst promoting **health and well-being**.

This workshop provides detailed techniques and practices to improve their well-being:

- For youth development
- Social Responsibility
- Positive change for self and others
- Improved team class spirit
- Gross and fine motor skills
- Concentration
- Body awareness
- Respectful interaction
- Perceptiveness of boundaries

Participants will learn specific techniques for mindfulness, empowerment, awareness and respect.

Who should come ALONG?

- Parents
- Carers
- Teachers
- Health Professionals
- Support Workers
- Respite Carers



DAY 2: DEC 12

TOUCH AND MOVEMENT EXERCISES FOR OLDER ADULTS

Improve the quality of LIFE of older people that you work with and care for.

Our *hands* are the most important `tool` for physical therapy. Nothing can match the ease and effectiveness of `hands on` touch.

A safe therapeutic exercise and touch program for the elderly.

An excellent training course for carers, family and health professionals.

This practice will energise, relax and bring a calm spirit.

- Elderly with limited mobility or bedridden
- Elderly with anxiety and fear
- Elderly who are losing their memory or other faculties. (Dementia, Alzheimer's)

Who should come ALONG?

- Carers
- Health Professionals
- Therapists
- Nursing staff
- Support Workers
- Respite Carers