



*Shiatsu for Midwives, Doulas  
and Birth Educators*

Melbourne 2012  
presented by  
*Suzanne Yates (UK)*  
in conjunction with  
The Australian Shiatsu College



## Overview:

### *COURSE CONTENT:*

Shiatsu, massage and touch are powerful tools in supporting women to contact the wisdom of their bodies in pregnancy and birth and for parents to bond early with their developing child. This course enables you to become familiar with their use both in practical ways and in understanding a different approach to birth which can enhance your practice. You will learn to work in an holistic way, combining Eastern and Western philosophies as well as developing your touch sensitivity skills. There will be time to explore how shiatsu-based skills can support you personally – promoting your own well-being and preventing “burn-out”.

What is Shiatsu? Shiatsu is a form of massage, based on the eastern view of the body. It is often referred to as acupuncture without the needles.

## DATES: 13-14th September 2012

Thursday 13 Sep 9.00am-5.30pm  
Friday 14 Sep 9.00am-5.30pm

### COSTS:

Full price \$400.00  
(to be paid in full by 23rd August 2012,)

Discounted price \$360.00  
(Earlybird price and for those who have previously completed the course— to be paid in full by 6/7/12)

Deposit of \$100.00 to be paid by 31st May 2012

### VENUE :

The Australian Shiatsu College  
103 Evans Street Brunswick, Melbourne

To enrol please make your deposit to The Australian Shiatsu College by cheque or direct debit and fill out and return the enrolment form enclosed, mailing to:

The Australian Shiatsu College  
103 Evans Street Brunswick VIC 3056

Phone (03) 9387-1161  
Email [info@australianshiatsucollege.com.au](mailto:info@australianshiatsucollege.com.au)  
Website [www.australianshiatsucollege.com.au](http://www.australianshiatsucollege.com.au)

For further course detail visit [www.wellmother.org](http://www.wellmother.org)

## Course Instructor - Suzanne Yates

Suzanne Yates BA(Hons), Dip HSEC, MRSS (T), APNT, PGCE began studying massage in 1982 and shiatsu in 1984, completing the three year professional training with Sonia Moriceau in 1988 and assisting her between 1989 and 1993. In 1990, went to Boston, USA to train as an instructor in ante/post-natal exercise with Elizabeth Noble and established “Well Mother” to support the wisdom of women and their partners with shiatsu, massage, exercise, breathwork, relaxation and discussion. She has run weekly classes and workshops for parents ever since. Suzanne runs various courses for midwives and shiatsu and massage practitioners in the UK and world-wide. Her first book “Shiatsu for Midwives” was published in July 2003 by Elsevier Science. Suzanne is a registered teacher and practitioner with the Shiatsu Society and holds the APNT qualification in therapeutic massage. For more information on shiatsu and midwifery you can view articles on Suzanne’s website. She is also author of “Shiatsu for Midwives,” and a “Beautiful Birth” and most recently published “Pregnancy & Childbirth : an holistic approach to massage and bodywork”, all available from her website: [www.wellmother.org](http://www.wellmother.org)



