

BASIC SHIATSU COURSE

Offered by;
Shining Mountain Dojo Canada

Learn the basics of Ko Ko Do Shiatsu

WHEN: March 6 & 7, 2009

TIME: 7PM–10 PM (Fri.), 8AM–12PM & 2PM–6PM (Sat.)

WHERE: 36820 Londesboro Road
R.R.# 4 Goderich (Benmiller), Ontario

PRICES: \$120.00 Review
 \$180.00 HDJF Members
 \$240.00 Non-Members

Meals and accommodations included. \$20 discount if not staying overnight.

WHAT YOU NEED TO BRING: loose fitting clothes, sleeping bag, pillow, over night things, a towel, notepaper, and a pen.

HOW IT WORKS: Shihan Ken Hoggart will be teaching the course and is certified through the Ko Ko Do Shiatsu Clinic, based in Omiya City, Japan. This will be a basic course in Shiatsu Medicine, where each person will have a partner and will trade off periodically as all the points on the body will be discussed. **A Basic Shiatsu manual will be included for first time participants who attend for the complete course.**

WHAT WILL YOU GET OUT OF THIS: You will get an insight into what Shiatsu is all about and how it can help you manage and prevent minor illnesses and fatigue. Anyone who completes the entire course will get a certificate recognizing their completion of the “**Basic Shiatsu Course**” which states that they have shown an understanding in its practice.

CALL or EMAIL TO RESERVE YOUR PLACE AS CLASS SIZE IS LIMITED
“Registration requires a \$50 deposit by February 20th 2009 “

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Or for more information; **www.smdcanada.com**

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