

SHIATSU



Special Summer Course 2013

O Sel Ling

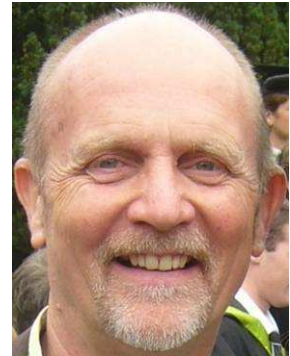
26th to 30th June 2013

In the Alpujarras, Granada, Spain



With Brian Carling and Tim Mulvagh

Brian Carling - Director of the European Shiatsu School in Spain. He has practised and taught shiatsu in Spain since 1987. For 7 years was the President of the European Shiatsu Federation.



Tim Mulvagh - Teacher of Classically Based Shiatsu with a profound knowledge of chinese medicine and herbs. An enthusiastic teacher with a great sense of humour.

Theme :

Kidney Essence, Constitutional Strength, Fertility and Ageing. Working with the Core Structures.



Special Summer Course 2013
This course is only open to people with experience of shiatsu. It is an opportunity to improve your understanding and ability with teachers of great experience. It is also a chance to share with a wonderful group of people an enriching experience in a special place.



O SEL LING

"Place of Clear Light" located at 1600m above sea level in the Alpujarras of Granada. Up above the villages with magnificent views and pure air.

It is a Tibetan Buddhist Retreat Centre part of the Foundation for the Preservation of the Mahayana Tradition founded by Lama Thubten Yeshe. A special place full of peace and tranquillity.



Comments from people who attended the O Sel Ling Summer Course in 2011

"The O Sel Ling shiatsu workshop is definitely on my top 3 list of best experiences in 2011. O Sel Ling is a beautiful, silent place with a very special energy. The delicious natural food, the fresh air and the back to basic circumstances immediately makes you feel healthier. I really enjoyed the classes. The practical approach of shiatsu, the mix of theory and exercise, were exactly what I was looking for and needed. All of this was brought with a lot of humour. I had a great time! It was an excellent opportunity to speak with a lot of shiatsu therapists from different countries about their experiences. It even brought me some very precious friendships. I'll make sure that I can join you again this year! I'm already looking forward to it!!"
Saludos y un fuerte abrazo.
Hester Eppinga



'Ah Oseling what a joyous place to do spend a week, crystal clear skies, endless vistas and hot mountain sunshine. Qigong on the hillside, shiatsu in a cool geodesic dome. The workshops are inspiring and the company great, the jokes ŠŠŠ

The annual Oseling retreat is always good fun for all levels of shiatsu experience and I will definitely be heading there this summer.'



Warm regards

Andrew

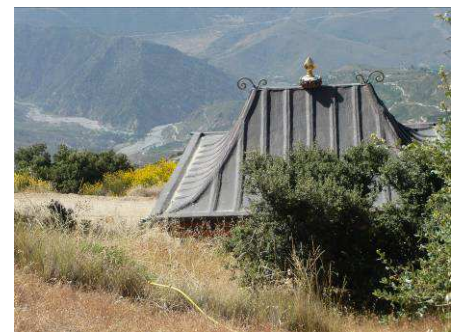
Yes I really did enjoyed the course last year - a good balance and routine for daily activities

- Taiji Qigong
- Theory
- Lots of Shiatsu Time
- Recreational Time

Hopefully look forward to O Sel Ling this year

Cheers

Murray



Dates

26th to 30th June 2013

Arrival wednesday 26th June, the centre provides the evening meal. The course will be on thursday, friday , saturday and sunday. Finishes on Sunday after lunch, around 4pm.

Price

Members of APSE or other National Shiatsu Association member of the European Shiatsu Federation.

295euros

Others

335euros

The price includes the course, accommodation and full board.

Requirements

Comfortable clothing for Shiatsu. A sleeping bag and a torch. You may take a tent if you wish.

Travel

Nearest Airports are Malaga and Granada. We normally arrange for visitors from abroad to meet up with someone with a car to get up to the centre.

RESERVATIONS

Inscription 95euros by bank transfer to account

IBAN: ES07 0182 4135 4502 0004 9057

Swift code: BBVAESMM

Or by PayPal or credit card on the website www.espanol.shiatsu.net

Please confirm your payment of the inscription by email or telephone.

The number of places is limited.

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