

指圧 ESCUELA EUROPEA de SHIATSU

SUMMER COURSE 2025

and 23rd to 30th August

The course is a practical way to establish contact with the body and its vital energy and widen our understanding of health.

The course is given in English and Spanish according to the participants;
course notes are available in both languages.



SHIATSU FOUNDATION COURSE

The Foundation Course is complete in itself. It is for those people seeking basic practical understanding of shiatsu which they can use with their friends and family or as a complement their professional work.

It is a requirement to follow the **PRACTITIONER COURSE** and forms the first term of that course.

OJÉN(Málaga)

Is a White village in the Natural Park of Sierra de Las Nieves, with beautiful views to the mountains and the coast. It is only 8km from Marbella (Costa del Sol).



EUROPEAN SHIATSU SCHOOL

The school was founded in England in 1984 and has a wide network of branches throughout Europe, teaching a common program and maintaining a high standard of professionalism.

Prices

Option 1 Course without lodging, lunch included 450€
Inscription 50€

Option 2 With lodging at the school.
Sharing a room. Course +breakfast +lunch 745 €

Inscription

By bank transfer to account
ES85 0182 7881 3802 0161 8336 – BBVA
By Bizum to +34 691 60 60 23
By Credit card or Paypal on the website

Accommodation and Food:

Shared accommodation at the studio of the school, with bathroom and kitchen.
Welcome supper the day of arrival. The course starts the following morning.
Departure on the last day after breakfast.
Half board, in the evening participants can enjoy the restaurants and bars in the village or in Marbella.
Classes are in English and Spanish and we normally have a fair mix of nationalities.



The Chef: Santi Plaza Gámez

Food is vegetarian and you can see some of the dishes we will prepare at:

www.facebook.com/Lagliciniagourmet





Some of our students comments: [Comments on Google Maps](#)

I recommend it 100%. For me it has been an enriching and very satisfying experience. Brian and Sara are professionals and learning is assured, thanks to their patience, passion, sympathy and closeness. The context favors a total disconnection, where beyond learning, you can rest, take care of your body, your mind and your spirit. In addition fundamental is the presence of Santi who with her art in the kitchen, her smile and her closeness nourishes your body and your soul. Everything I say is not enough for this school and its professionalism. A big thank you.

Desiree Chiarenza

I recommend 100% the training in shiatsu massage with the European School of shiatsu in Ojen. For me it was a super enriching experience. The massage serves both the person who receives it and the person who gives it. That is why I recommend this training and if you have not tried shiatsu I encourage you to do so. The way

of teaching the classes and transmitting the knowledge is very close and professional. The place is beautiful and the food that they offer is spectacular!!!! In addition, it is located in a super nice town surrounded by nature, a few kilometers from the beach.

Claudia Asensio

Teachers

Brian Carling



Brian Carling Graduated in England has practised and taught shiatsu in Spain since 1987. President of the European Shiatsu Federation for 7 years.

Sara Carling Plaza

She began her training as a Shiatsu Therapist at the European School of Shiatsu in Malaga when she was only 16 years old. Along with her studies she combined practice and teacher training, for which she was trained in 2012.

Shiatsu has been present throughout his life, learning from his father and role model Brian Carling. Who has taught her that Shiatsu is not only a therapy, but a way of life.

Currently, she teaches Shiatsu courses at all levels of training in Andalusia and develops her work as a therapist.

SHIATSU

Shiatsu literally means “finger pressure” in Japanese. It is a system of bodywork based on the wisdom of traditional oriental medicine. It stimulates and harmonises a persons vital energy to promote health and well-being.

For the practitioner of shiatsu it is both a way of helping others and a path of personal development.



PROGRAM

- Complete Shiatsu Sequences in prone, supine, side lying and sitting positions.
- Techniques, postures and methods of pressure, use of the Hara.
- Introduction to the Zen Shiatsu meridians.
- Pressure points, points to relieve common ailments.
- Exercises: Do-In Makko-Ho y Qi Gong. Self-massage and stretching to increase our own energy and well being.
- Introduction to Traditional Oriental Medicine.

Asociación de Profesionales de Shiatsu en España

www.shiatsu-apse.es

Our courses follow the standards set by the Spanish National Shiatsu Association APSE and the European Shiatsu Federation.

(www.europeanshiatsufederation.eu), which unites the national shiatsu associations within Europe. To ensure a high standard of studies and the recognition of our graduates in Spain and Europe.



Escuela Europea de Shiatsu

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The school is 10 minutes from Marbella and there is easy parking, or we can pick you up from the bus station.