



ZEN SHIATSU

2021 PROGRAM GUIDE



WELCOME



Thank you for your interest in our program! At Zen Shiatsu Chicago, we take pride in a heart-centered, personal approach to education. Every student and prospective student is important to us. We hope to get to know you personally, and are happy to help you understand how the study and practice of shiatsu may fit into your life path.

We hope this catalog will convey a sense of who we are, and a sense of the depth of what the study of shiatsu has to offer. Please feel free to contact us with any questions.

We look forward to meeting you!

Sincerely,

Steve Rogne Owner/Director

Amber Matthews Owner/Office Manager

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A privately-owned corporation. Member of the AOBTA® Council of Schools and Programs. Certificate of Approval to Operate issued by the Illinois Board of Higher Education, 1 N Old State Capitol Plaza Suite 333, Springfield, IL 62701. Accredited by the Commission on Massage Therapy Accreditation. Approved to deliver federal financial aid.

PROGRAMS

Combining the best of East and West, our programs prepare you to step into the role of a healer. Whether you choose the 715-hour Shiatsu program or the 1315-hour East/West program, you will move through a progressive series of practical courses and clinical practice, supplemented by the same Chinese Medicine seminars taught to acupuncturists and the Anatomy & Physiology knowledge base of massage therapy.

Zen Shiatsu is a study that is beneficial for both giver and receiver. In shiatsu, we assume that every person has within themselves everything they need for their own healing. There is nothing that you can do to “fix” another person. Rather, a shiatsu therapist is there to simply be present and create a space for the intrinsic healing potential of another person to manifest.

Each treatment is an opportunity to cultivate mindfulness and compassion while strengthening your own energy. Through guided meditation practices and personal energy cultivation techniques, you will learn how to be rooted in the present moment, how to move well and gracefully, and how to discover just where your client most needs support. For many students, shiatsu becomes part of their own meditative practice. All our shiatsu and massage graduates follow these principles in their work.

HOURS

715 - Shiatsu Massage Therapy Diploma Program

1315 - East/West Shiatsu + Massage Program

START DATES

Ongoing throughout the year.

TIMEFRAME FOR COMPLETION

715-hour program: 9-12 months full-time or 15-24 months part-time

1315-hour program: 9 months full time to earn your shiatsu credential, + 9 more months to earn your massage therapy credential

STUDENT/FACULTY RATIOS

Zen Shiatsu Chicago maintains a typical student/faculty ratio of 10:1 in hands-on classes and 15:1 for lecture. The maximum ratios are 16:1 for hands-on and 30:1 for lecture.

SCHEDULE

Classes are held year-round. All required classes can be taken on weekends and evenings. Some classes have a weekday daytime option. No required classes will be held on the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day.

TRANSFER CREDIT

Massage therapists and other bodywork/health professionals may be eligible to receive transfer credit for coursework that overlaps with their previous training. Transfer credit may be available for up to 335 hours of the training, dependent upon transcript review. This reduces the cost proportionately.

Other institutions of higher education maintain their own transfer policies. If you wish to know how your credits from Zen Shiatsu Chicago may transfer to another institution, please refer to their transfer credit policies and procedures.

715-HOUR SHIATSU MASSAGE THERAPY DIPLOMA PROGRAM

Our foundational course in shiatsu therapy earns you Certified Practitioner status as an Asian Bodywork Therapist AND meets the educational requirements for a massage license.

1315-HOUR EAST/WEST SHIATSU + MASSAGE PROGRAM

While our foundational training in shiatsu meets the requirements for a massage license with shiatsu as your method, our 1315-hour program includes complete expert-level training in the methodology of BOTH shiatsu and massage therapy. Additionally, this program includes our 120-hour Advanced Clinical Practice Module to extend your shiatsu skill set.



PROGRAMS

CREDENTIALS AND OUTCOMES

Graduates who complete the 715-hour Shiatsu Massage Therapy Diploma Receive:

1. A Diploma indicating graduation from Zen Shiatsu Chicago.
2. Certified Practitioner status as an Asian Bodywork Therapist from the American Organization for Bodywork Therapies of Asia™ (AOBTA®).
3. Eligibility to sit for the MBLEx exam for state licensing as a Massage Therapist.
4. A diploma meeting the educational requirements for massage licensing in the State of Illinois.
5. Eligibility to apply for an IL Massage License upon successful completion of the MBLEx exam, using shiatsu as their method.

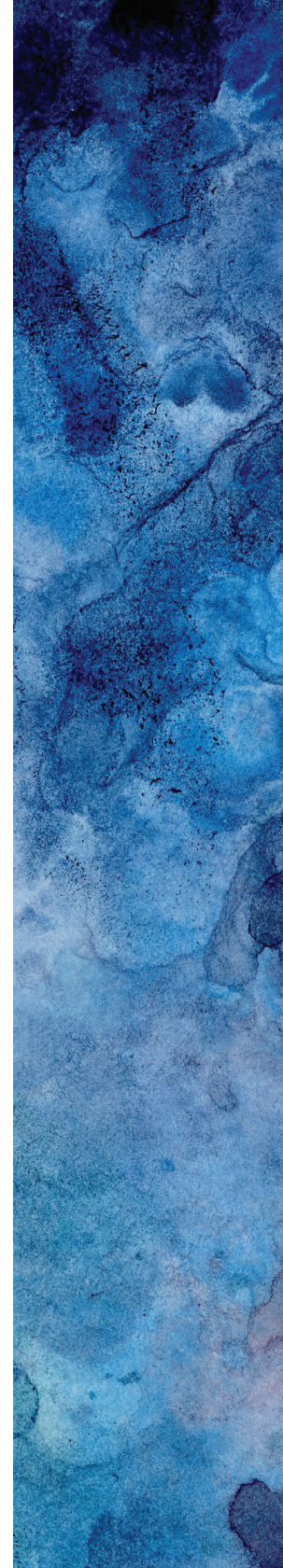
Application for an IL Massage License requires a criminal background check.

Graduates who complete the 1315-hour East/West Shiatsu + Massage Program additionally receive:

1. Complete expert-level training in both Shiatsu and Massage Therapy.
2. Employability in the widest possible range of clinical settings
3. An advanced skill set in applying shiatsu to address complex chronic illness: autoimmune disease, degenerative disorders, cancer, and other life-threatening illnesses.
4. This program meets the hourly educational requirements of all 50 states.

EDUCATIONAL OBJECTIVES

- 1. Instill the Five Principles of Zen Shiatsu** - “Relax”, “Penetration, Not Pressure”, “Stationary, Perpendicular Penetration”, “Two Hand Connectedness”, “Meridian Continuity”. These principles work on students from within, directing their intention towards reverence and catalyzing healing without manipulation.
- 2. Guide students through their metamorphosis into professional practitioners** - Through our case studies, student clinic, ethics and business courses, we are there with students as they begin the process of working with the public, as they step into their roles as healers, and as they begin to arrange their lives to make bodywork their livelihood.
- 3. Provide students with the training and credentials necessary by law to practice professionally.** Zen Shiatsu Chicago is a member of the AOBTA Council of Schools and Programs (COSP), and graduates of our 715-hour program are immediately eligible for Certified Practitioner status. Graduates are additionally qualified to sit for the state massage licensing exam administered by FSMTB, and will also meet the educational requirements for an IL massage license. Those who go on to complete the full 1315-hour East/West program will receive expert-level training in both shiatsu and massage therapy, as well as advanced clinical shiatsu applications.
- 4. Provide students with an interdisciplinary vocabulary in TCM, Zen Shiatsu and Western Physiology, and the fluency to translate between the three.** Through the study of SOAP note writing format, specific East/West cross-disciplinary training, and differential explanations of TCM and Zen Shiatsu theory, students will gain the ability to explain their work and share notes with those trained in TCM styles or western biomedical methods.



CURRICULUM OVERVIEW

715 HOUR COURSE BREAKDOWN (1 CLOCK HOUR = 1 HOUR) SHIATSU MASSAGE THERAPY DIPLOMA PROGRAM

HANDS-ON INSTRUCTION IN ASSESSMENT, APPLICATION AND THEORY

354 HOURS TOTAL (84 CLINIC, 20 EXTERNSHIP)
INCLUDES: BENEFITS, UNIVERSAL PRECAUTIONS, BODY MECHANICS,
DATA COLLECTION, DOCUMENTATION, PROFESSIONAL STANDARDS,
CONTRAINDICATIONS

Massage Basics
Beginning Zen Shiatsu
Zen Shiatsu II
Zen Shiatsu III
Clinical Reasoning
Student Clinic 1
Zen Shiatsu IV
Student Clinic 2
Advanced Zen Shiatsu
Clinical Externship
Practice Class
Private Sessions & Tutorials

CHINESE MEDICINE 100 HOURS

Chinese Medicine 1: Fundamentals
Chinese Medicine 2: Yin Conformations
Chinese Medicine 3: Yang Conformations
Chinese Medicine 4: Chinese Medical Assessment
Chinese Medicine 5: Treatment Modalities
Chinese Medicine 6: Points and Channels
Chinese Medicine 7: Case Studies
Chinese Medicine 8: Dietary Principles and Intro to Herbs
Advanced Zen Shiatsu Theory

ETHICS FOR BODYWORKERS 12 HOURS

BUSINESS FOR BODYWORKERS 12 HOURS

ANATOMY / PHYSIOLOGY / KINESIOLOGY / CPR / ELECTIVES 177 HOURS

Musculoskeletal Anatomy & Kinesiology: Upper Body
Musculoskeletal Anatomy & Kinesiology: Lower Body
Physiology
Beginning Zen Shiatsu Anatomy
Zen Shiatsu II Physiology
CPR/First Aid
Elective Coursework
East Meets West

PATHOLOGY 60 HOURS

Musculoskeletal Pathology for Shiatsu Therapists
Systems Pathology for Shiatsu Therapists

- Meets the educational guidelines for an IL massage license
- Qualifies students for the MBLEx licensing exam administered by FSMTB (Federation of State Massage Therapy Boards).
- Zen Shiatsu Chicago is an Assigned School with NCBTMB. Graduates of the 715-hour program can use their hours towards the requirements to sit for the optional advanced Board Certification exam with NCBTMB (National Certification Board for Therapeutic Massage and Bodywork).
- Meets requirements for Certified Practitioner of Zen Shiatsu status via AOBTA (American Organization for Bodywork Therapies of Asia).
- Graduates are immediately eligible for the AOBTA certificate upon graduation.



CURRICULUM OVERVIEW

1315 HOUR COURSE BREAKDOWN (1 CLOCK HOUR = 1 HOUR) EAST/WEST SHIATSU + MASSAGE PROGRAM

GENERAL BODYWORK EDUCATION: ANATOMY / PHYSIOLOGY / KINESIOLOGY / CPR / ELECTIVES 177 HOURS

Musculoskeletal Anatomy & Kinesiology: Upper & Lower Body
Physiology
Beginning Zen Shiatsu & Zen Shiatsu II Anatomy & Physiology
CPR/First Aid
Electives
East Meets West

PATHOLOGY 60 HOURS

Musculoskeletal Pathology for Shiatsu Therapists
Systems Pathology for Shiatsu Therapists

ETHICS FOR BODYWORKERS 12 HOURS

BUSINESS FOR BODYWORKERS 12 HOURS

SHIATSU TRAINING HANDS-ON INSTRUCTION IN SHIATSU ASSESSMENT, APPLICATION AND THEORY

354 HOURS TOTAL (84 CLINIC, 20 EXTERNSHIP)
INCLUDES: BENEFITS, UNIVERSAL PRECAUTIONS, BODY MECHANICS,
DATA COLLECTION, DOCUMENTATION, PROFESSIONAL STANDARDS,
CONTRAINDICATIONS

Includes all courses from the 715-hour program

CHINESE MEDICINE 100 HOURS

Includes all courses from the 715-hour program

215 General Hours + 500 Shiatsu Hours = 715 Hours Shiatsu

MASSAGE TRAINING

480 HOURS

Massage Foundations
Therapeutic Movement, Stretching, Sports Massage, Thermal Therapies
Clinical Techniques
Kinesiology & Clinical Massage Therapy 1
Kinesiology & Clinical Massage Therapy 2
Kinesiology & Clinical Massage Therapy 3
Clinical Reasoning
Massage Therapy Student Clinic

261 General Hours + 480 Massage Hours = 741 Hours Massage

ADVANCED CLINICAL SHIATSU PRACTICE

120 HOURS

Four Levels of the Field - Advanced Qi Cultivation
Sinew Channels - Addressing Chronic Pain, Immune System Function
and Emotional Wellness
Divergent Channels - Addressing Post-Traumatic Stress & Post-
Traumatic Health Conditions
Extraordinary Vessels - Addressing Constitutional/Genetic Issues, Life-
Threatening Illness, and Spiritual Wellness

- Students in this program begin by completing the 715-hour Shiatsu Training, thus earning all the credentials of the 715-hour program.
- Students then complete the 480-hour Massage Training and 120-hour Advanced Clinical Shiatsu module while already being eligible to work in the field.
- This program meets the hourly education requirements of all 50 states.
- Graduates of the East/West program are eligible for one year of career mentoring at no additional cost.

WHY CHOOSE ZEN SHIATSU CHICAGO?

FOCUSED STUDY

Our programs allow students to concentrate on and fully master one area of study at a time. To truly understand a healing art, students need expert mentorship and instruction in one discipline from beginning to advanced proficiency. Whether you complete shiatsu training alone, or the East/West training, you will be an expert in each field you study. You will come to fully understand how both Western Physiology and Chinese Medicine principles apply within your disciplines, and will be ready for professional practice.

CHINESE MEDICINE

At Zen Shiatsu Chicago, we offer a comprehensive Chinese Medicine curriculum that covers material equivalent to the first year of acupuncture training. The rich tradition of this theoretical framework sets our graduates apart from traditional massage therapists and other bodywork professionals. You will be able to assess and address patterns of imbalance stemming from internal organ dysfunction, or psycho-spiritual disharmony.

PERSONAL CULTIVATION

Personal energy cultivation is an integral part of Zen Shiatsu training. In order to give effective bodywork you must first understand yourself and use your own body well. You will learn how to assess, stretch and strengthen your body through meridian exercises. You will practice meditations based on Five Element and Twelve Meridian energetics. You will learn how to preserve your wrists and hands through natural body movement principles. In the end, shiatsu and massage will become a moving meditation for you, energizing for both the giver and receiver.

INTEGRATIVE MEDICINE

Our programs emphasize integrative medicine through courses in both eastern and western traditions. In the Integrative Medicine approach, therapists including physicians, acupuncturists, shiatsu and massage therapists, clinical yoga therapists and others work together as a unified and equal team. This approach goes beyond considering bodywork therapies as “complementary”, and recognizes the equal and integral role that each therapist plays in one patient’s journey of wellness.

LEGAL CREDENTIALS

Zen Shiatsu Chicago prepares students to earn the credentials needed for legal professional practice. Practitioners of Asian Bodywork in Illinois are required to hold a massage license. Graduates of our 715-hour Shiatsu Massage Therapy Diploma are eligible to take the MBLEx (Massage and Bodywork Licensing Exam) and to apply for an Illinois massage license, using shiatsu as their method. Graduates of the full 1315-hour East/West program will meet and exceed the educational requirements of all 50 states.

FLEXIBLE PART-TIME SCHEDULE OR FULL-TIME

We understand students have obligations outside of the classroom. For this reason, Zen Shiatsu Chicago offers a flexible schedule. All classes can be taken during evenings and weekends. Beginning courses are offered almost every month, allowing new students to enroll any time during the year. For those preferring an expedited full-time schedule, a 9-month schedule is also an option.

SOCIAL OUTREACH PHILOSOPHY

We believe that peace, happiness and health are universal rights. Acting on this belief, our curriculum includes opportunities for students to bring shiatsu to people who are under-served or would not otherwise access the benefits of bodywork. Students engage in shiatsu classes on-site at our partner facilities, working directly with under-served populations with expert instructor supervision and have opportunities for long-term internships.

CAREER OPPORTUNITIES

Graduates from Zen Shiatsu Chicago are legally qualified to work in any setting suitable for bodywork and have the unique advantage of Asian Bodywork training in the job market. Our alumni have found employment in spas, wellness centers, private practice, fitness centers, hospitals, acupuncture and chiropractic offices and more. Furthermore, a career in bodywork allows for a flexible schedule which creates space for professionals to earn a living while enjoying other aspects of life.



SCHEDULING

715-HOUR PROGRAM PART TIME : 15-24 MONTHS 3-9 HOURS PER WEEK, EVENINGS AND WEEKENDS

Every student may set their own target graduation date and design a schedule that fits their desired course-load and schedule availability. Contact an admissions advisor if you would like help with visualizing and customizing your own schedule. We would be happy to give you a schedule that indicates which days of the week and times that you will be in class from day one until graduation.

All technique courses may be taken either as 10-week classes during a quarter, or as a 2-weekend intensive. Opting for a 2-weekend intensive option will free up one night per week during that quarter.

The part-time program has starting points 12 months per year.

715-HOUR PROGRAM FULL TIME : 9 MONTHS 18 HOURS PER WEEK, TUE-THU 9:00AM-4:30PM

The full-time schedule meets 3 days per week. It begins in mid-January and ends in early October of each calendar year.



1315-HOUR PROGRAM FULL TIME : 9 MO. + 10 MO. 12-18 HOURS PER WEEK, TUE-THU 9:00AM-4:30PM

Students in the 1315-hour program start by completing the 715-hour Shiatsu program via the full-time schedule. **Attending from January - October, students will be ready to apply for a license to practice after the first nine months.**

Students then proceed to complete the Massage Training and Advanced Clinical Shiatsu Practice modules through July of the next calendar year, for a total of 19 months of study.

EXAMPLE SCHEDULES FOR AN ACADEMIC QUARTER:

PART-TIME

Chinese Medicine, Sundays 5-8pm

Anatomy & Physiology, Mondays, 7-10pm

Beginning Zen Shiatsu, Thursdays, 7-10pm

(these timeframes are for example only; the part-time program includes options for other days of the week or intensives instead of weekly classes)

FULL-TIME

Tuesday

9am-12pm : Anatomy & Physiology

12-1:30pm Lunch / Open Study

1:30-4:30pm Beginning Zen Shiatsu

Wednesday

9am-12pm : Chinese Medicine

12-1:30pm Lunch / Open Study

1:30-4:30pm Beginning Zen Shiatsu

Thursday

9am-12pm: Anatomy & Physiology

12-1:30pm Lunch / Open Study

1:30-4:30pm Shiatsu Practice Class

COURSE DESCRIPTIONS

BEGINNING ZEN SHIATSU 30 CLOCK HOURS

In Beginning Zen Shiatsu, we impart the simple ability to be with another human being in a healing context. This class is open to anyone who wants to learn to share this beautiful skill with others. Every time you lay hands on another human, you have an opportunity to express mindfulness and compassion. You have the ability to spark the intrinsic healing potential of another individual. In this class, we learn the fundamentals of Yin/Yang (Balance), Ki (Movement), Jing (Structure) and Shen (Consciousness). We study the twelve energy meridians of the body and relevant anatomy, their associations, functions and major points. Most importantly, we learn how to facilitate change without manipulation using the principles of Zen Shiatsu. We learn how to take our cues from the receiver and achieve effective, supportive contact. We learn how to attune ourselves to the energy of ourself and our neighbors. You will be able to open an energetic circuit, tonify deficiency and calm excesses. By the end of the class, you will be able to give a full-body treatment. There are no prerequisites for this course.

ZEN SHIATSU II 30 CLOCK HOURS

(30 classroom hours, 1 clinical case study)

At the core of Zen Shiatsu are the principles of Yin/Yang and the Five Phases of nature (Five Elements). Humans are a part of nature and subject to its laws. Five Phase theory elucidates the intricate interactions that guide all living systems, from the Earth as a whole to each individual human. Through guided meditation, group interaction and Zen Shiatsu practice, Students arrive at a fundamental understanding of the Five Phase theory and the ways in which it corresponds to human physiology. Students are also introduced to the system of diagnosis developed by Shizuto Masunaga, using the hara (abdomen) and back to reach an accurate diagnosis of the whole person. By the end of this class, you will be able to create a basic case study, producing an assessment, documentation of treatment, and a future treatment plan. At this level, students begin to gain an appreciation for the scope of imbalances that Zen Shiatsu can address, and how it fits into the larger picture of health care. Completion of Beginning Zen Shiatsu is prerequisite to this course.

ZEN SHIATSU III 30 CLOCK HOURS

(30 classroom hours, 1 clinical case study)

Zen Shiatsu is an art, a dance and an improvisation. It is also effortless for the giver, yet extremely powerful. In Zen Shiatsu III, you will begin to develop your technique as an art and meditation. You will learn to use your entire body as a graceful whole, including your elbows, knees, feet and limbs. In this way, you will learn to save your own body and work deeply without force. This course continues to explore the use of the Five Phases as tools for pattern recognition. In-depth study of each element from the perspective of character and temperament highlights the course. Students practice self-assessment to deeply acquaint themselves with their own personal history and understanding of the presence and power of the Five Phases in every living system. Correlation of the Five Phase discoveries to the actual feel of the meridian channels deepens practical understanding about how choices are made in the treatment protocol. Students also refine their case-writing ability, with an eye to writing documents that will be shared and reviewed in an integrated health care environment. Zen Shiatsu levels I and II are prerequisite to this course.

ZEN SHIATSU IV 30 CLOCK HOURS

(30 classroom hours, 15 clinical case studies)

Mapping the surface of the body and correlating that surface with the deep functions of the body is the heart and soul of this course. Students will learn how to treat the entire body while always keeping their intention on the source of greatest imbalance. At this level of proficiency, students will begin to see through the layers of complexity of the meridian system and perceive the simplicity of the healing act. The Meridian Extension system of Shizuto Masunaga, unique to Zen Shiatsu and its descendent styles, is studied in detail. Masunaga reconfigured the traditional Chinese Meridian system to address the fact that the energy of each meridian infuses the entire body. His complete meridian map links every meridian to a graceful full-body stretch and also makes many meaningful psycho-spiritual connections that are of clinical importance to bodyworkers. We learn how this system compares and contrasts to the traditional Chinese system, to allow us to communicate effectively with acupuncturists and herbalists. Zen Shiatsu levels I-III, and Student Clinic I are prerequisite to this course.



SHIATSU MASSAGE THERAPY DIPLOMA

ADVANCED ZEN SHIATSU 30 CLOCK HOURS

(30 classroom hours, 15 clinical case studies)

In this final stage of the core curriculum, students assume the role of the healer under the guidance of senior faculty. In this phase, we bring all our training, knowledge and technique into the present moment to perform profound listening and holding of sacred space. We work from the giver's innate strengths as a practitioner in order to develop appropriate clientele. All the previous training comes to fruition as we learn to lead the dance in a Zen Shiatsu treatment. We will learn to perform a full-body treatment with all our techniques at our disposal, with the focus on reverence, service and attention to spirit. By the end of this curriculum, graduates will be prepared for professional practice as a solo practitioner or as part of a health care team, ready to communicate effectively with physicians, acupuncturists, nutritionists and yoga therapists, and ready to make referrals where appropriate. Our approach to team-building is inspired by and geared towards the Integrative medicine model put forward by Andrew Weil. With our partners in the Chicago area Integrative community, we aim to prepare our graduates to participate in this exciting approach to healthcare. Our graduates are prepared to participate in internships and research within the medical community, while maintaining their autonomy as Certified Practitioners of Asian Bodywork. Zen Shiatsu levels I-IV, and Student Clinic I and II are prerequisite to this course.

CHINESE MEDICINE 96 CLOCK HOURS

Chinese Medicine challenges students to deepen their abilities of diagnosis and observation. These courses introduce the traditions of Chinese acupuncture and herbalism that undergird Shiatsu theory. This course is divided into eight units covering: Fundamentals, Zang/Fu Organ Networks, Points and Channels, Diagnosis, Disease Patterns, Treatment Modalities, ABT Exam Prep, and an Intro to Chinese Herbs. There are no prerequisites.

ANATOMY & PHYSIOLOGY: PHYSIOLOGY

36 CLOCK HOURS

Students learn the organ, nervous and endocrine systems of the body and how they relate to bodywork. Physiology, nutrition, homeostatic balance and basic pathology are all studied in this 36-hour course. There are no prerequisites for this course.

ANATOMY & PHYSIOLOGY: MUSCULOSKELETAL ANATOMY

UPPER BODY 30 CLOCK HOURS

LOWER BODY 30 CLOCK HOURS

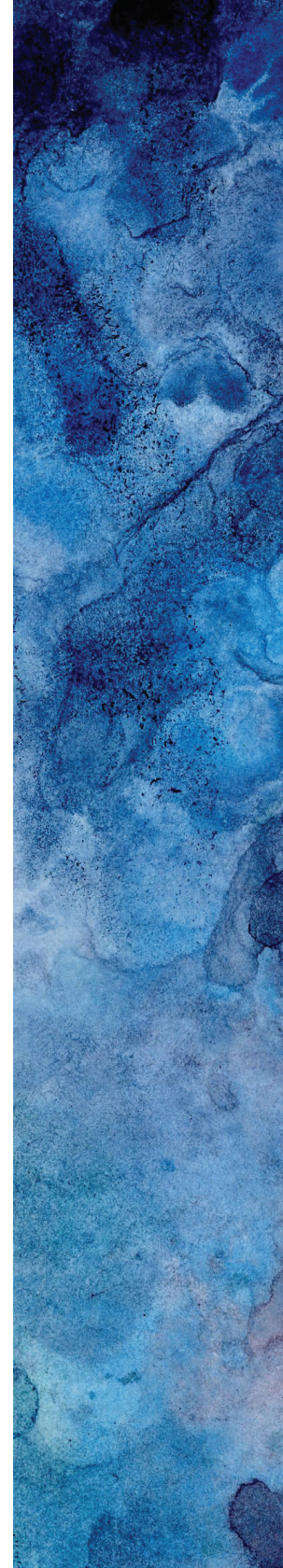
In these courses, students locate, palpate and assess the muscles and bones of the upper and lower body. Understanding musculoskeletal anatomy is essential to understanding the location and workings of the energy meridians. These courses help Zen Shiatsu practitioners bring specificity to their work. It also allows them to describe their work in terms of the western anatomical vocabulary. There is no prerequisite for the Upper Body module. Completion of the Upper Body module is prerequisite to taking the Lower Body module.

EAST MEETS WEST 15 CLOCK HOURS

This synthesis course compares and harmonizes the “western” and “eastern” medical models. East Meets West is the culmination of students’ extensive study in Anatomy and Physiology and Chinese Medicine. Students will develop a cross-disciplinary vocabulary allowing them to understand the areas of overlap and divergence between the two models. Completion of Physiology and Zen Shiatsu II is prerequisite.

CLINICAL REASONING 12 CLOCK HOURS

How do you think like a clinician? In this class, which is a preparatory class prior to Student Clinic and Externships, students will have a chance to review intake methodology, contraindications and treatment planning. Completion of Zen Shiatsu III is prerequisite.



COURSE DESCRIPTION

STUDENT CLINIC 84 CLOCK HOURS

Student Clinic brings it all together. Over two semesters, advanced students will take their work from the classroom to the treatment room. Sessions will be performed on the public in a group setting, under the supervision of an instructor. Participation will include both practice and observation of colleagues. Each clinic concludes with a “round”, in which students and the instructor share their observations and experiences. 84 hours of clinic will be completed before graduation. Zen Shiatsu I-III and Clinical Reasoning are prerequisite.

BUSINESS FOR BODYWORKERS 12 CLOCK HOURS

This course lays out the nuts and bolts of building a successful practice. From business models to marketing to taxes, learn how to nurture your practice and allow it to blossom. No prerequisite.

ETHICS FOR BODYWORKERS 12 CLOCK HOURS

Ethics for Bodyworkers is a pivotal class for students. In this course, students of bodywork explore and question their role as a professional healer. Topics include establishing a professional framework, maintaining boundaries and developing listening skills. Students will educate their heart, and learn to facilitate human growth without manipulation. No prerequisite.

CPR/FIRST AID 6 CLOCK HOURS

Students will take the American Heart Association Heartsaver CPR/First Aid course, thereby becoming certified in CPR and First Aid. No prerequisite.

ELECTIVES 40 CLOCK HOURS

40 hours in elective topics round out the curriculum. An elective course calendar is published seasonally with varying topics, typically focused on the clinical specialties of our instructors. Elective classes may include Shiatsu for PTSD, Shiatsu for Addiction, Shiatsu for End-of-Life Care, Shiatsu for Pregnancy & Fertility, among others. Workshops range in length from 2-15 hours. No prerequisite.

PRACTICE CLASSES 60 CLOCK HOURS

Practice classes supplement the technique series by giving students an opportunity to refine their methods, with self-directed learning goals. Each class is three hours long and students are required to attend 20 before graduation. Offsite, supervised Social Outreach events can also fulfill practice class requirements. Beginning Zen Shiatsu is prerequisite.

TUTORIALS (4 REQUIRED) 12 CLOCK HOURS

Tutorials offer students an opportunity to address their specific learning needs in a one-on-one setting. Tutorials are a requisite part of the core technique series, to help students locate and address any deficiencies in their understanding. A tutorial is also administered during the Student Clinic, to help guide students through the metamorphosis into professionalism.

CLINICAL CASE STUDIES

Our program prepares students for intelligent participation within an integrated health care team. Preparation of clinical case studies gives students an opportunity to develop the necessary writing and documentation skills. 32 case studies are prepared and discussed within the core curriculum, in addition to the 84 treatments administered during Student Clinic. Documentation methods studied include Zen Shiatsu Kyo/Jitsu Composite Profiles, SOAP note format (Subjective, Objective, Assessment, Plan), and TCM Pattern Diagnosis.

PRIVATE SESSIONS 10 CLOCK HOURS

Bodywork is a kinesthetic discipline. The single best way to learn it is by actually receiving treatments. Ten treatments with professional practitioners are required for graduation. Feel free to ask questions of your therapist and take advantage of these golden learning opportunities.

EXTERNSHIP 20 CLOCK HOURS

An externship is an opportunity for a student to explore a population or clinical setting that interests them. Students will submit an externship proposal to the director, and will meet at intervals to review casework. Externships may be done with our partner institutions, or students may create their own opportunities.



SHIATSU MASSAGE THERAPY DIPLOMA

SHIATSU TRAINING AND MASSAGE LICENSING:

Our 715-Hour Shiatsu Massage Therapy Diploma Program meets the portfolio required for students to sit for the MBLEx exam administered by FSMTB. Topics beyond the minimum requirements for Asian Bodywork Certification include Massage Basics, Systems Pathology for Bodyworkers, and Musculoskeletal Pathology for Shiatsu Therapists.

The pathology courses cover all the western pathology information utilized by western massage therapists, while explaining treatment applications through Shiatsu and Chinese Medicine pattern assessment. A Western Massage Basics course will give you basic fluency in the language and techniques of contemporary western massage, and a clear understanding of the effects of touch on soft tissue.

When you take the 715-hour program, you will be prepared to sit for the MBLEx exam, and - upon passing - would therefore meet the educational portfolio requirements for IL state massage licensing, which requires a diploma from a state-approved program and successful completion of the MBLEx exam.

WHAT DO THESE HOURS PROVIDE?

FLUENCY IN WESTERN PATHOLOGY

These courses will better prepare you to integrate yourself into the allied healthcare field. You will develop increased competency in addressing common orthopedic injuries, and will better understand, from a Western perspective, the commonly encountered systemic pathologies that shiatsu can address.

MORE ROBUST CREDENTIAL

Although the first 625 hours of our program meet the requirements to be a Certified Practitioner of Shiatsu, in Illinois and many states it is required to hold a massage license in order to practice shiatsu. Some states also require 700+ hours of training as a minimum qualification for a massage & bodywork license. With completion of the 715-hour Shiatsu Massage Therapy Diploma Program, you will have the education

mandated for legal practice in most U.S. states.

ADDITIONAL COURSE DESCRIPTIONS:

MASSAGE BASICS 30 CLOCK HOURS

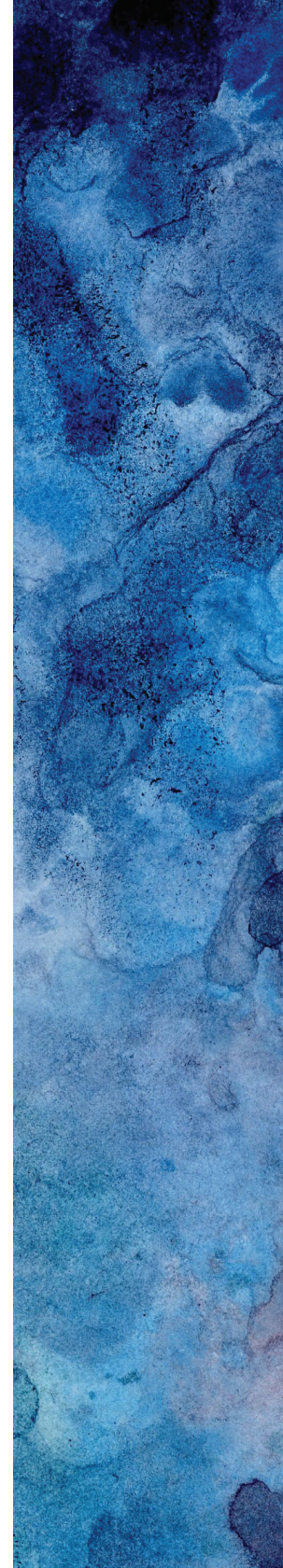
Learn the basic strokes, effects and benefits of contemporary western massage. In this introduction to massage, students will get hands-on practice of strokes and draping techniques, and will learn the benefits and contraindications of each. Topics will include: Massage Techniques, Stretching, Client Draping and Positional Support Techniques, Hydrotherapy/Hydromassage, Topical Analgesics, Body Mechanics for the Table and more.

MUSCULOSKELETAL PATHOLOGY FOR SHIATSU THERAPISTS 30 CLOCK HOURS

This one-of-a-kind class is team-taught by Steve Rogne, Director of Zen Shiatsu Chicago, and Bobbe Bermann, former Director of Education of Cortiva: Chicago School of Massage Therapy. Students will study common orthopedic injuries from a Western perspective, reviewing affected soft tissue & joints, and will review relevant meridians, acupoints and shiatsu technique applications to assist recovery. Topics include: Common Orthopedic Injuries, Differentiating and Treating Acute/Subacute/Chronic injuries, Visual and Palpatory Assessment, Assessing Range of Motion, Posture Analysis, Ergonomic Factors, and more.

SYSTEMS PATHOLOGY FOR SHIATSU THERAPISTS 30 CLOCK HOURS

Building on the skills gained in the East Meets West synthesis class, Systems Pathology for Shiatsu Therapists reviews a wide range of commonly encountered western pathologies. Students will learn contraindications and guidelines for safe treatment, and therapeutic possibilities will be offered using acupoint and meridian treatment protocols.



COURSE DESCRIPTION - MASSAGE TRAINING

WHAT IS THE MASSAGE TRAINING MODULE?

Our Massage Therapy training has been developed by Bobbe Bermann, longtime Director of Education of the Chicago School of Massage Therapy (Chicago's first and oldest massage school), in collaboration with the shiatsu faculty of Zen Shiatsu Chicago. This has led to a program that combines anatomically precise massage therapy with the best sensitivity and personal-development practices of shiatsu therapy.

Building on the foundation of Shiatsu Training, this program extends the student's precision in working with injury and soft tissue dysfunction, with 480 hours devoted to developing a full skill set in Relaxation, Movement/Stretch/Sports methods as well as Clinical Massage Therapy. This additional training extends the employability of the therapist, allowing graduates to hold positions requiring the performance of western massage therapy on the job.

This step of the program increases your skill in helping with injury recovery and rehabilitation, chronic pain and dysfunction, and prepares you to perform massage therapy in any setting, such as spas, athletic settings, physical rehab, and more.

MASSAGE FUNDAMENTALS 100 CLOCK HOURS

The laying on of hands has been used to heal throughout history. This course presents students with learning opportunities to provide nurturing touch, being present and working with the breath to create a massage that is client centered. The student will acquire an in-depth understanding of the six foundational massage strokes, their variations, the intent behind using them and what effect they have on the body. Students will learn self-care and be able to apply massage strokes with proper body mechanics. By the end of this course, students will be able to perform a comprehensive, full body therapeutic relaxation massage using a variety of techniques, adjusting pacing and pressures to individual needs of different receivers.

THERAPEUTIC MOVEMENT, STRETCHING, SPORTS MASSAGE AND THERMAL THERAPIES 70 CLOCK HOURS

It is important for an optimally functioning body to have balance between activity and rest. In this course a three-dimensional approach to working with the body is introduced which will heighten the therapist's recognition of the client's holding patterns. Understanding the why, when and how to incorporate sports massage techniques, mobilization, stretches and hydrotherapy the therapist can help enhance the client's awareness of their body moving easier. At the end of this course the student will be able to perform a one hour therapeutic massage incorporating these techniques.

CLINICAL TECHNIQUES 40 CLOCK HOURS

Clinical massage therapy moves beyond just relaxation into the realm of addressing specific musculoskeletal tissue. At this level we introduce students to the integrated role of the fascial and muscular systems in the creation and distortion of structural balance in the human body. We begin to ask how what we see relates to our assessment of what is happening in the tissue. Students will learn the differences between soft-tissue tension, adhered and fibrotic tissue, tender points and trigger points. We will learn to address these changes via a variety of myofascial techniques, frictioning, muscle stripping, positional release and trigger point therapy to help restore the body back to structural balance. Students will have practiced the foundations of applying clinical massage therapy work, to be expanded in Kinesiology and Clinical Massage Therapy.

KINESIOLOGY AND CLINICAL MASSAGE THERAPY 180 CLOCK HOURS IN 3 PARTS OF 60 HOURS EACH

The clinical massage approach can be used for maintenance, rehabilitation, chronic pain or dysfunction purposes. The student will build upon a compilation of skills previously learned. Students' previous anatomy knowledge is recalled and clinical techniques are applied in proper progression to provide competent therapy results to the client. Thorough conversation during the massage about what and how the client is feeling is extremely important to guide the treatment. At the end of this course students will use a combination of previously learned modalities such as foundational techniques, mobilization, stretch and clinical techniques to the specific region to facilitate change in the tissues.



COURSE DESCRIPTION - MASSAGE TRAINING

CLINICAL REASONING FOR MASSAGE THERAPY

40 CLOCK HOURS

In this course students are introduced to the clinical reasoning process necessary to create client-centered massage therapy treatment plans. Role-playing activities are utilized to improve their ability to communicate effectively and guide the client-therapist relationship. The student will exhibit the skill to listen to clients goals and mirror back for understanding, perform postural and ROM assessments, establish a treatment plan that will integrate appropriate massage techniques and share suitable self-care. In addition to treatment planning students will learn skills to build rapport, manage conflict, develop and maintain clear ethical boundaries with clients, peers, employers and other professionals.

MASSAGE THERAPY STUDENT CLINIC 50 CLOCK HOURS

The purpose of the massage student clinic is for students to be able to take their work from the classroom to the treatment room. Sessions will be performed on the public in a group setting, under the supervision of an instructor. Participation will include both practice and observation of colleagues. Each clinic concludes with a “round”, in which students and the instructor share their observations and experiences.

These Massage Training courses are part of the East/West Shiatsu + Massage Program



ADVANCED CLINICAL SHIATSU PRACTICE

WHAT IS THE ADVANCED CLINICAL SHIATSU PRACTICE MODULE?

In the final phase of the 1315-hour East/West Shiatsu + Massage Program, graduates complete a 120-hour Advanced Clinical Practice module, learning our most sophisticated Shiatsu applications.

This module was designed by our Director Steve Rogne, incorporating influences from his studies with master instructors WinterJade Forest, Michael DeAgro, Scott Phillips, Paul Lundberg, Alice Whieldon and Patrizia Stefanini. It represents the synthesis of classical Daoist body arts and many Shiatsu styles, and their application for addressing complex chronic illness.

This program focuses on helping graduates work with complex chronic disease. This includes post-traumatic pain, extreme emotional overwhelm, recurring chronic infectious diseases like Chronic Lyme Disease, autoimmune conditions, cancer and other life-threatening or degenerative illnesses. Of particular focus is helping those with diseases that have developed out of the experience of extreme stress and trauma.

This final phase gives graduates a highly unique and marketable skill set offering meaningful assistance to people struggling with debilitating long-term illness and the physiological effects of trauma. The life-changing benefits of this level of work are very rewarding to see as a practitioner, and lead to business-building through strong word-of-mouth referral.

FOUR LEVELS OF THE FIELD 30 CLOCK HOURS

In this module, you will learn the fundamental skills that will prepare you for success working with complex chronic illness. Your sensitivity will be increased by studying the four levels of effect: Physical, Emotional, Mental and Spiritual. You will learn Qi Cultivation techniques that will train your perception in preparation for the remaining three modules, and will learn clinical rapport skills that will help you negotiate outcomes with clients and set them up for a successful treatment plan.

SINEW CHANNELS 30 CLOCK HOURS

In this module, you will learn how to affect the Sinew Channels. These collateral channels in Chinese Medicine represent the contractile tissue, the workings of the sensory-motor system in facilitating movement and the pain response, and the movement and expression of a human being. You will learn how to tell when a client issue requires work at the Sinew Channel level, and how to target your touch technique effectively to this level. Sinew Channels often are used to treat pain and movement dysfunction, immune system response and to provide emotional expressive freedom.

DIVERGENT CHANNELS 30 CLOCK HOURS

Divergent Channels represent a primitive survival reflex that is called into action during trauma. It represents a sustained guarding reflex, or the holding of an event for later processing when the individual feels safe and ready. Divergent Channels can be implicated in prolonged holding patterns following an accident, in chronic illness following trauma, and in the holding on to belief patterns that perpetuate a sense of the world as unrelentingly threatening or problematic.

EXTRAORDINARY VESSELS 30 CLOCK HOURS

Extraordinary Vessels are much more than specific flows within the body. Extraordinary Vessels describe the most general dynamics by which human beings take shape and story in time and space. Extraordinary Vessels treatments have profound implications for genetic expression, lifelong constitutional issues, life-threatening illnesses, and evolving stories about oneself and the world. How do we touch through time? How do we draw on resources from the past and future? How can we align with and make peace with universal evolutionary forces?

This module concludes with synthesizing the approaches of the four modules into a flexible framework allowing for the client's own preferences, readiness and spontaneous healing impulse to guide treatment.

These Advanced Clinical Shiatsu Practice courses are part of the East/West Shiatsu + Massage Program



ADMISSIONS

ADMISSION REQUIREMENTS

A complete program application including submission of proof of a high school diploma or legal equivalent is required for enrollment consideration into the vocational training program. Only students of 17 years of age and older will be considered for enrollment.

Zen Shiatsu Chicago does not discriminate for any reason including but not limited to reasons related to gender, age, race, creed or national origin, marital status, religion, sexual orientation, gender identity, disability or physical condition, and language, and extends to all students the same rights, privileges, programs and activities.

Zen Shiatsu Chicago does not deny admission to students with disabilities that are unrelated to the student's ability to successfully complete the certification program. The following accommodations can be made during the admissions process:

1. An Admissions Advisor can assist the prospective student by reading application materials out-loud to the prospective student and transcribing the prospective student's responses.
2. Application materials can be distributed with larger font size.

TRANSFERRING CREDIT FROM OUTSIDE INSTITUTIONS:

Transfer credit may be available for students who have completed coursework in the following subject matter at qualifying institutions:

Anatomy and Physiology: Students who have taken college-level A&P at another school may be eligible to transfer credit to our institution.

Chinese Medicine: Students who have taken courses in Traditional Chinese Medicine may be eligible to transfer credit.

Business and Ethics: Students who have taken courses in Business and Ethics pertaining to professional bodywork may be eligible to transfer credit.

Elective Courses: Students may be able to use courses from outside institutions to fulfill some of the required 40 hours of other elective courses related to Asian Bodywork.

Core Curriculum: We typically do not accept transfer credit for Core Curriculum, except in the case of students who have completed a full program of shiatsu that may have been lacking in hours needed for an IL massage license. Such cases are evaluated on a case-by-case basis.

WHAT TO DO NEXT:

Steps for Completing the Admissions Process

1. VISIT THE SCHOOL

- a. Call to schedule a school tour, or sign up for one of our Free Introductory Workshops
- b. Before beginning the application process, you may wish to arrange a school visit and meet with an admissions advisor. At this meeting, the advisor will explain the admissions process, help you put together the application documents and answer any questions you might have about the program.
- c. Discuss payment options with a financial officer and learn about work-study and scholarship opportunities that may be available to you.
- d. If you have not yet experienced a professional Zen Shiatsu session, we highly recommend that you schedule an appointment to get a feel for the work.

2. COMPLETE YOUR APPLICATION

- a. Complete the 2 page application.
- b. Submit a copy of your high school diploma or GED.
- c. If you are applying for transfer credit, submit sealed transcripts for the coursework you would like to receive credit for.
- d. Enclose payment for the \$50 application fee.

3. ENROLLMENT MEETING

- a. Complete and sign enrollment agreement.
- b. Finalize schedule.
- c. Finalize payment schedule with a financial officer and make your first payment.

TUITION - SHIATSU MASSAGE DIPLOMA

COURSE	HRS	TUITION	SUPPLIES
Beginning Zen Shiatsu	30	\$450	\$66.00
Zen Shiatsu II	30	\$450	\$23.10
Zen Shiatsu III	30	\$550	\$27.38
Zen Shiatsu IV	30	\$625	\$68.82
Advanced Zen Shiatsu	30	\$625	\$105.73
Student Clinic, Level I	42	\$625	\$45.99
Student Clinic, Level II	42	\$625	
Business for Bodyworkers	12	\$250	\$61.59
Ethics for Bodyworkers	12	\$250	\$57.56
Clinical Reasoning	12	\$250	
A&P : Physiology	36	\$450	\$21.75
A&P: Musculoskeletal Anatomy I	30	\$450	\$70.65
A&P: Musculoskeletal Anatomy II	30	\$450	
East Meets West	15	\$300	
Chinese Medicine I-VIII	96	\$2,000	\$82.50
CPR/ First Aid	6	\$100	
Electives	40	\$800	
Private Sessions	10	\$700	
Practice Classes	60	\$300	
Tutorials	12	\$280	
Externship	20		
		\$10,530	\$633.87
Shiatsu Certification Program	625		\$11,163.87
Massage Basics, Musculoskeletal Pathology, Systems Pathology	90	\$1350	\$200.56
Shiatsu Massage Therapy Diploma Program	715		\$12,714.43

FEDERAL AID Pell Grants and Federal Direct Loans are available to those who qualify. Consult with an admissions representative for details.

Transfer Credit: Professional bodywork therapists or health professionals, including, but not limited to massage therapists, naprapaths, physical therapists, acupuncturists and nurses may apply for transfer credit for courses that overlap with their previous training. The cost of the program will be reduced proportionately.

Repeat Policy: All courses may be voluntarily repeated at 50% of the class-by-class tuition cost. Required repeats shall be eligible for the same discount.

Non-Matriculating Students: Not all class modules listed to the left may be taken as stand-alone courses. If you are not enrolling in the full program, you may enroll in only the following courses, at the following prices (inclusive of books): Beginning Zen Shiatsu \$566, Zen Shiatsu II \$523.10, Zen Shiatsu III \$697.38, Chinese Medicine Fundamentals \$382.50.

PAYMENT OPTIONS

No-Interest, In-House, Monthly Payment Plan. This financing plan divides the payments evenly over the number of months of your training. Payment is completed in full by graduation. Appx. \$500/month for the 715-hour program or \$300/month for bodywork professionals with transfer credit.

4-Year Financing. This highly affordable plan, offered at 8% APR, reduces the monthly payment to approximately \$250/month for the 715-hour program or \$150/month for bodywork professionals with transfer credit.

Work-Study / Scholarships

Work-study is available to those who qualify through a work application and will further reduce the above monthly payment totals. Workstudy is a commitment of 6 hrs/wk for 13 months, earning \$13/hr towards tuition. \$3975 can be earned this way. \$500 scholarships are available to students who complete a 500-word entrance essay.



TUITION - EAST/WEST SHIATSU + MASSAGE

COURSE	HRS	TUITION	SUPPLIES
Shiatsu Massage Diploma Program	715	\$11800	\$834.43
Massage Training Module	480	\$6300	
Advanced Clinical Practice Module	120	\$2300	
		\$20,400	\$834.43
East/West Shiatsu + Massage Program	1315		\$21234.43

Payment Methods Payments are accepted via cash, check or credit card

Transfer Credit: Professional bodywork therapists or health professionals, including, but not limited to massage therapists, naprapaths, physical therapists, acupuncturists and nurses may apply for transfer credit for courses that overlap with their previous training. The cost of the program will be reduced proportionately.

Repeat Policy: All courses may be voluntarily repeated at 50% of the class-by-class tuition cost. Required repeats shall be eligible for the same discount.

THE EAST/WEST DIFFERENCE

The East/West Shiatsu + Massage Program provides:

- Full-length shiatsu training
- Full-length massage training
- Advanced Shiatsu Clinical Practice training typically only available at a postgraduate level.
- One year of professional mentorship after graduation.
- A savings of \$4000 compared to taking the components separately

PAYMENT OPTIONS

No-Interest, In-House, Monthly Payment Plan. This financing plan divides the payments evenly over the number of months of your training. Payment is completed in full by graduation. Appx. \$1000/month for the 1315-hour program.

4-Year Financing. This highly affordable plan, offered at 8% APR, reduces the monthly payment to approximately \$540/month for the 1315-hour program, or \$400/month for those using the workstudy and scholarship options below.

Work-Study / Scholarships

Work-study is available to those who qualify through a work application and will further reduce the above monthly payment totals. Workstudy is a commitment of 6 hrs/wk for 13 months, earning \$13/hr towards tuition. \$3975 can be earned this way. \$500 scholarships are available to students who complete a 500-word entrance essay.



TEXT BOOKS, INSURANCE, AND SUPPLIES

REQUIRED TEXTS

Beginning Zen Shiatsu

- *Shiatsu: Theory and Practice, 3rd Ed.*, Carola Beresford-Cooke. Singing Dragon, 2016.

Zen Shiatsu II

- *The Simple Guide to Five Element Acupuncture*, Nora Franglen. Singing Dragon, 2013.

Zen Shiatsu III

- *Zen Shiatsu*, Shizuto Masunaga. Japan Publications, 1997.

Zen Shiatsu IV

- *Atlas of Shiatsu 2nd Ed*, Wilfried Rappenecker. Complementary Medicine Press, 2014.

Advanced Zen Shiatsu

- *Nourishing Destiny*, Lonny Jarrett. Spirit Path Press, 1999.

Chinese Medicine

- *Applied Channel Theory in Chinese Medicine.*, Wang Ju-Yi. Eastland Press, 2008.

Musculoskeletal Anatomy

- *Trail Guide to the Body 5th Ed.*, Andrew Biel. Books of Discovery, 2014.

Physiology

- *Holistic Anatomy*, Pip Waller. North Atlantic Books, 2010.

Business for Bodyworkers

- *Business Mastery 5th Ed.*, Cherie M. Sohnen-Moe. Sohnen-Moe, 2016.
- *The Envable Lifestyle*, Shelley Johnson. Booksurge Publishing, 2008.

Ethics

- *The Educated Heart 3rd Ed.*, by Nina McIntosh. LWW, 2012.

Massage Basics

- *Tappan's Handbook of Healing Massage Techniques 6th Ed.*, Patricia J Benjamin. Prentice Hall, 2015.

Musculoskeletal and Systems Pathology for Shiatsu Therapists

- *A Massage Therapist's Guide to Pathology 6th Ed.*, Ruth Werner. Lippincott Williams & Wilkins, 2015.

LIABILITY INSURANCE

Students are covered under the blanket liability policy of Zen Shiatsu Chicago for uncompensated work related to your coursework. Tips are considered compensation. For this reason, we do not allow students in the student clinic to accept tips.

Student liability insurance is available through the AOBTA (American Organization for Bodywork Therapies of Asia) or ABMP (Associated Bodywork and Massage Professionals) for \$15-25 a year. This optional insurance can cover students for uncompensated work not related to coursework.

OTHER SUPPLIES

Uniform

Students are required to wear school uniforms during student clinic. One shirt and one pair of pants are included in the program tuition. Additional shirts may be purchased from the school bookstore for \$17 and additional pants for \$25.

Futons

Portable shiatsu futons are available for purchase through the office. They come in a variety of colors and sizes and have ties built into the covers for easy transport. Students are not required to purchase futons or bring them to class, but many students find futons helpful for practicing techniques at home and completing required case studies. A good futon will last many years in professional practice.

Bolsters and Zafus

A variety of bolsters and zafus like those used in class and in our clinic are available for purchase in the bookstore.

Massage Tables and Chairs

Massage tables and chairs are available through the school for students who wish to adapt shiatsu techniques to this equipment. Discounts are available for students when ordering through Zen Shiatsu. Contact the office for details.



STUDENT SERVICES

FACILITIES

Classes are held in our facility at 825A Chicago Avenue in Evanston. Classroom supplies include, bolsters and pillows, felt blankets, cotton blankets, shiatsu futons, yoga mats, massage tables, shiatsu meridian charts and related teaching guides, white board with dry erase markers and eraser, overhead projector, DLP projector, life-size teaching skeleton, and a library consisting of curriculum textbooks and other relevant bodywork-oriented books and periodicals.

For students' convenience, water cooler, refrigerator, toaster oven, microwave oven, dishes, utensils, and basic kitchen supplies are available for use during breaks.

OPEN PRACTICE TIMES

Groups of students wishing to use the classrooms or treatment rooms for self-study or practice are welcome to do so at no charge. Open practice time is subject to room availability and a faculty or staff member must be on the premises during the entire practice time. Contact the school administration in advance to reserve a time.



TUTORING

Standard Tutoring: For students who would like additional one-on-one instruction to help meet their learning goals, tutoring services are available at the rate of \$70/hour.

Remedial Tutoring: If a student fails a written or practical exam, remedial tutoring is meant to help get the student back on track for a retake of the exam, and is available at the reduced rate of \$25/hr. Remedial tutoring can address specific failed learning objectives or language barrier issues.

Physical Issues Tutoring: If a student is experiencing a physical pain or injury that is preventing them from participating in class without injury, then the student may be eligible for 1-3 hours of tutoring at no cost to help correct the issue. This eligibility is at the discretion of the Supervising Instructor, and is for the express purpose of being able to perform shiatsu in a pain-free manner.

Contact the administrative office if you are interested in arranging private tutoring. You will be paired with a tutor, and can then contact your tutor to arrange meeting times conducive to both of your schedules.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

Students with physical or learning disabilities or language barriers making it difficult to complete written tests within the allotted time are allowed to arrange a separate time to take written exams, with no time limits.

Students may opt to have tests administered orally. Prospective students with disabilities can receive assistance from the Admissions Advisor and Financial Officer with pre-admissions document completion (i.e. Prospective students can opt to have the program and/or financial application read to them and their answers can be transcribed on their behalf.)

In addition, students and prospective students with visual and hearing

STUDENT SERVICES

impairments, may request handouts with larger type and may sit as close as necessary when viewing demonstrations or listening to lectures.

ACADEMIC CALENDARS

Our complete, current schedule may be found online at www.zenshiatsuchicago.org/schedule. Paper copies of the calendar are available by request.

STUDENT RECORDS

In accordance with the Family Education Rights and Privacy Act (FERPA), student records are confidential. Student contact information may be shared with classmates only with student consent. Students have a right to access their own files and records at any time.

TRANSCRIPTS

Student transcripts are held by Zen Shiatsu Chicago. To request a transcript, call Zen Shiatsu Chicago at 847-864-1130. There is a \$5 transcript request fee per transcript. Student accounts must be in good financial standing before transcripts are released.

LIBRARY

Zen Shiatsu's library is located at the back of the classroom. Library resources are available Monday-Friday from 10-5 and any time the school is open for classes. The collection consists of non-circulating materials, including books and periodicals on Shiatsu and other Asian bodywork therapies, TCM, massage and bodywork, anatomy and physiology, and health as well as some rare and out-of-print texts.

BOOKSTORE

Zen Shiatsu's bookstore is located in the school lobby. It is open to the public and is stocked with a variety bodywork, Chinese Medicine, health and awareness books and supplies. All required texts and supplies are available in the bookstore.

STUDENT RESOURCE BOARD

The student resource board is located at the back of the classroom. This board contains information regarding upcoming events, outreach opportunities,



practice classes, and elective workshops. Updates are made regularly.

ADVISING

Zen Shiatsu Chicago provides academic and career advising. Advisors are available Monday-Friday 10am-5pm by appointment. Students who require counseling services not offered by Zen Shiatsu Chicago are provided a list of referral resources. For students requiring services offered by external agencies, advisors and/or faculty have access to a resource directory to make referrals.

CAREER RESOURCES / PLACEMENT SERVICES

Zen Shiatsu Chicago provides limited employment assistance. Employment and externship opportunities are forwarded to students and graduates via email when Zen Shiatsu Chicago is informed of them. Students are encouraged to take advantage of outreach opportunities during their training to enhance their experience and marketability. Advisors are available to assist with arranging student



SCHOOL POLICIES

and graduate externships and to discuss general career advising (i.e. resumes, cover letters, job search techniques).

AOBTA STUDENT MEMBERSHIP

Zen Shiatsu Chicago provides all students enrolled in the Professional Asian Bodywork Program with a student level membership to AOBTA®. For more information on member benefits, please visit aobta.org

ATTENDANCE/TARDINESS POLICIES

Attendance of all classes is strongly recommended since our courses contain progressive information. Attendance requirements vary by course length. As a general rule, students must be present for at least 75% of classroom hours for a given course to receive a passing grade. Being late by more than 20 minutes for a 3-hour lesson will count as an absence for that lesson. Tardiness is disruptive of class, and repeated lateness is a violation of the standards of conduct. Exceptions to the attendance policy may be granted at the discretion of the instructor and administration.

MAKE-UP CLASSES

It is possible to make-up missed class periods in subsequent offerings of the same course. The minimum of 75% attendance required to pass a course still applies even if students intend to make-up missed class time. There is no charge for making up classes, but make-ups must be scheduled in advance. Students are encouraged to take advantage of this opportunity as it is offered for their benefit.

GRADING AND EXAMINATIONS

Grading Scale

90% to 100%	A
80% to 89%.....	B
70% to 79%.....	C
69% and below.....	Failed

Written exams are administered during most courses. Practical

examinations are administered during all Zen Shiatsu technique classes, and during the Musculoskeletal Anatomy classes.

To pass a given course module, in addition to achieving an overall passing grade, all written and practical exams must be passed with a score of 70% or higher. Students who fail an exam will have one chance to retake the exam to earn a passing grade. Failed written or practical exams may be made up within one month of the last day of class. Practical exam retakes will incur a \$50 retake fee. Students who fail an exam twice will have an opportunity to retake the class. Retaking a class will incur a fee of 1/2 the class module tuition.

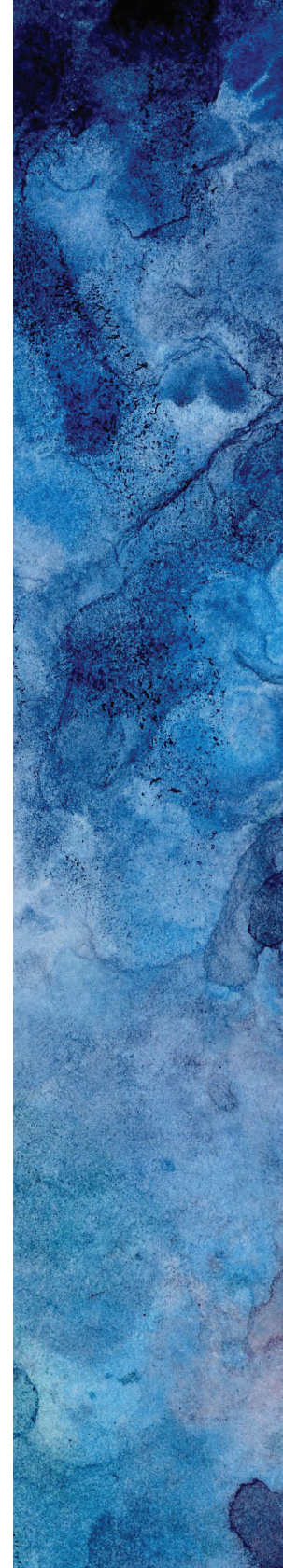
Written assignments that are turned in late will be penalized one letter grade or more, at the discretion of the instructor. Written assignments or written casework must be turned in no later than 4 weeks from the date due. Assignments or casework turned in later than 4 weeks from the due date may receive a failing grade.

If a student is absent during a class period when a written or practical exam is administered, makeup of the exam must be scheduled within 30 days of the end of class, or prior to starting the next progressive level of training (whichever is sooner), and will be subject to any applicable exam retake fees.

STANDARDS FOR ACADEMIC PROGRESS

Students must demonstrate satisfactory academic progress in order to continue training at the school. To maintain satisfactory academic progress (SAP), students must complete each module with at least 70% grade, complete every class within the specified time period for the program, and maintain minimum attendance standards for each class. Failure to achieve these requirements in any one class will result in the student failing that class and being placed on academic probation.

Students on academic probation will be required to retake the class they have failed, which may delay graduation. The completion of a certain amount of mandatory tutoring at the Remedial Tutoring rate (see page 14), may also be required as contingent for successful course



SCHOOL POLICIES

credit in repeating the class. Students who successfully complete the classes which they are required to retake while on probation will be removed from probation. Students who fail a class while on probation will be dismissed from Zen Shiatsu Chicago. SAP is thus assessed at the completion of every course module.

REINSTATEMENT

Students dismissed for failing to meet the satisfactory academic progress policy can petition the school for reinstatement after being dismissed. Reinstatement decisions will be made on an individual basis by a Zen Shiatsu Chicago official and will take into consideration whether the student has the desire and capability to successfully complete the program. Students dismissed for conduct will not be considered for reinstatement.

GRADUATION REQUIREMENTS

A student will graduate upon successful completion of each module of their program of education. Successful completion requires a passing grade of 70% in each module of study, a 75% attendance rate in each module of study, and completion of each module of study within the specified time period for the program. Any outstanding exam or library fees must be paid in full. Upon successful completion of the program a student will receive a diploma from Zen Shiatsu Chicago.

LEAVE OF ABSENCE

If a student is not able to attend classes but still wishes to remain enrolled in the program, the student must apply for a leave of absence. A signed letter explaining the length and reason for the proposed absence must be submitted to the office in order for approval.

A student may not take more than six months leave of absence within a one year period. Additionally, a leave of absence will only be approved if it will still be possible for the student to complete the program within the maximum allowable timeframe.

STANDARDS OF DRESS

For Beginning Zen Shiatsu courses, students are asked to wear loose-

fitting, comfortable clothing, including pants with full-length legs. For Student Clinic, Zen Shiatsu IV and Advanced Zen Shiatsu, students must wear a uniform adhering to school policies. A uniform will be sold on-site and consists of white cotton martial arts pants and a logo-embroidered t-shirt with short or long sleeves.

Students should avoid wearing cologne or any other strong scents during class and other school activities, as this may be disruptive to other students or student clinic clients.

STANDARDS OF CONDUCT

We ask for students' help with creating a safe space for the healing journey of every student. Students should be conscious and respectful of the boundaries of other classmates and be attentive to the framework of the class.

Students are expected to act in an honest, ethical, and professional manner at all times while on the premises of Zen Shiatsu and while representing the school in outreach or other off-campus activities. Students are expected to adhere to the guidelines set forth by the AOBTA® (American Organization for Bodywork Therapies of Asia) Code of Ethics. These guidelines can be found at www.aobta.org/membership-info-general/ethics.html. Printed copies of the AOBTA® Code of Ethics are available upon request for students who do not have internet access.

Examples of violations of the Standards of Conduct include but are not limited to cheating, plagiarism, harassment, attending class or representing the school while under the influence of alcohol or drugs, and disrupting class or other school functions.

Violation of Zen Shiatsu's Standards of Conduct may result in disciplinary action. Any student found to be participating in illegal activities while on campus or while representing the school off-campus, will be reported to law enforcement. Any illegal activity is considered a violation of the Standards of Conduct.



SCHOOL POLICIES

NON-DISCRIMINATION

Zen Shiatsu Chicago does not tolerate any form of discrimination. Discrimination is any unfair treatment or arbitrary distinction based on a person's sex, age, race, creed or national origin, marital status, religion, sexual orientation, gender identity, disability or physical condition, language or other status. Discrimination may be an isolated event affecting one person or a group of persons similarly situated, or may manifest itself through harassment (defined below) or abuse of authority. Likewise, discrimination may be the result of an evolution of actions that when pieced together show a pattern of unfair treatment.

HARASSMENT DEFINED

Harassment is a form of discrimination. Zen Shiatsu Chicago defines harassment as certain improper or unwelcome conduct, verbal or physical, on Zen Shiatsu Chicago property or during school-administrated off-site events, that offends, annoys, humiliates or otherwise interferes with an individual or group's educational, work or living environment thus creating a hostile environment. Some kinds of harassment are prohibited by civil laws and/or by Zen Shiatsu Chicago policy on nondiscrimination.

Harassment may include, but is not limited to words, gestures, signs, symbols, gossip, jokes, pranks, unwanted physical contact and any form of violence. Any illegal behavior such as violence, including but not limited to sexual assault, will be dealt with by involving a law enforcement agency. All forms of physical violence will result in immediate termination from Zen Shiatsu Chicago's program/s.

Unwelcome comments based on denigration towards an individual because of race, color, gender, national origin, religion, age, disability or sexual orientation constitute discriminatory harassment which is a violation of civil law. Sexual harassment is defined separately below. All forms of physical violence will result in immediate termination from Zen Shiatsu Chicago's program/s.

Unwelcome conduct that does not fit the definition of discriminatory

harassment or sexual harassment may be defined institutionally within Zen Shiatsu Chicago as harassment if it creates a generally hostile learning environment. Such distinctions are dependent on context, and behavior that inadvertently offends a given individual may or may not be determined to be an incident of harassment.

Because of the nature of bodywork training, it is especially important to create and maintain a safe, non-threatening environment. Activities involving touch and the discussion of the effects of touch increase the need to be mindful of in-class acceptable behavior. Some behaviors that may be acceptable outside of Zen Shiatsu Chicago environment may be unacceptable in the Zen Shiatsu Chicago environment. All stakeholders are responsible for maintaining a safe space when Zen Shiatsu Chicago is involved both on and off Zen Shiatsu Chicago property.

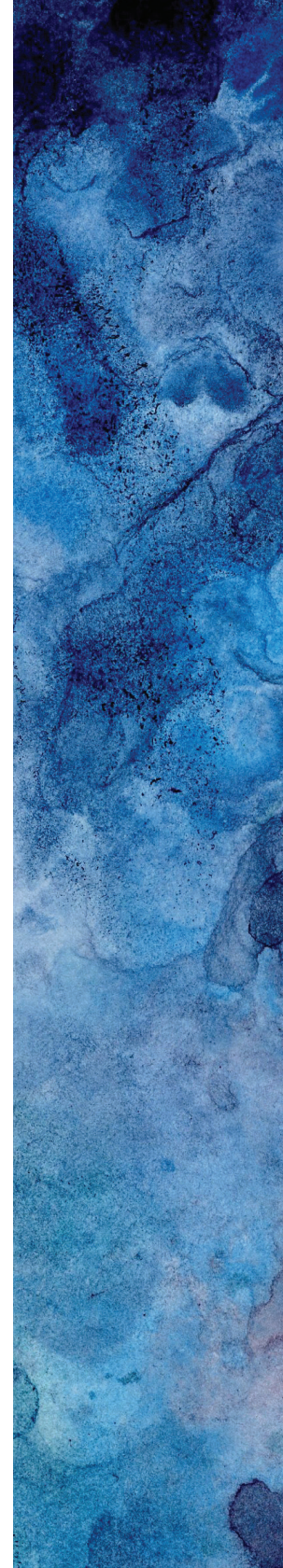
SEXUAL HARASSMENT DEFINED

According to the U.S. Equal Employment Opportunity Commission (EEOC) sexual harassment is a form of sex discrimination that violates Title VII of the Civil Rights Act of 1964. Sexual harassment in education settings is further defined in Title IX of the Education Amendments of 1972. Sexual harassment involves unwanted sexual advances, language or other behavior. One incident does not necessarily constitute sexual harassment, particularly if the individual does not repeat the behavior after being asked to stop, or if immediate action is taken to end the harassment. However, repeated incidents or a pattern of offensive behavior can constitute sexual harassment.

In adult education settings, sexually charged conduct that is not violent is only unlawful if it is stated that it is unwanted and thus it is highly recommended that the alleged victim follow the complaint procedure guidelines on the following page.

Examples of sexual harassment include but are not limited to:

- Repeated requests for dates after being told "no"
- Sexual flirtation (i.e. unwanted nickname)
- Propositions of a sexual nature



SCHOOL POLICIES

- Sexual bribe
- Unnecessary touching, patting, hugging or brushing against a person
- Jokes or stories with sexual content or references
- Clothing with sexually explicit or offensive words or images
- Sexual questions or sexist comments
- Gender-based harassment (i.e. sex stereotyping, gay jokes)
- Displaying or distributing sexually explicit drawings, pictures or magazines
- Touching oneself sexually in public
- Talking about one's sexual activity in front of others
- Suggestive comments about your own or someone else's body or action
- Any touching of a sexual nature
- Any touch, gesture or comments made for the sexual gratification of the perpetrator

REPORTING HARASSMENT OR ISSUES

Zen Shiatsu appreciates and encourages student feedback. Any concerns or complaints, including but not limited to difficulties between students, between students and faculty and staff, and issues regarding a student's educational experience, should be directed to an instructor or to the school administration. While we welcome feedback of all kinds, we ask that students submit comments and concerns in a manner that is not disruptive to class or to other students. Except in the case of emergency, if an issue arises for a student during class, we ask that the student arrange to speak with the instructor or an administrator privately, outside of class time. Class breaks or before or after class are appropriate times to discuss an issue with an instructor.

There are several options for how you can deal with discrimination or harassment. Your decision is largely dependent on the severity of behavior and your sense of safety. If it is a minor incident and you feel safe, it is suggested that you follow the informal complaint procedures. If the unwanted behavior continues after you have asked for it to stop, if status is involved such as teacher/student, or if you feel unsafe for any reason, it

is advised that you follow the formal complaint procedure. All complaints will be kept confidential to the fullest extent possible in order to provide corrective action.

In the case of a sexual assault (defined as any type of unwanted sexual touching) an informal complaint is not appropriate and you should promptly file a formal complaint.

Informal Complaint Procedure

If you believe that another individual is harassing you, the school encourages you to immediately inform the offender that his or her behavior is unwelcome. As stated above, this approach should only be used if you feel that the severity of the behavior warrants an unofficial resolution to the matter. If the unwanted conduct persists, it is advised that you file a formal complaint (instructions below).

Suggested Informal Procedures

- Verbally tell the alleged harasser that his or her behavior is unwelcome and that you want it to stop. If you feel unsafe or uncomfortable confronting the alleged harasser follow the formal complaint procedure.
- Write the alleged harasser describing the unwelcome behavior and include as much detail as possible such as the time of the unwanted action, the location and any witnesses. Maintain a copy of the letter for your records.

Formal Complaint Procedure

Zen Shiatsu Chicago encourages students to file a formal complaint if the unwanted conduct persists after an informal complaint has been made, if status is involved such as teacher/student, or if you do not feel safe for any reason. Confidentiality is maintained for all formal complaints unless we believe a law enforcement agency needs to be involved at which point such an agency will be notified. If you feel physically endangered or if someone has assaulted you, please notify the police as well as the school.

Suggested Formal Procedures

- **Oral Complaint:** Can be made with teachers, administrators



SCHOOL POLICIES

or other school employee. The school employee must report the complaint in writing to the Director within 24 hours.

- **Written Complaint:** Must be submitted to the Director. Please include as much information as possible including your name and the alleged perpetrator's name, the day and time of the incident/s in question, actions taken, parties involved, etc. Anonymous complaints will be investigated to the extent possible. Any person who files a written complaint will be notified within 24 hours that the notice has been received.
- **Third Party Complaint:** If you witness harassment, please file either a written or an oral report (see above).

Students may contact the administrative office with concerns at any time in person, by phone or email, or in writing. Zen Shiatsu Chicago shall resolve student complaints promptly and fairly. Resolution procedures may include an investigation, discussion with all parties involved, and review by an impartial panel.

If the grievance process fails to resolve the complaint, complaints may be registered at the address or website listed below:

*IL Board of Higher Education, Private Business and Vocational Schools, 1 N Old State Capitol Plaza Suite 333, Springfield, IL 62701, 217-782-2551
<http://complaints.ibhe.org>*

Zen Shiatsu Chicago shall not subject a student to punitive action because of written grievances having been filed with the school or the Superintendent.

DISCIPLINARY PROCEDURES

Depending on the severity, violations of the Standards of Conduct may first be addressed with a verbal warning from an instructor or school administrator. If this warning does not remedy the situation, formal disciplinary steps will be taken.

Step 1: Written Warning The student will receive a written warning and will be required to meet with the Director or other school

administrator. In this meeting, the student and the administrator will specify the conduct or performance that must be changed or improved, discuss the steps by which the conduct or behavior must be changed or improved, and set a specific time line for remediation.

Step 2: Second Written Warning and Suspension: If improvement in behavior or performance is not seen within the specified time frame, the student will receive a second written warning and will again meet with an administrator to discuss steps to remedy the situation. At this stage in the process, the student is suspended from studies for a period of four weeks. There is no financial penalty. All terms of program financing will continue in full effect per the enrollment agreement. Any class modules that are left incomplete due to the suspension may be made up in full during the next available offering. This action may have consequences for the student's target graduation date.

Step 3: Final Incident Report and Termination of Enrollment Agreement: If the first two steps fail to remedy the conduct or performance, the student will be withdrawn from the program. The enrollment agreement termination effective date shall be the last date of student attendance. This termination shall be carried out as a withdrawal from the program, effective as of the last date of attendance. All refund policies applicable to withdrawal will apply, as per the enrollment agreement.

REPORTING COMPLAINTS OR ISSUES REGARDING INSTRUCTORS

A student may wish to raise an issue or file a formal complaint regarding instructor conduct or the instructor's handling of the classroom environment. There are two levels of complaint. Each level of complaint receives a different form of follow-up. This section helps the student choose the right form of complaint to the issue at hand.

A. Harassment complaint - If the issue is a matter of Harassment or Sexual Harassment as defined in "Harassment Defined", then the student should file a Harassment Complaint with the Director or Program Administrator.

SCHOOL POLICIES

B. Minor issue - If the student is experiencing an issue regarding classroom environment that they would like to see improved, but the issue does not meet the definition of Harassment, a Minor Issue statement should be lodged with the Director or Program Administrator.

Follow-Up Procedures for Instructor Complaints

Harassment Complaint - Harassment complaints may be lodged with a managing administrator orally, in writing, or as a third-party complaint as outlined in the “Formal Complaint Procedure” pg. 19-20 of the catalog. Oral complaints shall be transcribed into writing by the receiving administrator and presented back to the complaining student to verify accuracy before beginning investigation.

Zen Shiatsu Chicago shall investigate and resolve student complaints promptly and fairly. Resolution procedures are as follows: the Supervising Instructor will bring the complaint to the instructor named in the complaint. Harassment complaints must be non-anonymous, the instructor will be aware of the name of the student filing grievance. Zen Shiatsu Chicago shall not subject a student to punitive action because of grievances having been filed with the school. Further investigation may include discussion with parties involved, including witnesses to the event, and review by an impartial panel.

Instructors determined through investigation to be in violation of the sexual harassment policy will be immediately terminated.

Instructors determined to be in violation of the non-sexual harassment policy will be held accountable. Depending on the severity and context of the incident, the outcome will be either immediate termination or a plan to remediate behavior with termination resulting if complaints continue. The student will be notified as to whether harassment was determined to have occurred, and if so, which of these two outcomes has been chosen. No matter the outcome of any investigation, a record of the complaint and investigation will be maintained in the permanent faculty record, to provide context for any future complaints.

If an instructor continues teaching after the resolution of a non-sexual harassment complaint, the administration will facilitate (if requested and if possible) a plan by which the student does not need to work with the teacher in their remaining coursework. Zen Shiatsu will also provide a harassed student an opportunity to obtain a benefit or service that was denied (e.g. retaking a test or receiving academic or disability support services).

Zen Shiatsu will also, if requested, provide guidance for the student and instructor in how to speak about the incident with colleagues. Zen Shiatsu does not seek to control or modify the intended communications of any party, all parties are free to communicate as they wish. However, in the event that either party desires assistance in finding a harmonious way to speak about the proceedings, Zen Shiatsu administration can offer guidance by request.

Minor Issue

If a student is experiencing a minor issue with the class environment or teaching conduct of an instructor that does not meet the definition of harassment and does not create a hostile learning environment, a minor issue statement should be submitted to administration. This statement can be delivered orally or in writing to the Director or Program Administrator and should seek to be as specific as possible. In addition to defining the overall problematic dynamic, the statement should include at least one specific example of the dynamic.

Follow up to a Minor Issue statement is as follows: The issue will be brought to the attention of the instructor, either anonymously or not depending on the student’s preference. An investigation by the Supervising Instructor will be undertaken, which may include class observations or interviews with the instructor or other students. Based on the results of that investigation, recommendations for remediation may be brought to the instructor. The Supervising Instructor will follow up to see if remediation has been successful, either through direct observation or interviews with students, or both.



SCHOOL POLICIES

CANCELLATION POLICIES

In the event that a course is cancelled by Zen Shiatsu Chicago management, students who have made payment will be eligible for a full refund or a transfer free of charge.

Buyer's Right to Cancel The student has the right to cancel the initial enrollment agreement until midnight of the fifth business day after the student has been admitted. If the right to cancel is not given to any prospective student at the time the agreement is signed, then the student has the right to cancel the agreement at any time and receive a refund on all money paid to date with 10 days of cancellation. Cancellation should be submitted to the authorized official of the school in writing.

Tuition Refund Schedule:

1. When notice of cancellation is given before midnight of the fifth business day after the date of enrollment but prior to the first day of class, all application-registration fees, tuition, and any other charges shall be refunded to the student.
2. When notice of cancellation is given after midnight of the fifth business day following acceptance but prior to the start of the student's first day of class, the school may retain no more than the application-registration fee of \$150. Books and materials which have been provided may be refunded if returned in new condition.
3. When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to the student's completion of 5% of the course of instruction, the school may retain:
 - the application-registration fee
 - the value of the classes and labs taken calculated pro-rata by days in class for incomplete classes
 - the cost of any books or materials which have been provided by the school

4. When a student has completed in excess of 5% of the course of instruction but less than 60%, the school may retain:

- the application-registration fee
- the value of the classes and labs taken calculated pro-rata by days in the cost of any books or materials which have been provided by the school
- a withdrawal fee of 10% of program tuition or \$300, whichever is less

5. When a student has completed 60% or more of a course of instruction, the school may retain the application registration fee and the entire tuition and other charges.

A refund for books returned to the school will be given to students provided the books are unmarked and the student has provided notice of cancellation to the school.

When calculating the pro-rata rate of refunds per paragraphs 3 or 4 of the Tuition Refund Schedule, the module pricing on page 13 of this catalog shall be used to calculate the hourly value of completed or incomplete class modules.

When calculating the percentage of the 625 or 715-hour program completed, as per paragraphs 3,4 and 5 of the Tuition Refund Schedule, the hourly itemization of class modules on page 13 of this catalog will be used to determine how many hours out of 625 or 715 have been completed.

RECORDS POLICIES

Students, or parents of a student under the age of 18, have the right to access their own educational records at any time, to review the contents and if necessary challenge the accuracy of the contents. To review your records, a student must request an appointment with the Director, Supervising Instructor or the Admissions/Academic Advisor. If a student believes their education records contain information that is inaccurate, misleading or in violation of their rights of privacy, the

SCHOOL POLICIES

student may ask Zen Shiatsu Chicago to amend the record. The Director shall decide whether to amend the record as requested, and shall inform the parent or eligible student of the decision. If the decision is made not to amend the record, the student may request a hearing. The hearing shall be conducted by an individual of Zen Shiatsu Chicago's choice who does not have a direct interest in the outcome of the hearing. Zen Shiatsu Chicago shall give the parent or student a full and fair opportunity to present evidence relevant to the issues raised. The school shall make a decision in writing within a reasonable period of time after the hearing.

STUDENT DISCLOSURES SINGLE CLASSES

	BZS	ZS2	ZS3	CM
# of students already admitted	0	0	0	0
<i>Additions during the year due to:</i>				
New Starts	15	8	10	3
Re Enrollments	0	0	0	0
Transferred into the course of instruction from other courses of instruction	0	0	0	0
Total number admitted for reporting period	15	8	10	3
<i>Of the course of instruction enrollment, the number of students who:</i>				
Completed the a course of instruction	9	6	10	2
Were still enrolled as of 6/30/19	0	0	0	0
Withdrew from the school	6	2	0	1
Transferred out of the course of instruction to another course of instruction	0	0	0	0

Placement and Earnings Data do not apply to single classes

BZS = Beginning Zen Shiatsu
 ZS2 = Zen Shiatsu II
 ZS3 = Zen Shiatsu III
 CM = Chinese Medicine Fundamentals

DISCLOSURES OF STUDENT SUCCESS COMPLETE PROGRAMS

	A	B
# of students already admitted in the course of instruction	9	20
<i>Additions during the year due to:</i>		
New Starts	5	20
Re Enrollments	0	0
Transferred into the course of instruction from other courses of instruction	0	0
Total number admitted during reporting period	14	40

Of the course of instruction enrollment, the number of students who:

Completed or graduated from a course of instruction	6	9
Were still enrolled as of 6/30/18	8	28
Withdrew from the school	0	3
Transferred out of the course of instruction to another course of instruction	0	0

Of the # of graduates of the program, the number of graduates who:

Were placed in their field of study	6	7
Were placed in a related field	0	0
Were placed out of the field	0	2
Were not available for placement due to personal reasons	0	0
Were not employed	0	0
Number of students who took a licensing or certification exam	6	7
Number of students who passed said exams	6	7
Number of graduates who obtained employment in the field who did not use the school's placement assistance	6	6
The average starting annual salary for all school graduates employed during the reporting period	\$28,715/yr	same
The average hourly earnings of school graduates	\$63.16/hr	same
The average number of hours worked per week by school graduates	7.7/hrs wk.	same

A = Shiatsu Certification Program B = Shiatsu Massage Therapy Diploma Program



FACULTY AND STAFF

EXPLANATION OF TITLES:

AOBTA - American Organization for Bodywork Therapies of Asia

BS - Bachelor of Science

CP - Certified Practitioner (AOBTA)

CI - Certified Instructor (AOBTA)

Dipl. ABT - Diplomate of Asian Bodywork Therapy

Dipl. OM. - Diplomate of Oriental Medicine

L.Ac. - Licensed Acupuncturist

LMT - Licensed Massage Therapist

MA - Master of Arts

NCCAOM - National Certification Commission for Acupuncture and Oriental Medicine



BOBBE BERMANN, BS, LMT has been a lead instructor for the Cortiva Institute Chicago School of Massage Therapy since 1987, and was the Director of Education from 2008-2013. She is a CSMT graduate with advanced training in deep tissue sculpting, sports massage, St. John Method of Neuromuscular Therapy, infant massage, Maniken anatomy systems and Gyrotonic. Bobbe has been in private practice for over 20 years. She has a B.S. degree in physical education from the University of Illinois at Chicago.



RANDY CUMMINS, CI (AOBTA), has been in private practice and teaching for over 25 years. Randy was on the faculty of the Chicago School of Massage Therapy for 20 years. He has taught at the Lauterstein-Conway Massage School in Austin, TX since 1991 and at Zen Shiatsu Chicago since 2007. Randy has

provided training since 1985 throughout the United States, in Jamaica and in Puerto Rico. He is a nationally respected expert practitioner and instructor of many forms of therapy, including deep tissue, shiatsu, and Thai massage. His expertise, humor and perspective have helped thousands of students access the deepest principles of massage therapy.



ARLETTE GREER, ASSOCIATE DIRECTOR, MA, CP (AOBTA) began her professional life in academia. While a doctoral student at the University of Michigan, she taught psychology and research methodology at both the University and at Cornell College in Mount Vernon, IA. After graduate school she joined a management consulting firm focusing on the healthcare industry. During this time, she became motivated to work directly with clients to help them improve their physical and mental health. Convinced of the value of Zen Shiatsu, she trained at Zen Shiatsu Chicago and is a Certified Practitioner of Asian Bodywork with AOBTA, practicing in Evanston. She writes “My life has changed in wonderful ways since beginning my journey in this field. I am stronger, more flexible (physically and mentally) and fitter than I have been in years. I am passionate about facilitating similar changes for my clients and students.”



KRISTIN HOVIOUS, CP (AOBTA), LMT graduated from the Muscular Therapy Institute in 2004 and has National Certification in Therapeutic Massage & Bodywork (NCTMB). She graduated the Asian Bodywork Therapy program of Pacific College of Oriental Medicine. Kristin is a registered yoga teacher, Watsu therapist and certified personal trainer as well. She has served on the faculty of Cortiva Institute - Chicago since 2006, and served as Education Director from May 2007 to March of 2008. She has been accepted to UIC's Master of

FACULTY AND STAFF

Science Program for Motor Control and Learning.



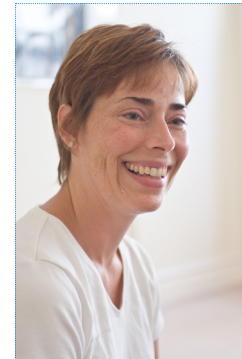
POLLY LONTIS, CP (AOBTA), LMT is a graduate of the Ohashi Institute in New York City where she also completed a teacher training program. Polly trained under Sensei Ohashi in Chicago, New York and Italy and also under Michael Reed Gach, founder of the Acupressure Institute in Berkeley, California. Polly is also a Himalayan Institute Trained Yoga Instructor and student of Tibetan and Kudalini Yoga. Her lifelong interest in the mind-body-

spirit connection spans over 30 years of experience in yoga, meditation, spiritual exploration, Five-Element Theory and Shiatsu. She has been a member of the Northshore University HealthSystems Integrative Medicine Program since its inception, pioneered their therapeutic yoga classes and has treated patients with a wide variety of medical conditions. Her shiatsu practice and yoga classes are successful in treating low-back pain, sciatica, neck pain, joint pain, headaches and intestinal distress, in addition to bringing her clients deep relaxation, greater flexibility, increased energy and a deeper experience of well-being. In addition to the therapeutic yoga classes Polly teaches at Northshore University HealthSystems, she also teaches yoga at the North Shore Healing Center in Glenview. Her passion is helping her clients and students cultivate greater energy, stamina, concentration, peacefulness, power and radiant health.



CHRISTINA MIHAI, CP (AOBTA), LMT graduated from the Chicago School of Massage Therapy in 2004. However, it wasn't until 2009 that she had the courage to leave her full time management position, sit for my exam and become a licensed massage therapist. She came to Zen Shiatsu Chicago for CE courses. In 2016, she graduated and became a Certified Practitioner of Asian Bodywork as well. After working in a

variety of spas and alongside chiropractors, she says: "it is my honor to be a part of the Zen Shiatsu Chicago staff and faculty. I hope to inspire those that come to me for treatment or training the way my teachers and guides have inspired me.



JEANNE PHENANY, CP (AOBTA), LMT, DIPL. ABT (NCCAOM) graduated in 2000 from the Ohashi Institute and has been in practice since 2000. Her passion for studying and working with pregnancy and fertility grew out of her own journey to become pregnant and her desire to assist others on the same path. For 3 years, Jeanne worked at Fertile Options, a program that prepares couples for conception with individually designed treatments of acupuncture, shiatsu and yoga/breathwork.

In 2006, Jeanne attended a course on Holistic Maternity Care taught by Suzanne Yates, Director of Well Mother in Bristol, UK and author of Shiatsu for Midwives. Jeanne currently is in practice at Zen Shiatsu Chicago and her work is influenced by other healing art forms such as Tai Chi, Qi Gong, yoga and Thai massage. Jeanne provides both individual sessions as well as self-shiatsu training for expectant couples preparing for childbirth.



STEVE ROGNE, DIRECTOR, CI (AOBTA), DIPL. ABT (NCCAOM) is a Certified Instructor with the AOBTA and has been studying movement education and bodywork since 1998. With a background in Music Theatre, Steve is familiar with the whole range of human performative expression: movement, music and action. His goal is to make himself and others into well-tuned human instruments, capable of responding to life freely and fully. Steve became the Assistant Director of Zen Shiatsu Chicago

in 2003. Over three years he committed himself to development of the



FACULTY AND STAFF

school's infrastructure and credentials. Under his guidance the school became a member of the AOBTA Council of Schools and Programs. Since assuming directorship in 2006 he has been deepening the school's commitment to vocational training while expanding the center to provide continuing education for many professions. Steve is also a professional musician, having performed with the Grant Park Music Festival Symphony Chorus and other area ensembles.

original transmission of Zen Shiatsu. He has also studied Zenki Soho Shiatsu with Michael DeAgro. Nathan feels very fortunate for all of his teachers and intends to study for life. Nathan believes that, because Zen Shiatsu must be transmitted by hand, the pace and preferences of our modern era have made it an endangered species. He believes that students come with a deep desire for healing in themselves and others. This makes being a teacher of Shiatsu a great responsibility, which he joyfully embraces.

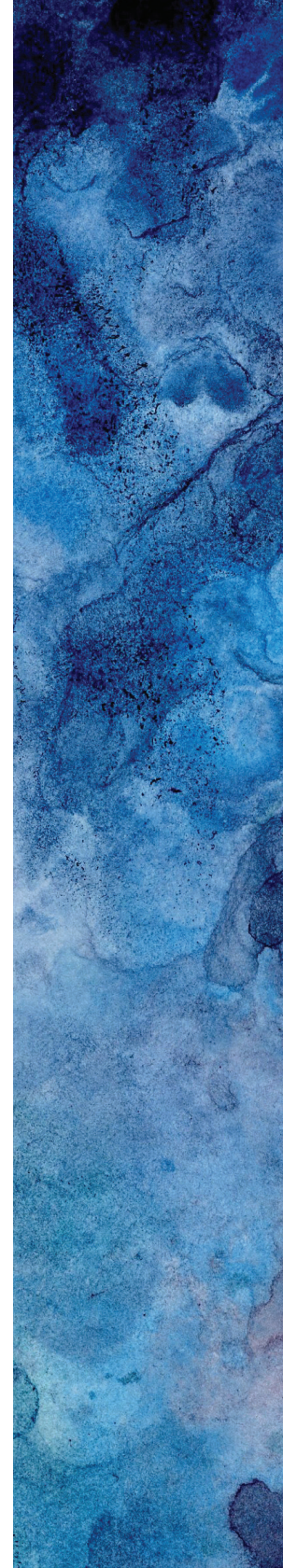


BRIDGET SCHRANK, L.A.C., DIPL. OM (NCCAOM) began her career in the healing arts as a graduate of Oakland University with a bachelors of science in Psychology. She naturally progressed to a master's degree in Traditional Chinese Medicine from Pacific College of Oriental Medicine, and training in Zen Shiatsu practices. Specializing in the art of touch, she utilizes acupuncture, herbal medicine and Zen Shiatsu practices to elicit a healing response.

She has found that healing others is a great passion of hers. Bridget writes: "It is incredibly rewarding to watch others heal and transform through the powerful tools I have gained throughout my education."



NATHAN TORRENCE, CI (AOBTA) is a certified practitioner with the AOBTA, has been practicing professionally since 2015, and joined teaching faculty at Zen Shiatsu Chicago in 2017. He has a B.A. from Vassar College in Studio Art, and Biology. Before studying Shiatsu, Nathan studied traditional trance healing music in NYC, Chicago, and Morocco. His experiences teaching group drumming have carried over into his Shiatsu teaching, which emphasizes gently guiding each student into an authentic physical and energetic connection. Nathan began intensive study with Grandmother Winter Jade, formerly known as Lindy Ferrigno, with a strong desire to refine his skills and learn as much as possible about the



ABOUT ZEN SHIATSU



ABOUT ZEN SHIATSU

HISTORY OF ZEN SHIATSU CHICAGO

Zen Shiatsu Chicago (formerly Ohashiatsu® Chicago), is Chicago's oldest shiatsu center. In 1988, the center was founded by Matthew Sweigart as a branch school of the Ohashi Institute, NYC.

Over the next eighteen years, Ohashiatsu® Chicago generated an enormous output of talented healers, gifted instructors, and transformed clients. Many of Chicago's shiatsu practitioners trace their roots back to this center, and to the inspiration they received from the Ohashiatsu® method.

From 2003-2006, Ohashiatsu® Chicago began a period of transition, developing and expanding to address the needs of professional practice in Illinois. In 2005, the school was accepted as a member of the Council of Schools and Programs of the AOBTA® (American Organization for Bodywork Therapies of Asia).

In 2006, under the direction of Steve Rogne, the center took its present form. As Zen Shiatsu Chicago, the center expanded as a continuing education resource, offering CE credit for Massage Therapists, Physical Therapists, Naprapaths, Social Workers, Acupuncturists and Asian Bodywork Therapists.

In 2020, Zen Shiatsu Chicago was accredited by the Commission on Massage Therapy Accreditation and became eligible to provide federal financial aid to students.

Zen Shiatsu Chicago is committed to a sustainable future for our planet. Our graduates know how to integrate themselves into the medical community, to promote change from within and contribute to the meeting of minds that will revolutionize our understanding of well-being.



HISTORY OF SHIATSU

Shiatsu therapy is a Japanese art form combining influences from both Japanese and Chinese Medical Theory. Its origins stretch back into Chinese antiquity. In the sixth century A.D. a Buddhist monk, Gan Jin Osho brought to Japan the medicine of Imperial China, which included Chinese Bodywork, Daoyin exercises and Anma.

In 1919, Tamai Tempaku, (later to be regarded as the founder of the Shiatsu School of Bodywork) published his second book, "Shiatsu Ho" (Finger Pressure Therapy). Tempaku had studied European anatomy, physiology, massage, and Chinese and Japanese bodywork therapies.

As well as practicing from this base he wrote several works related to Shiatsu and Ampuku (Hara) therapy and diagnoses. This marrying of eastern and western traditional medical practice was revolutionary at the time. Among his students were Katsusuke Serizawa, Tokujiro Namikoshi and the mother of Shizuto Masunaga. These students developed a number of differing approaches. They each founded schools, which still exert a major influence on the study and practice of Shiatsu today.

Shizuto Masunaga founded a Japanese institute called the Iokai Center, where he taught what came to be known as Zen Shiatsu. Zen Shiatsu is characterized by the theory of Kyo-Jitsu, its physical and psychological manifestations, and its application to abdominal (Hara) diagnosis. Zen Shiatsu uses an extended meridian system that includes, as well as expands, the location of the traditional acupuncture meridians. Zen Shiatsu incorporates pressure techniques, meridian stretch exercises and direct perception of internal movement patterns based on the ancient Daoyin exercises of Chinese Medicine.

MASSAGE AND BODYWORK REGULATIONS

Zen Shiatsu Chicago is a member of the Council of Schools and Programs (COSP) of the American Organization for Bodywork Therapies of Asia (AOBTA), and graduates of the Shiatsu Massage Therapy Diploma Program are immediately eligible for Certified Practitioner status with the AOBTA upon graduation, as well as the educational requirements for an Illinois Massage License. Graduates of the 1315-hour East/West Shiatsu + Massage program meet the hourly education requirements of all 50 states.

In Illinois, a massage license is required for the practice of Asian Bodywork.

Asian Bodywork and Massage licensing is handled differently in each state. Frequently, in states without a licensing requirement, the practice of Asian Bodywork/Massage is unregulated, or regulated through the business licensing bureaus or other licensing bureaus of municipalities. General state and/or local licensing requirements for Asian Bodywork/Massage requires that an applicant possess good moral character and to report any prior criminal convictions. Any student or graduate who has a prior criminal conviction may experience limitations and/or denial of professional licensure or employment opportunities due to previous criminal records.

Zen Shiatsu Chicago encourages potential students to investigate the details of licensure laws in the state(s) and/or municipalities where they would like to practice. Admission specialists can provide information on where and how to obtain such licensure information.

Please contact Zen Shiatsu with any questions about massage and bodywork regulations. You may also want to contact the licensing authorities in the state where you intend to practice. The names and addresses for the regulatory agencies in all states that regulate massage and bodywork are listed in the following pages.

This list represents our best effort to summarize state regulatory board information at the time of publishing. For a regularly-updated list, please consult the website of Associated Bodywork and Massage Professionals (ABMP). www.abmp.com

ALABAMA

Board of Massage Therapy
610 S. McDonough St.
Montgomery, AL 36104

ARIZONA

Board of Massage Therapy
1400 West Washington, #230
Phoenix, AZ 85007

ARKANSAS

State Board of Massage Therapy
PO Box 20739
Hot Springs, AR 71903

CALIFORNIA

California Massage Therapy Council
One Capitol Mall, Suite 320
Sacramento, CA 95814

COLORADO

Colorado Division of Registration
Office of Licensing—Massage Therapist
1560 Broadway, Ste 1350
Denver, CO 80202

CONNECTICUT

Department of Public Health
Massage Therapy Licensure
410 Capitol Ave., MS # 12 APP
PO Box 340308
Hartford, CT 06134

DELAWARE

Delaware Board of Massage & Bodywork
Cannon Building, #203
861 Silver Lake Blvd.
Dover, DE 19904

DISTRICT OF COLUMBIA

Department of Health
Health Professional Licensing
Administration

Board of Massage Therapy
825 North Capitol St NE, 2nd Fl
Washington, DC 20002

FLORIDA

Florida Department of Health
Medical Quality Assurance
Board of Massage Therapy
4052 Bald Cypress Way
Bin #C06
Tallahassee, FL 32399

GEORGIA

Board Offices
Application/Payment Address
PO Box 13446
Macon, GA 31208

HAWAII

Dept. of Commerce & Consumer Affairs
State Board of Massage
PO Box 3469
1010 Richards Street
Honolulu, HI 96801

ILLINOIS

Department of Professional Regulations
320 W. Washington Street, 3rd Fl
Springfield, IL 62786

INDIANA

Professional Licensing Agency
State Board of Massage Therapy
402 W Washington St, Rm W072
Indianapolis, IN 46204

IOWA

Department of Public Health Massage
Therapy Advisory Board
Lucas State Office Building, 5th Floor
321 East 12th Street
Des Moines, IA 50319-0075



MASSAGE AND BODYWORK REGULATIONS

KENTUCKY

Kentucky Board of Licensure for Massage Therapy
PO Box 1360
Frankfort, KY 40602

LOUISIANA

Louisiana Board of Massage Therapy
12022 Plank Road
Baton Rouge, LA 70811

MAINE

Department of Professional & Financial Regulation
Division of Licensing & Enforcement
Massage Therapist
35 State House Station
Augusta, ME 04333

MARYLAND

Board of Chiropractic and Massage Therapy Examiners
4201 Patterson Avenue
Baltimore, MD 21215-2299

MASSACHUSETTS

Board of Registration of Massage Therapy
239 Causeway Street
Boston, MA 02114

MISSISSIPPI

State Board of Massage
PO Box 12489
Jackson, MS 39326-2489

MISSOURI

Division of Professional Registration
Massage Therapy Board
3605 Missouri Blvd.
PO Box 1335
Jefferson City, MO 65102-1335

MONTANA

Montana Board of Massage Therapy
PO Box 200513
301 South Park, 4th Fl
Helena, MT 59620

NEBRASKA

HHSR&L Credentialing Division
Massage Therapy Board
PO Box 94986
Lincoln, NE 68509-4986

NEVADA

Nevada Board of Massage Therapy
1755 E. Plumb Lane
Suite 252
Reno, NV 89502

NEW HAMPSHIRE

New Hampshire Dept. of Health & Services
Licensing & Regulative Services
129 Pleasant Avenue
Concord, NH 03301

NEW JERSEY

Board of Nursing
124 Halsey St., 6th Floor
Newark, NJ 07102

NEW MEXICO

Massage Therapy Board
Toney Anaya Building, Second Floor
2550 Cerrillos Road
Santa Fe, NM 87505

NEW YORK

State Board of Massage Therapy
89 Washington Ave
Second Floor
Albany, NY 12234

NORTH CAROLINA

Board of Massage & Bodywork Therapy
PO Box 2539
Raleigh, NC 27602

NORTH DAKOTA

State Board of Massage
PO Box 218
Beach, ND 58621

OHIO

State Medical Board
Massage Licensing Division
77 South High St., 17th Floor
Columbus, OH 43266-0315

OREGON

Oregon Board of Massage Therapists
748 Hawthorne Ave NE
Salem, OR 97301

PENNSYLVANIA

State Board of Massage Therapy
PO Box 2649
Harrisburg, PA 17105

RHODE ISLAND

Office of Health
Professional Regulation
3 Capitol Hill, Room 104
Providence, RI 02908-5097

SOUTH CAROLINA

Division of Professional Licensing
110 Center View
PO Box 11329
Columbia, SC 29210

SOUTH DAKOTA

Massage Therapy Board
PO Box 1062
Sioux Falls, SD 57101

TENNESSEE

Massage Licensure Board
227 French Landing, Suite 300
Nashville, TN 37243

TEXAS

Massage Therapy Licensing Program
Texas Department of State Health Services
Mail Code 1982
PO Box 149347
Austin, Texas 78714-9347

UTAH

Division of Occupational & Professional Licensing
Board of Massage
160 East 300 South
Salt Lake City, UT 84145

VIRGINIA

Department of Health Professions
Board of Nursing
6603 W. Broad St., Fifth Floor
Richmond, VA 23230-1717

WASHINGTON

Department of Health
Massage Program
PO Box 47865
Olympia, WA 98504-7868

WEST VIRGINIA

Massage Therapy Licensure Board
Peoples Building
179 Summers Street
Suite 711
Charleston, WV 25301

WISCONSIN

Department of Regulation & Licensure
1400 E. Washington Avenue
PO Box 8935
Madison, WI 53708

MISSION STATEMENT AND PHILOSOPHY

MISSION STATEMENT

We believe that healing comes from within, and is not possible through force or manipulation. We foster the therapist's own integrity and wellness and believe that this is the foundation of a successful healing encounter. We train shiatsu therapists to work in partnership with their clients to co-create outcomes that are sourced from the inner healing potential of the clients themselves.

Furthermore, we prepare graduates to integrate themselves into the healing arts community, the medical community, and the community at large, to promote societal change from the individual outward. We seek to integrate each person into the rhythms of nature and their own life rhythms, and we promote a social structure and healthcare model that supports this integration.

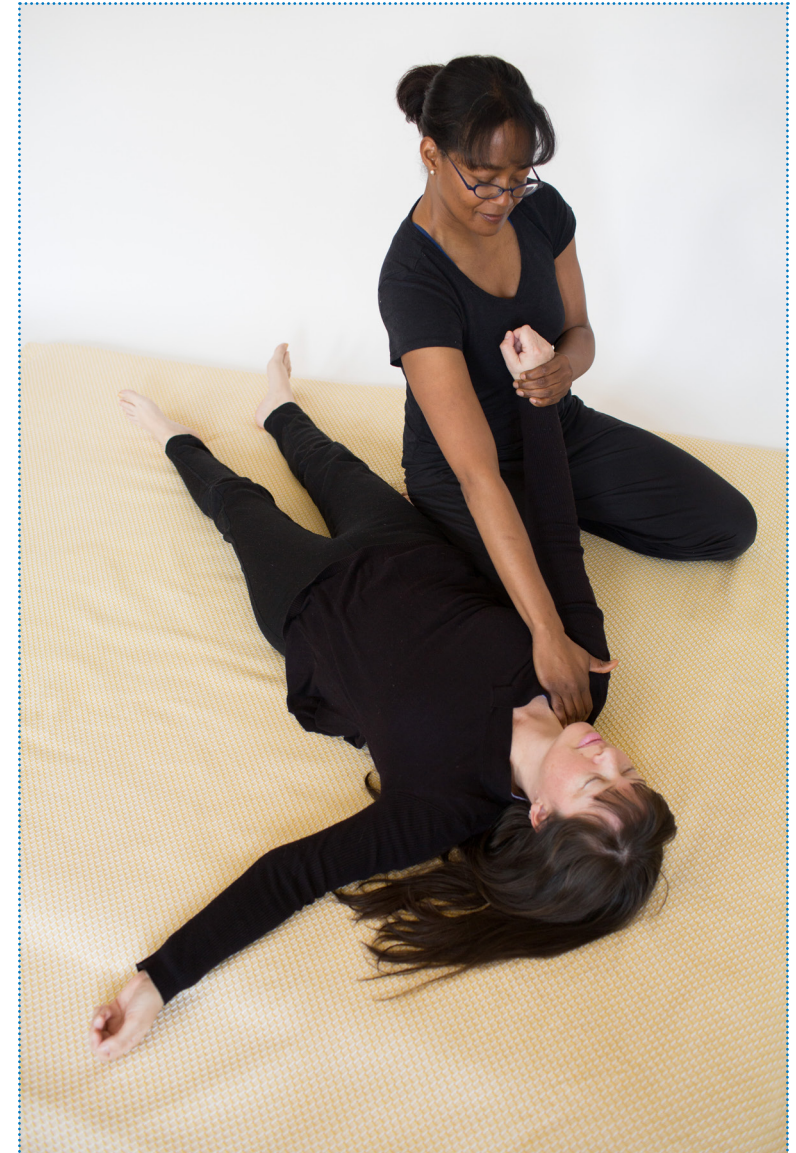
The learning and practice of healing with the hands demands this level of personal integrity and transformation. We support this process for our students and graduates for the benefit of each person that their life affects.

PROGRESSIVE EDUCATION PHILOSOPHY

Zen Shiatsu Chicago follows a progressive education model, which means that "students progress". Every student here can be successful, and progresses at their own rate.

Coming to re-engage with education as an adult learner can be anxiety-producing. That's normal. We pay very close attention to every student, and we have watched thousands of students go through this learning curve. If, at any point, you have a crisis of confidence, our faculty and advisors will be there for you, to lend their perspective and help put your experience in context.

That's what "progressive education" means. Every student who has a sincere desire in their heart to do this work can do it, and all of our school policies are designed to support that philosophy and get you there at your own pace. It's an honor to be of support to you on the journey!





ZEN SHIATSU CHICAGO

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