

Zen Shiatsu Chicago - Full-Time Program 2025 Schedule

	Tues	Wed	Thurs
Jan 7	9-12 Anatomy 1 - 1	9-12 CM1 - 1	9-12 Physiology - 1
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 BZS - 1	1:30-4:30 BZS - 2	1:30-4:30 BZS - Practice Class (1)
Jan 14	9-12 Anatomy 1 - 2	9-12 CM1 - 2	9-12 Physiology - 2
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 BZS - 3	1:30-4:30 BZS - 4	1:30-4:30 BZS - Practice Class (2)
Jan 21	9-12 Anatomy 1 - 3	9-12 CM1 - 3	9-12 Physiology - 3
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 BZS - 5	1:30-4:30 BZS - 6	1:30-4:30 BZS - Practice Class (3)
Jan 28	9-12 Anatomy 1 - 4	9-12 CM1 - 4	9-12 Physiology - 4
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 BZS - 7	1:30-4:30 BZS - 8	1:30-4:30 BZS - Practice Class (4)
Feb 4	9-12 Anatomy 1 - 5	9-12 CM2 - 1	9-12 Physiology - 5
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 BZS - 9	1:30-4:30 BZS - Class 10	1:30-4:30 Break
Feb 11	9-12 Anatomy 1 - 6	9-12 CM2 - 2	9-12 Physiology - 6
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 Break	1:30-4:30 Break	1:30-4:30 Break
Feb 18	9-12 Anatomy 1 - 7	9-12 CM2 - 3	9-12 Physiology - 7
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS2 - 1	1:30-4:30 ZS2 - 2	1:30-4:30 ZS2 - Practice Class (5)
Feb 25	9-12 Anatomy 1 - 8	9-12 CM2 - 4	9-12 Physiology - 8
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS2 - 3	1:30-4:30 ZS2 - 4	1:30-4:30 ZS2 - Practice Class (6)
Mar 4	9-12 Anatomy 1 - 9	9-12 CM3 - 1	9-12 Physiology - 9
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS2 - 5	1:30-4:30 ZS2 - 6	1:30-4:30 ZS2 - Practice Class (7)

	Tues	Wed	Thurs
Mar 11	9-12 Anatomy 1 - 10	9-12 CM3 - 2	9-12 Physiology - 10
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS2 - 7	1:30-4:30 ZS2 - 8	1:30-4:30 ZS2 - Practice Class (8)
Mar 18	9-12 Anatomy 1 - 11	9-12 CM 3 - 3	9-12 Physiology - 11
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS2 - 9	1:30-4:30 ZS2 - 10	1:30 - 4:30 Break
Mar 25	9-12 Anatomy 1 - 12	9-12 CM3 - 4	9-12 Physiology- 12
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 Practice Class (9)	1:30-4:30 Practice Class (10)	1:30-4:30 Practice class (11)
SPRING BREAK	3/28 - 4/7		
Apr 8	9-12 Anatomy 2 - 1	9-12 CM4 - 1	9-12 Sys Path - 1
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3-1	1:30-4:30 ZS3 - 2	1:30-4:30 ZS3 - Practice Class (12)
Apr 15	9-12 Anatomy 2 - 2	9-12 CM4 - 2	9-12 Sys Path - 2
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3-3	1:30-4:30 ZS3-4	1:30-4:30 ZS3 - Practice Class (13)
Apr 22	9-12 Anatomy 2 - 3	9-12 CM4 - 3	9-12 Sys Path - 3
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3 - 5	1:30-4:30 ZS3 - 6	1:30-4:30 ZS3 - Practice Class (14)
Apr 29	9-12 Anatomy 2 - 4	9-12 CM4 - 4	9-12 Sys Path - 4
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3 - Tutorials	1:30-4:30 ZS3 - Tutorials	1:30-4:30 ZS3 -Tutorials
May 6	9-12 Anatomy 2 - 5	9-12 CM4 - 5	9-12 Sys Path - 5
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3 - 7	1:30-4:30 ZS3 - 8	1:30-4:30 ZS3 - Practice Class (15)
May 13	9-12 Anatomy 2-6	9-12 CM5 - 1	9-12 Sys Path - 6
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS3 - 9	1:30-4:30 ZS3 - 10	1:30-4:30 Clinical Reasoning

	Tues	Wed	Thurs
May 20	9-12 Anatomy 2-7	9-12 CM5 - 2	9-12 Sys Path - 7
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 Clinical Reasoning	1:30-4:30 Clinical Reasoning	1:30-4:30 Clinical Reasoning
May 27	9-12 Anatomy 2-8	9-12 CM5 - 3	9-12 Sys Path - 8
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC1 - 1	1:30-5:00 SC1 - 2	1:30-5:00 SC1 - 3
Jun 3	9-12 Anatomy 2-9	9-12 CM5 - 4	9-12 Sys Path - 9
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC1 - 4	1:30-5:00 SC1 - 5	1:30-5:00 SC1 - 6
Jun 10	9-12 Anatomy 2-10	9-12 CM6 - 1	9-12 Sys Path - 10
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:30 SC1 Tutorials	1:30-5:30 SC1 - Tutorials	1:30-5:30 SC1 - Tutorial
Jun 17	9-12 Anatomy 2-11	9-12 CM6 - 2	9-12 Business (1)
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC1 - 7	1:30-5:00 SC1 - 8	1:30-5:00 SC 1- 9
Jun 24	9-12 Anatomy 2-12	9-12 CM6 - 3	9-12 Business (2)
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30 - 5:00 SC -10	1:30-5:00 SC-11	1:30-5:00 SC-12
Jul 1	9-12 Business (3)	9-12 CM6 - 4	9-12 Business (4)
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 Practice Class (16)	1:30-4:30 Practice Class (17)	1:30 - 4:30 Break
Break 7/4-7/14			
July 15	9-12 MS Path 1	9-12 CM 7 - 1	9-12 MS Path 2
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS4 - 1	1:30-4:30 ZS4 - 2	1:30-5:00 ZS4 - Practice Class (18)
July 22	9-12 MS Path 3	9-12 CM7 - 2	9-12 MS Path 4
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS4 - 3	1:30-4:30 ZS4 - 4	1:30-4:30 ZS4 - Practice Class (19)

	Tues	Wed	Thurs
July 29	9-12 MS Path 5	CM7 - 3	9-12 MS Path 6
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS4 - 5	1:30-4:30 ZS4 - 6	1:30-5:00 ZS4 - Practice Class (20)
Aug 5	9-12 MS Path 7	9-12 CM7 - 4	9-12 MS Path 8
	12-1 Lunch	12-1 Lunch	12:30-1:30 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:30 ZS4 - Tutorials	1:30-5:30 ZS4 - Tutorials	1:30-5:30 ZS4 - Tutorials
Aug 12	9-12 MS Path 9	9-12 CM 8-1	9-12 MS Path 10
	12-1 Lunch	12-1 Lunch	12:30-1:30 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS4 - 7	1:30-4:30 ZS4 - 8	1:30-4:30 Practice class (21)
Aug 19	9-12 Break	9-12:00 CM 8 - 2	9-12 Ethics (1)
	12-1 Lunch	12-1 Lunch	12:30-1:30 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 ZS4 - 9	1:30-4:30 ZS4 -10	1:30 - 4:30 Ethics (2)
Aug 26	9-12 Ethics (3)	9-12:00 CM 8 - 3	9-12 Ethics (4)
	12-1 Lunch	12-1 Lunch	12:30-1:30 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC2 - 1	1:30-5:00 SC2 - 2	1:30-5:00 SC2 - 3
Fall Break	8/29-9/8		
Sept 9	9-12 Break	9-12:00 CM 8 - 4	9-12 Break
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC2 - 4	1:30-5:00 SC2 - 5	1:30-5:00 SC2 - 6
Sept 16	9-12 EMW - 1	9-12 EMW - 2	9-12 Externship Meeting
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC2 - 7	1:30-5:00 SC2 - 8	1:30-5:00 SC2 - 9
Sept 23	9-12 EMW - 3	9-12 EMW - 4	9-12 Break
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-5:00 SC2 - 10	1:30-5:00 SC2 - 11	1:30-5:00 SC2 - 12
Break	9/26 - 10/6		
Oct 7	9-12 MB - 1	9-12 CPR	9-12 MB - 2
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 AZS - 1	1:30-4:30 CPR	1:30-4:30 AZS - 2

	Tues	Wed	Thurs
Oct 14	9-12 MB - 3	9-12 Break	9-12 MB - 4
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 AZS - 3	1:30 - 4:30 AZS -4	1:30-4:30 AZS - 5
Oct 21	9-12 MB- 5	9-12 AZS Tutorials	9-12 MB - 6
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 AZS Tutorials	1:30-4:30 AZS Tutorials	1:30-4:30 AZS Tutorials
Oct 28	9-12 MB - 7	9-12 Break	9-12 MB - 8
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 AZS - 6	1:30-4:30 AZS - 7	1:30-4:30 AZS - 8
Nov 4	9-12 MB - 9	9-12 AZS Tutorials	9-12 MB - 10
	12-1 Lunch	12-1 Lunch	12-1 Lunch
	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office	1-1:30 Open Practice / Office
	1:30-4:30 AZS - 9	1:30-4:30 Practice Class (22)	1:30-4:30 AZS - 10
Next to course names, the exact class period number is notated by indicating “ - #”			
For example “BZS - 1” means Class 1 of Beginning Zen Shiatsu			
Practice Classes go with certain course modules. BZS - Practice Class (2) indicates the 2nd practice class that goes with BZS.			