

Zen Shiatsu Chicago - Full-Time Program 2026 Schedule

	Tues	Wed	Thurs
Jan 13	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 20	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 27	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)
Feb 3	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 10	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 17	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 24	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)
Mar 3	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 10	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)
Mar 17	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 24	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 Practice Class A&P (9)
Mar 31	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 (10)	1:30-4:30 Practice Class (11)	1:30-4:30 Practice class (12)
Break 4/3-4/13			
Apr 14	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 (13)
Apr 21	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 (14)
Apr 28	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 (15)
May 5	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 12	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 (16)
May 19	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
May 26	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
Jun 2	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 9	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 16	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
<i>Practice classes A&P -></i>	1:30-5:30 SC1 Tutorials	1:30-5:30 SC1 - Tutorials	1:30-5:30 SC1 - Tutorial
Jun 23	9-12 Anatomy 2-11	9-12 CM6 - 2	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 SC1 - 7	1:30-5:00 SC1 - 8	1:30-5:00 SC 1- 9
Jun 30	9-12 Anatomy 2-12	9-12 CM6 - 3	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 SC -10	1:30-5:00 SC-11	1:30-5:00 SC-12
Break 7/3-7/13			
July 14	9-12 Business (2)	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 Business (3)	1:30-4:30 Externship Meeting	1:30-4:30 Break
July 21	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	1:30-4:30 Practice Class (17)
July 28	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 (18)
Aug 4	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 (19)
Aug 11	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 18	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 (20)
Aug 25	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)
Sept 1	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	9/4-9/14		
Sept 15	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 22	9-12 EMW - 1	9-12 EMW - 2	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 - 7	1:30-5:00 SC2 - 8	1:30-5:00 SC2 - 9
Sept 29	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
Oct 6	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
Oct 13	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 20	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 27	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 3	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 (21)	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			