



Diploma of Zen Shiatsu & Oriental Therapies

The science of Qi through the art of Zen Shiatsu massage.

Our courses are unique in Australia, offering an in-depth understanding of Chinese Medicine in relation to Zen Shiatsu massage and practice. We teach through practical and experiential learning sessions, bringing the meridians to life for each student. Our focus is to help you perfect your skills to give clinically effective shiatsu on which you can build your own successful practice.

Diploma of Zen Shiatsu & Oriental Therapies (1.5 years)

Touch has long been considered important to our emotional health, a powerful tool of connection to the world around us, one that we have understood from the day we were born.

In Zen Shiatsu, touch (through massage) is applied by the practitioner in such a way that it affects every aspect of our well-being – body, mind and spirit. Learning this ancient, but still very capable therapy will open the door to many new experiences, and if you are ready, will change your life.

Study with a prestigious established training college

At the College of Yoga Therapy & Zen Shiatsu (COTY) we aim to go beyond the standard. With a student-centred approach to learning we keep our classes small to create a learning environment that enables students to develop and find their own path to this ancient practice.

Our focus begins with you, your health and happiness with training that embraces the physical, mental and spiritual requirements that you will need to sustain a long, professional career as a Zen Shiatsu Therapist.

Becoming a Zen Shiatsu practitioner involves dedicated study alongside practical work. COTY understands this and offers students traditional mentoring style training with clinical based training in our college clinic available to all students.

COTY specialises in qi meridian based therapies with comprehensive training in Chinese Medicine delivered by TCM qualified practitioners. Study with like-minded peers in Japanese based shiatsu and yoga therapy with a long-established training college, your guarantee for high quality training and investment security.

What is Zen Shiatsu?

Zen Shiatsu is a healing art originating in Japan that uses the power of touch and pressure to enable each of us to contact our own abilities for self-healing.

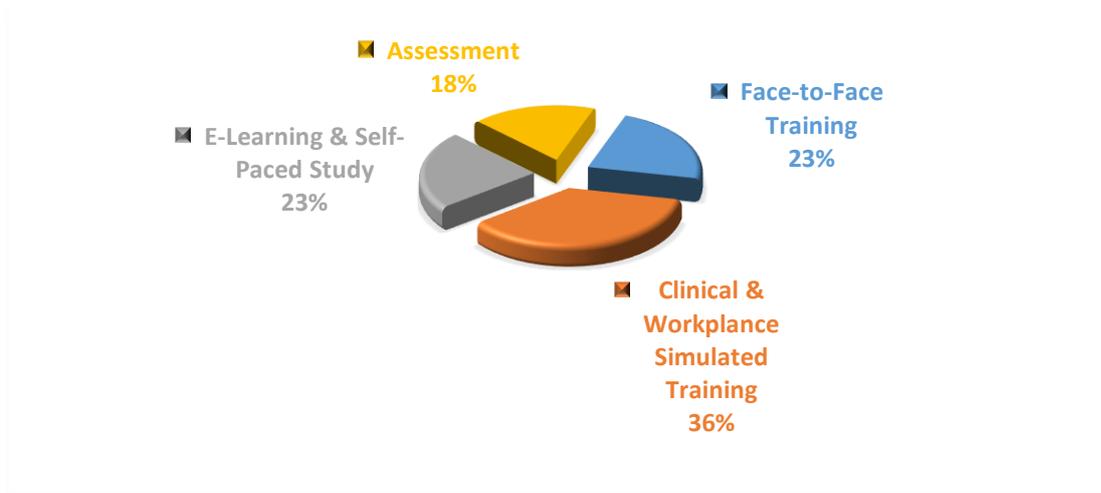
By working along the meridians (energy pathways) of the body, touching on specific acu-pressure points, and rebalancing this energy, Zen Shiatsu creates a feeling of deep relaxation as well as renewed vitality. It is often referred to as "acupuncture without the needles."

We consider Zen Shiatsu to be one of the best health care methods that can be used in daily life that can not only treat but prevent disease.

Course Overview

The course is predominately delivered face-to-face using a combination of one-on-one and group theory instruction, clinic-based case studies and simulated workplace practice and assessment. COTY's accredited trainers and assessors will ensure your learning is relevant to the health care industry and future job prospects. All practical sessions are trainer led with students typically attending weekly formal training sessions. The modules are sequenced in a way that allows a logical progression with professionally presented reference material to assist in developing knowledge of the subject.

The student's workload is spread across four main activities:



Expected duration

The course has been designed to be delivered over 18 months. This duration has been chosen to allow students to progress whilst continuing to maintain their normal work routine and output. Tutorial hours include personal practice, clinic attendance and teaching practicums expected to be completed in an additional 3 - 6 month period following the face-to-face sessions (estimate based on student average learning requirements). COTY is committed to support students that require additional time (fees may be incurred with prior agreement only) and assist student wanting to fast track their clinical traineeship and health care careers.

Course Content

The Diploma of Zen Shiatsu & Oriental Therapies has been designed to extend teachers beyond the classroom delivery to diagnose, assessment and treat individuals in a clinical setting. The course is delivered in flexible learning modules through a mix of face-to-face learning, e-learning tutorials and self-paced study and yoga practise to address your physical capabilities to treat patients.

The course includes:

Module	Module Description
RYTTRY M10	Anatomy & Physiology Stage 2
Module 26	Zen Shiatsu 1
RYTTRY M12	Client support and care
Module 27	Zen Shiatsu 2
RYTTRY M14	Pathology & Pathophysiology
RYTTRY M15	Oriental medicine 1
RYTTRY M16	Qi meridians and point location
RYTTRY M17	Physical diagnosis
RYTTRY M18	Oriental medicine 2
RYTTRY M19	TCM conditional diagnosis
Module 28	Remedial oriental therapies
RYTTRY M21	Practical oriental medicine
Module 29	Zen Shiatsu 3
RYTTRY M23	Zen Shiatsu clinical assessment and treatment
RYTTRY M24	Healing with Wholefoods – Medicines and Nutrition
Module 30	Zen Shiatsu clinical practicum

Course Inclusion

- **Scheduled lectures and tutorials**
- **Comprehensive course documentation**
- **Supervised condition-based group teaching practicums and mentoring sessions**
- **Student Clinic for practical application of skills and knowledge (pre-agreed training plan)**
- **3 day quick cleanse detoxification program**
- **Online access to COTY Student Portal, e-learning modules and access to tutors and mentors**
- **Structured peer support workshops and clinics**
- **An agreed schedule of fees and charges on confirmed enrolment**
- **Personalised remedial yoga therapy plan**

Our Commitment to Each Other

Learning is a unique experience that should be both enjoyable and fulfilling. COTY's student-centred approach to learning is our commitment to every student that they will be supported, not only during their formal study, but for years that follow in their chosen career.

This 18-month course includes study in Oriental Medicine Theories with a Western medical understanding, in combination with practical bodywork skills through traditional Zen Shiatsu techniques.

The focus of your training will be centred around clinical application of the theoretical and practical skills and knowledge gained over the duration of the course. You will study traditional and modern shiatsu and Zen Shiatsu massage routines, the meridians and point therapy as well as safe and effective lifting, stretching and adjustment techniques to complement each therapeutic session.

This course includes an holistic approach to health including the effect that diet has on the human body and how this can make or break a client's health goals. The Wholefood Medicines and Nutrition module includes ways to eat-to-health with cooking demonstrations, elemental and seasonal recipes as well as dietary advice training.

Gain the hands-on experience you need for a real career in health care at the COTY Natural Therapies Clinic under the guidance of experienced Zen Shiatsu and TCM (Chinese Medicine) practitioners in a clinical setting treating public patients.

Your study is spread across five main activities:

- 140 hours face-to-face classroom learning over 40 sessions/days, one day a week in four main study blocks (intervals set around school holidays and self-paced learning requirements, over an 18 month period including of theoretical and practical assessments.

The learning modules are delivered using a combination of face to face sessions that include one-on-one and group sessions in a simulated workplace environment (our college studio). Assessments are included in your face-to-face hours with the balance either written theoretical, online, media and other projects. REMEMBER: This is not school! We are here to prepare you to work in the complementary health care industry amongst peers in allied health care. Assessments are only there as a guide for you and our trainers to better understand your learning needs and tailor your training to suit.

- 40 hours e-learning focused on the theoretical components of the learning modules such as pre-reading of the history and other theoretical module content to make your face-to-face learning session fun, informative, but more importantly, tailored to your learning requirements. E-learning tutorials may include written and media (including videos) assessments.
- 40 hours of assisting senior level practitioners at the college natural therapies clinic and supervised clinical practice developing clinical treatment and client care methods. The

assisting and supervised clinic hours require your commitment outside the course hours and must be completed within 12 months of course commencement date.

Booking can be scheduled by contacting our college's studio manager.

- 40 hours clinical practice establishing Zen Shiatsu treatment protocols at the college natural therapies clinic. Clinic practice requires your commitment outside the course hours and must be completed within 2 years of course commencement date. These hours include shifts working in clinic administration and managerial duties designed to develop well rounded vocational training experience in a monitored environment. Booking can be scheduled by contacting our college's TYH studio manager.

As part of this component you will be given the opportunity to demonstrate your skills in the wider community for promotional purposes of Zen Shiatsu and your college. (maximum 20 hours in additional to these hours). An invaluable opportunity for any therapist – giving to the wider community.

- 100 hours of self-paced study-based dependent on student requirements (average of 1 hour per week for 2 years).

Location

All face-to-face classroom-based training, clinical attendance and teaching practicums will be delivered to students at The Yoga House GLADESVILLE campus of COTY in New South Wales, Australia.

Entry Requirements

There are no barriers to entry on the grounds of age, gender, political or cultural background. Prior to enrolling in this training program learners must complete a suitability process. Applicants must obtain the HLTAID003 Provide first aid qualification

COTY can provide you with learning support if you are struggling with course content. These skills are vital life skills, but we can help you achieve strong literacy, language and numeracy abilities with referral and/or additional tuition.

Student Information

Our enrolment package includes all the information you need to get the very best out of the course. This package outlines your rights and responsibilities as a student and gives you a range of practical information on safety, assessment and other aspects of the remedial yoga course.

Remember, our door is always open, and the COTY team are always ready to assist you with anything you need, at any time.

Study Options

The Diploma of Zen Shiatsu & Oriental Therapies is centred around 140 hours face-to-face classroom learning over 40 days/session, one day per week over four study blocks across an 18 month period (subject to clinic attendance requirements) including of theoretical and practical assessments.

Saturday 11.00am to 4.00pm commencing the **9th February 2019**

All face-to-face sessions delivered in four training blocks on a Saturday as schedule from the 9th of February 2019 through to the theoretical component completion date 4th April 2020.

Diploma of Zen Shiatsu & Oriental Therapies – Saturday Delivery			
Study Block 1	<p>Sessions 1 to 10</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>9th February to 13th April 2019</p>	Study Block 4	<p>Sessions 25 to 30</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>19th October to 23 November 2019</p>
Study Block 2	<p>Sessions 11 to 16</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>11th May to 15th June 2019</p>	Study Block 5	<p>Sessions 31 to 40</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>1st February to 4th April 2020</p>
Study Block 3	<p>Sessions 17 to 24</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>27th July to 24th September 2019</p>	Practical	<p>Clinic & Practicums</p> <p>Mutually agreed training plan and clinic attendance</p>

Thursday 8.30am to 1.15pm commencing the **7th February 2019**

- All face-to-face sessions delivered in four training blocks on a Saturday as schedule from the 7th of February 2019 through to the theoretical component completion date 2nd April 2020.

Diploma of Zen Shiatsu & Oriental Therapies – Thursday Delivery

Study Block 1	<p>Sessions 1 to 10</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>7th February to 11th April 2019</p>	Study Block 4	<p>Sessions 25 to 30</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>17th October to 21st November 2019</p>
Study Block 2	<p>Sessions 11 to 16</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>9th May to 13th June 2019</p>	Study Block 5	<p>Sessions 31 to 40</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>30th January to 2nd April 2020</p>
Study Block 3	<p>Sessions 17 to 24</p> <p>11.00am to 1.15pm Theoretical</p> <p>1.15pm Session Break</p> <p>1.45pm to 4.00pm Practical Session</p> <p>25th July to 12th September 2019</p>	Practical	<p>Clinic & Practicums</p> <p>Mutually agreed training plan and clinic attendance</p>

Attendance Policy

100% attendance is expected for all face-to-face sessions, with a minimum of 90% required to gain certification. Any planned absences must be pre-approved by the course director. Arrangements must be made to make up missed sessions with private tuition at your own cost. If you are ill, you must call the program coordinator at least 30 minutes prior to class. If you miss contact hours due to illness you must make up missed sessions with private tuition at your own cost.

Assessments

This course is competency-based, which means there is no pass or fail.

Assessments must be completed within the time frame specified and competency in teaching demonstrated, according to the criteria given in the assignment package, before your certificate will be rewarded.

Refund/Withdrawal Policy

\$2000 non-refundable deposit is due upon acceptance into the course (unless otherwise authorized). Final balance is due 4 weeks prior to course commencement unless a pre-agreed payment plan is in place. Should you prefer to pay this course through an interest free payment plan please talk to your course advisor for more details.

Withdrawal from training prior to two weeks before course commencement: 10% of the course fee is non-refundable. Withdrawal from training within two weeks of the course commencing: 50% of the course fee is non-refundable.

Credit may be transferred to another teacher training program within two years of cancellation of the original course. Please consult our Fee Schedule for a detailed breakdown of the course costs.

Student Information

Our enrolment package includes all the information you need to get the very best out of the course. This package outlines your rights and responsibilities as a student and gives you a range of practical information on safety, assessment and other aspects of the remedial yoga course.

Remember that we have an open-door policy for students and trainers with the COTY team always ready to discuss your training requirements and needs.

Location

Both the classroom-based training and the practical training will be delivered to students at The Yoga House GLADESVILLE campus of COTY in New South Wales, Australia.

Recognition of your existing skills

Our courses are flexible. We understand that you may have a core set of pre-existing skills in this area, so we can work with you to provide you the extra levels of competency that you need to succeed.

We also understand that life is wonderful as well as unpredictable, so if something pops up and your need more time to reach the desired level, we can work with you to provide this.

COTY RPL Program

Students come to us from many different backgrounds. If you are already experienced in some of our course areas, you may be able to apply for RPL – or Recognition of Prior Learning. There are three main areas that are considered during an RPL process. These are:

Existing work experience. The practical work experience you have gained to date may have provided you with solid skills and knowledge that are of relevance to this course. Work experience may be informal, formal, full time, part time, voluntary, or paid.

Existing qualifications. You may have completed educational courses that have provided you with knowledge and understanding that is of relevance to the course of study. For example, if you have another TAFE course or unit, this may count as credit toward a unit included in this qualification.

Life skills and experience. Your general life experiences and the skills you have developed over time may also count toward the qualification you wish to complete.

Anyone who has previous knowledge, experience, or skills that are relevant to this course can apply for RPL, regardless of whether your training or experience was in Australia or abroad. To be successful, you need to be able to provide evidence of the skills and knowledge you have gained.

Not Sure? You can call us on 9817 0078 to arrange a free-skills assessment with your course advisor.

Contact us and expand your career options today!

Ph: +612 9817 0078

Email: courses@coty.nsw.edu.au

Web: www.teachyoga.nsw.edu.au

A deposit is required on acceptance of application to confirm enrolment. COTY offers all students monthly interest free payment plans for the remaining fees.

Get REAL working skills with COTY Australia's Leading College in Meridian Based Therapies