

Shiatsu College Norwich - Open Weekend - June 26th - 27th

Dates & Times: Saturday 10.00 - 17.30 + Sunday 10.00 - 16.00 BST

Lunch 13.00 - 14.30 both days - please bring your own picnic lunch or you can pop out to any of the lovely local eateries

Venue: The Norwich Wellbeing Centre, 15 Chapelfield East, Norwich NR2 1SF

[Link to map and information on parking](#)

Open to All: an Introductory weekend for complete beginners plus some inspiring Shiatsu training for ongoing students, graduates or experienced Shiatsu practitioners

Activities: new students will be introduced to the special qualities of Shiatsu in this highly practical weekend, starting with warm-up exercises. You will be working on the floor on comfortable mats, watching demonstrations of practical techniques then pairing up with your peers to practise giving and receiving them.

What to bring: all you need is a large handkerchief or cotton cloth for face work and a notebook/ pen & paper. Please wear loose comfy clothes and a mask - hand sanitisers will be available in the classrooms

Teachers: the Shiatsu College Norwich collective team of Cliff Andrews, Dinah John, Basti Deans, Shakura Meddings and Cat Westwood will be leading the classes

Resources: we'll be providing course notes and will also be filming the teaching / practical demonstrations so that videos will be available to you afterward via our online training platform (the videos will not be shared outside the course)

Blended Training Option: if you can't make the class in person, as a Blended training student you can join the livestream part of the weekend plus have access to all the other resources provided

Community Membership Option: as part of our Community you will have access to selected parts of the livestream from the class - plus selected videos and other resources from the weekend

Booking: please email us at team@shiatsucollegenorwich.org