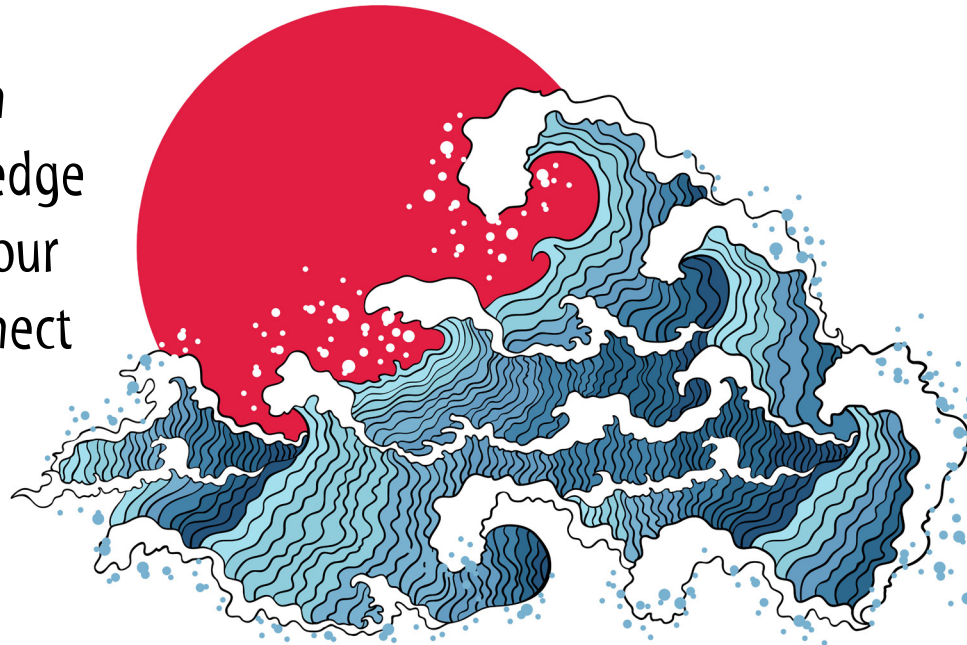


# STAA ANNUAL RETREAT 2017

with Japanese Shiatsu Master Mikito Nagai

Deepen  
your knowledge  
of shiatsu and your  
confidence to connect



15-17 SEPTEMBER 2017  
BURLEIGH HEADS, QUEENSLAND



# STAA ANNUAL RETREAT 2017

The National Council of the Shiatsu Therapy Association of Australia (STAA) is delighted to bring Mr Mikito Nagai and Shu Takeda to Australia to share their research and knowledge. This is a unique opportunity to learn Mr Nagai's bone-warming and bone-vibrating techniques.

Mr Nagai has developed these techniques that practitioners around the world are using to treat their patients.

Mr Nagai wishes to treat as many retreat participants as possible. Shu Takeda will translate and organise instruction. Written handouts with clear photos and diagrams will be available. A group of Japanese students will also attend this three-day retreat.

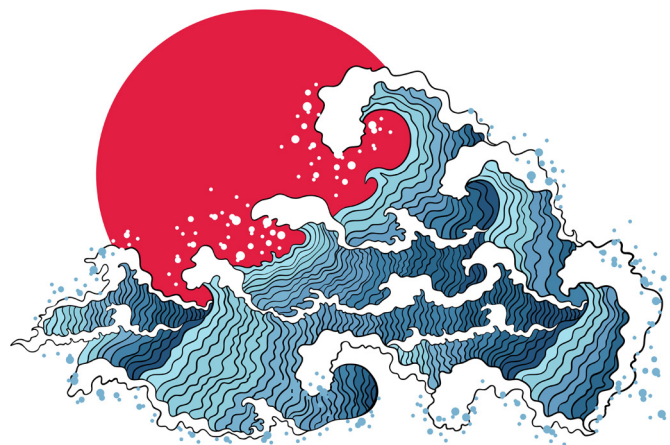
Please support our efforts to strengthen our shiatsu community, augment our training, support our individual capacity to offer healing and service to our patients, and foster international professional relationships.

Therapists, students and carers will be made very welcome in our efforts to grow STAA and integrate shiatsu into the healthcare system of Australia.

*Linda Rago*  
*President*  
*Shiatsu Therapy Association of Australia*

## 7 REASONS TO ATTEND

1. **Learn** techniques never before taught in Australia.
2. **Experience** the learning style of a Japanese master.
3. **Increase your confidence** treating aged and frail clients, disabled or those recovering from surgery or injuries.
4. **Connect and share** with fellow practitioners and students from Australia and Japan.
5. **Receive** hours of deeply restorative bodywork.
6. **Earn 20 continuing professional education points.**
7. **Relax and explore** beautiful Burleigh Heads on the Gold Coast.



# MIKITO NAGAI

Mikito Nagai (born 1947) has been practising and teaching shiatsu in Japan for more than 50 years. During that time he has led several shiatsu schools, guiding many shiatsu students towards full-time therapeutic practice.

Mr Nagai has created training programmes for shiatsu pressure, acupuncture, moxibustion, electrotherapy, dozen (yoga asana and correctives), breathing methods, hypothermia therapy and fasting.

He worked on international humanitarian projects before developing his own research. This research focuses on bone-warming and bone-vibrating methods and will be presented in a series of progressive sessions at this retreat.

Mr Nagai's methods of making space between and around bones is easy to receive. This makes his method suitable for patients who are in pain, aged or very young, disabled or recovering from injury or surgery. It is also relaxing for the practitioner's fingers and has a relaxing effect on both patient and practitioner.

*These bone-warming and bone-vibrating techniques are so helpful in my personal care of aged and frail clients because they are gentle, effective and non-invasive. I'm very interested to learn more.*

Nicole Brockdorff, Aged Care Worker

*His methods are painless, feel good and more comfortable than other Oriental therapies.*

Hisako - massage therapist, Ridgeview Chiropractic, Fairbanks, Alaska



# VENUE

CYC Burleigh is located at 22-28 Rudd St, Burleigh Heads, Queensland. Nestled in the Burleigh Heads National Park, within walking distance of the famed Burleigh Heads surf break and the beautiful Tallebudgera Creek. CYC offers comfortable dormitory style accommodation.

Less than 20 minutes by taxi from Gold Coast airport, the Gold Coast Hinterland, theme parks, Surfers Paradise and the Gold Coast's many other attractions are only minutes away via bus.

[\*\*CYC BURLEIGH WEBSITE\*\*](#)





# WHAT'S INCLUDED

- **Shiatsu tuition sessions**
- **Shared accommodation at CYC Burleigh Heads (includes linen – sheets, doona, pillow and towel)**
- **All meals for the duration of the conference**
- **Presenter notes**
- **Free time to explore, walk or swim**

# REGISTRATION FEES

	<b>EARLY BIRD</b> <i>Before 30 June 2017</i>	<b>STANDARD</b> <i>From 1 July 2017</i>
<b>STAA member</b>	\$525	\$575
<b>Student</b>	\$475	\$525
<b>Non member</b>	\$625	\$675

Registrations close 18 August 2017.

## **Refund policy**

Full refund for cancellation if STAA is advised in writing by Friday 18 August 2017.

# DAILY OUTLINE\*

## Friday 15 September

- 2–4pm **Registration and time to look around**
- 4–6pm **INTRODUCTION & SESSION 1**
- 6–7pm Welcome dinner
- 7–9pm **SESSION 2**
- 9.15–11pm **Evening session, practice and discussion (optional)**

## Saturday 16 September

- 6.00am Chanting ~ Hannya (Heart) Sutra
- 6.15–7.15am Morning walk / swim
- 7.30–8.30am Breakfast
- 9am–12 noon **SESSION 3**
- 12.30–1.30pm Lunch
- 1.30–3pm Free time
- 3–6pm **SESSION 4**
- 6.30–7.30pm Dinner
- 8–10pm **Evening session, practice and discussion (optional)**

## Sunday 17 September

- 6.00am Chanting ~ Hannya (Heart) Sutra
- 6.15–7.15am Morning walk / swim
- 7.30–8.30am Breakfast
- 9am–12 noon **SESSION 5**
- 12 noon–2pm Closing luncheon

\* The program will be flexible according to the needs of the group under the instruction of Mr Nagai.

