



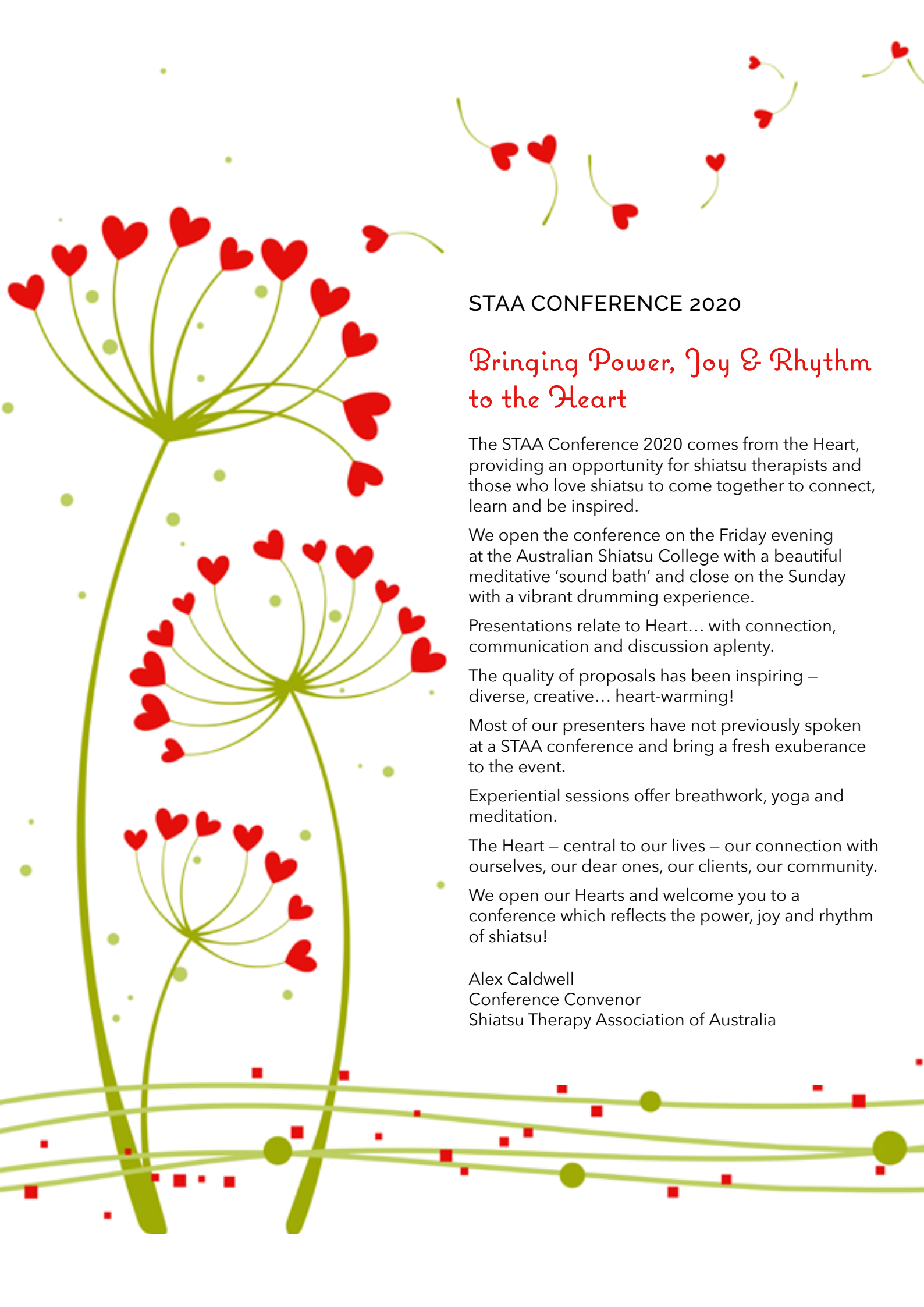
Shiatsu Conference

**Bringing Power,
Joy & Rhythm
to the Heart**

29-31 May 2020

Australian Shiatsu College
Brunswick, Melbourne





STAA CONFERENCE 2020

Bringing Power, Joy & Rhythm to the Heart

The STAA Conference 2020 comes from the Heart, providing an opportunity for shiatsu therapists and those who love shiatsu to come together to connect, learn and be inspired.

We open the conference on the Friday evening at the Australian Shiatsu College with a beautiful meditative 'sound bath' and close on the Sunday with a vibrant drumming experience.

Presentations relate to Heart... with connection, communication and discussion aplenty.

The quality of proposals has been inspiring – diverse, creative... heart-warming!

Most of our presenters have not previously spoken at a STAA conference and bring a fresh exuberance to the event.

Experiential sessions offer breathwork, yoga and meditation.

The Heart – central to our lives – our connection with ourselves, our dear ones, our clients, our community.

We open our Hearts and welcome you to a conference which reflects the power, joy and rhythm of shiatsu!

Alex Caldwell
Conference Convenor
Shiatsu Therapy Association of Australia



Workshops & Presenters

SHIATSU & CRANIOSACRAL THERAPY

Geraldine Doyle will give an insight into the amazing potential of the gentle touch approach of CranioSacral Therapy, including:

- an overview of CranioSacral Therapy and how to integrate this into treatment protocols and the meridian system
- an overview of cerebrospinal fluid (CSF) dynamics and the craniosacral system, and how CSF dynamics are felt in the fascial system
- how feeling the CSF fluid dynamics in the fascia influences palpation and treatment of the meridian system and the individual client
- demonstration and practice of palpation of the craniosacral rhythm, and of a meridian system from a craniosacral treatment protocol perspective.

AN EXPLORATORY JOURNEY INTO THE WORLD OF SHIATSU

Through discussion and practical work, we will explore the principles of shiatsu that bind us together, and how we have evolved into the practitioners we are today.

Areas we will focus and reflect upon are:

- What does shiatsu mean to you?
- What do your clients expect from their shiatsu treatment and why do they come back?
- What is unique about you as a practitioner, and how have your life experiences shaped you.

We will explore the techniques and principles that you have embraced and adapted ensuring sustainability over time.

We will come away with greater insight and a deeper understanding about our relationship to shiatsu and growth as a community.

THE NEW ENCODING PATTERNS OF ESOTERIC ACUPUNCTURE

Dr Steven Booth (CM) will introduce the New Encoding Patterns from Esoteric Acupuncture as a key to the expansion of consciousness, covering:

- origin and purpose of the work
- explanation of the geometric coding sequences within the emerging human energetic field
- Embodied Sacred Geometry, from a Daoist perspective
- direct experience of expanded awareness and higher sensory perceptions
- tuning to resonant frequencies and working with the Heart field
- activation of the basic New Encoding Patterns for personal and planetary evolution
- how to use the patterns to work with clients, as well as your own personal and professional development.

Geraldine Doyle

Geraldine is a Shiatsu and CranioSacral Therapist, and her treatment style is informed by both modalities.

Geraldine graduated from Zen Shiatsu Centre Sydney in 1989. She was certified in CranioSacral Therapy Techniques in 1999 and completed the Diplomate level in 2017. She has worked as a teaching assistant with the Upledger Institute for more than 20 years, and has her practice in Hobart.



Jenny Dorrington

Jenny has more than 30 years experience as a shiatsu therapist and educator.

As director and teacher at the Australian Shiatsu College, she brought together her two passions of the oriental healing arts and a background in teaching and education.

She is also a registered acupuncturist.



Steven Booth

Dr Steven Booth is a registered Chinese medicine practitioner and Lightworker, with extensive experience with shiatsu, qigong and Chinese internal martial arts of Taijiquan and Baguazhang.

His main focus is currently on expanding the Esoteric Acupuncture system of Dr Mikio Sankey (PhD LAc), and Lightbody Activation processes, for expanded consciousness and spiritual development. While drawing on esoteric and transpersonal frameworks, Steven remains grounded and practical in his approach.



Workshops & Presenters

GRASSROOTS SHIATSU RESEARCH

The word 'research' when spoken in a shiatsu context tends to evoke preconceptions, memories and dismissal or enthusiasm. This workshop will present formats for recording observations of patterns and responses during a treatment. Observations are a familiar, standard, grassroots version of practitioner 'research, experienced within daily bread and butter work with clients. This simple information-gathering format can help ground awareness and promote professional development out of daily shiatsu encounters. This interactive workshop introduces participants to the STAA Case Study and more extended Case Series formats. The main focus is discussion and workshoping for exploring potential applications and benefits, while generating feedback for improving them.

Dorothy Douglas

Dorothy trained with Wataru Ohashi in New York, graduating in 1983. She has broad and continuing experience as a practitioner and educator. Dorothy works with the STAA National Council to develop member resources and shiatsu education and research. Recently she contributed to the article, *Practicing Shiatsu in Australia: a workforce survey*, published in *Advances in Integrative Medicine*, 2019, and developed and implemented the STAA Mentoring Pilot Program.



SETTING UP A COMMUNITY CLINIC

In 2016 Armelle, Christine and Lucy founded Co-Shi-Co – a community shiatsu clinic based on the cooperative model that offers low-cost shiatsu sessions in a communal setting 'for everyone, every week'.

In this presentation and Q&A, these three amazing women will explain what they do, why they started running this type of clinic, and the steps they took to set it up.

They will also talk about the successes and challenges of this model, the benefits of community healthcare and their plans for the future.

Armelle Sebbag Christine Baro Lucy Snedden

Armelle Sebbag, Christine Baro and Lucy Snedden graduated from the Australian Shiatsu College in 2015/16.

For the past three years they have run the community shiatsu clinic at SPAN Community House in Thornbury every Tuesday afternoon.

Introducing innovative ideas to offer shiatsu to people who cannot usually afford to pay for sessions, they have expanded into running seasonal workshops combining shiatsu, TCM-based teaching and cooking.



HOW TO BUILD YOUR SHIATSU PRACTICE & GROW YOUR CLIENT BASE

While most shiatsu practitioners are technically strong, it is having the confidence and motivation to initiate new business, follow up with clients, mining your database for leads, and making the new calls that can mean the difference between your practice's success and failure. In this interactive workshop, learn how to:

- Overcome any reluctance and call aversion to initiate more leads and new contacts
- Use the 4 fundamental keys that underpin a successful shiatsu practice
- Become more confident and comfortable to approach new (and existing) clients in a professional and 'non-salesy' manner
- Focus your time and energy to reach your business targets faster

Michael Licenblat

Michael ran a full-time private shiatsu practice for 7 years, working with over 4000 people. He has a degree in psychology, is an international professional speaker and author of *Pressure Proof - how to thrive in time of disruption, change, and pressure*.

Michael will be well-known to STAA members as a regular contributor to *Pointers* magazine. He also ran a workshop at STAA's 2013 conference in Sydney.



Workshops & Presenters

GROWING AN ENGAGED SHIATSU AUDIENCE ON SOCIAL MEDIA

Used effectively social media can help you build your shiatsu business. However, without knowing the basics of how social media platforms such as Facebook work, the time you spend on it can be pointless. In this session you will learn how you can easily develop your social media presence.

Even those who don't like using social media will benefit from this session. No techiness required!

This workshop will cover:

- *Copywriting 101* - develop a shiatsu avatar so you know who you want to reach
- *Content 101* - create a content strategy to develop a relationship/connection with your social media audience
- Understand how social media works

Marian Jarvis

Marian is the owner of Soul Body Shiatsu, and has worked in the health and wellness industry for more than 10 years. She has a strong interest in women's health and has completed postgraduate studies with the Well Mother organisation.

Training in Digital Marketing has given Marian the tools that she now uses daily to promote her shiatsu business on Facebook and Google enabling her to connect and engage with her local community.



LONELINESS: EXPLORING A MODERN DILEMMA

This interactive workshop will use existential and gestalt perspectives to explore loneliness through four dimensions of existence - Spiritual, Personal, Physical and Social worlds.

Participants will explore their own experience of loneliness, then expand the concepts to explore how we can engage with clients to allow them, if appropriate, to work with their sense of loneliness to deepen the therapeutic engagement between client and practitioner.

As many shiatsu practitioners work alone, the workshop also aims to help practitioners build resilience into their practice.

Vivien Watmough

Vivien qualified as a shiatsu practitioner in 1994 and as a Gestalt Psychotherapist in 2000. As well as her private shiatsu and counseling practice, she has worked in a variety of organisations as a drug and alcohol counselor for more than 20 years.

Vivien set up the One to One Wellbeing Centre in Euroa in 2010, a multidisciplinary natural medicine centre.



SHEN AS DEVOTION

Being a transformational presence in an age of anxiety and collective trauma

This presentation addresses how shiatsu therapists can integrate the wisdom of East Asian classics with a modern understanding of interpersonal neurobiology.

Head, heart and hara practices can help us, our clients and our communities, by providing a space for new somatic experiences to emerge and lasting transformation.

An understanding of nervous system regulation and polyvagal theory can support our work in this area.

The conscious healing principles of presence, attunement, coherence and integration will be introduced. As well as centring practices for shiatsu practitioners to address symptoms affecting the jing, qi and shen.

Kirsten Muzeen

Kirsten has a passion for sharing her love of the classics with embodiment practices for greater integration.

As well as qualifications in Shiatsu & Oriental Therapies, Manaka Protocols, Toyohari Meridian Therapy and Hun Yuan qigong, Kirsten studied Healing Shiatsu (embodiment and meditation) for 8 years with Sonia Moriceau in the UK.



Workshops & Presenters



STRAIGHT TO THE HEART ~ A BREATHING PRACTICE

Linda Rago

If Heart energy is your target, the sharpest arrow in your quiver is the breath. Heart energy can be felt more easily when the parasympathetic nervous system is supported and the Pericardium loosens its habitual clench. Feel a sense of ease and peace.

DRU YOGA

Scott Brisbane

Scott will teach the Dru Yoga sequence EBR 3 ~ *Awakening the Heart*.

The Energy Block Release (EBR) sequences are a foundation of Dru Yoga, and EBR 3 initiates a subtle activation and opening of the heart centre.

FIVE ELEMENT MEDITATION

Alison Clarke-Daly

The Hun or ethereal soul is associated with the liver system and is the aspect of consciousness that continues to exist in more subtle realms even after the death of the body.

This meditation guides us to make a connection or allow a connection with the Hun, the Yi, the Shen and to explore these aspects of our self.



CLIENT VOICE PANEL

Four clients have generously volunteered to come together to form a panel to speak of their experience of shiatsu. Some have received shiatsu over many years, whilst others came to shiatsu to address an issue which was presenting more acutely.

They will speak about their experience of receiving shiatsu and will also be available to address questions and comments from the audience.

MENTEE PANEL

STAA's first mentoring program is underway.

Now well into the process, feedback has been largely positive from those involved.

This panel comprises four mentees who will speak about how they have experienced the mentoring process. They will also be available to address questions and comments from the audience.



Program

FRIDAY 29 MAY

| | |
|---------------|-------------------------------------------------|
| 5-6.15pm | Registration desk open Finger food and drinks |
| 6.30pm-7.15pm | Welcome address |
| 7.15-8.15pm | Sound healing bath Mari Okita |

SATURDAY 30 MAY

| | |
|-----------------|--------------------------------------------------------------------------------|
| 8.30am-8.55am | Chanting ~ Hannya Shingyo (Heart Sutra) |
| 9am-10.30am | An exploratory journey into the world of shiatsu Jenny Dorrington |
| 10.30am-11am | Morning break |
| 11am-11.40am | Grassroots shiatsu research Dorothy Douglas |
| 11.45am-12.15pm | Setting up a community clinic Co-Shi-Co |
| 12.15pm-12.20pm | Heads-up for STAA Conference 2021 |
| 12.20pm-1.45pm | Lunch |
| 1.45pm-3.00pm | Shiatsu & CranioSacral Therapy Geraldine Doyle |
| 3.00pm-3.30pm | Afternoon break |
| 3.30pm-4.15pm | How to build your shiatsu practice & grow your client base Michael Licenblat |
| 4.15pm-5.10pm | Growing an engaged shiatsu audience on social media Marian Jarvis |
| 5.15-6.15pm | Dru Yoga Scott Brisbane OR 5 Element meditation Alison Clarke-Daly |
| 6.30pm | Dinner at MaiThai |

SUNDAY 31 MAY

| | |
|-----------------|-----------------------------------------------------------------------------------------------------|
| 8.30am-8.55am | Chanting ~ Hannya Shingyo (Heart Sutra) |
| 9am-10am | The new encoding patterns of esoteric acupuncture Steven Booth |
| 10am-10.30am | Morning break |
| 10.30am-11.30am | Mentee panel and Q&A |
| 11.30am-12.30pm | Client voice panel and Q&A |
| 12.30pm-1.30pm | Lunch |
| 1.30pm-2.25pm | Straight to the heart ~ A breathing practice Linda Rago |
| 2.30pm-3.30pm | Loneliness: Exploring a modern dilemma Vivien Watmough OR Shen as devotion Kirsten Muzeen |
| 3.30pm-4.30pm | Drumming workshop with Melbourne Djembe |
| 4.30pm | Farewell address |

What's included

- All shiatsu tuition sessions
- Chanting, yoga and meditation
- Sound bath and drumming workshop
- Friday food and drinks and Saturday dinner at MaiThai
- Conference pack and presenter notes
- Earn 20 CPE points

Register
online
here

Registration fees

| | EARLY BIRD | STANDARD |
|------------------------|----------------------|-------------------|
| | Before 31 March 2020 | From 1 April 2020 |
| STAA member | \$390 | \$490 |
| Shiatsu student | \$245 | \$345 |
| Non member | \$490 | \$590 |

Registrations close Friday 8 May 2020.

Refund policy

Registration cancellations received in writing at the STAA office by Friday 8 May 2020 will receive a refund less a handling fee of \$30. No refunds will be made after 8 May 2020, however an alternative delegate name may be provided in writing. Where there is extenuating circumstances a refund outside of these terms may be considered by, and at the discretion of the Organising Committee. Participants are strongly advised to secure appropriate travel insurance. Registration fees do not provide any insurance cover.

Venue

The venue is the Australian Shiatsu College at 103 Evans Street, Brunswick. The College is located inside a 150-year-old converted cotton mill. It is a beautiful warehouse space on the border of Brunswick and East Brunswick, not far from Lygon Street.



Billeting

We are setting up billeting for the conference. If you require, or can offer accommodation to a fellow attendee, please contact the office and we will do our best to match up billeters and billetees.

Contact

Shiatsu Therapy Association of Australia
1300 138 250
enquiries@staa.org.au
www.staa.org.au

*Drum photo by Luz Mendoza on Unsplash
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