

Introduction

The first 18 months of a child's life is a key developmental stage. The first human connection we have is through physical touch and not words. It promotes motor, sensory, emotional, as well as energetic development in our first years of living and therefore supporting the very foundation of our entire late life.

This realisation stems from the 'Model of Energetic Development' which is the basis of Developmental Shiatsu. It describes the energetic levels of development and therapeutic approaches tailored to them.

Based on a holistic concept, Developmental Shiatsu promotes healthy development in children and adults by engaging specific touching techniques. Simultaneously, it is a treating method supporting management of certain symptoms (e.g. issues associated with delayed child development).

"A must do course that deepens your understanding of western and eastern child development. You come away confident to work with babies and children, but also with a framework that is applicable to all ages and clients"

- E. Harrison (*Shiatsu Practitioner*)

What You Will Learn

FOUNDATION WORKSHOP

- Baby and child development:
 - Western (Motor/Sensory)
 - Eastern (Three families of early meridians)
- Development of perception
- Shiatsu treatment techniques for babies/infants
- Handling of babies
- Energetic findings
- Contraindications
- Transfer and application of Developmental Shiatsu in adult treatments through identified 'life themes'
- You are required to send three videos to Karin, demonstrating the techniques discussed in class. You will then receive feedback from Karin via a one-on-one video session.

ADVANCED WORKSHOP*

- Revision of the basic treatment protocols of the 3 meridian families
- Further understanding of sensory development
- 'Energetic' assessment - diagnosis & appropriate treatment approaches
- Developmental disharmonies
- Examples of common childhood illnesses
- Exercises and games to support baby's development
- Example of mother/baby class
- Transfer of knowledge of child-specific development and treatments to an adult context

An assessment will be required upon completion of each workshop and feedback from Karin will be provided

* Prerequisite: Completion of the foundation workshop is required to participate in the advanced workshop

About Karin

Karin Kalbantner-Wernicke initially trained as a paediatric physiotherapist and went on to study shiatsu in Japan.



In 1985, together with her husband Dr Thomas Wernicke, they founded a paediatric clinic and an institute for complementary and alternative medicine in Germany.

Karin is an experienced Shiatsu practitioner, international teacher and author with over 30 years experience. She has taught throughout Europe, Japan and USA. Her recent publications include *Baby Shiatsu: Gentle touch to help your baby thrive* with Tina Haase (recommended reading for this course) and *Children at their Best* with Bettye Jo Wray-Fears (Singing Dragon).

Author of the '*Baby Shiatsu: Gentle Touch To Help Your Baby Thrive*' and '*Children At Their Best*'

