Begin the end of Back pain for your clients
School of Shiatsu, UK Christmas House

Classes run from 10.00AM to 5.00PM each day
This syllabus is provisional and subject to amendment
Your course teacher is George Dellar MRSS(T) DS, Lic ac. MBRC

Day 1: Jan 9th 2013
Five element qigong, Shiatsu/body workshop 1, Mayor causes of back pain, Cause of disease Traditional Chinese Medicine (TCM) 1, Influential points, Diet (TCM), Yoga around back pain. Muscle groups technique.

Day 2: Jan 16th 2013
Five element qigong, Shiatsu/body workshop 2, Drugs and medication, Exercise, Western imaging, Moxa introduction/overview, Mood/depression, Yoga around back pain, Acu points, Muscle groups technique.

Day 3: Jan 23rd 2013
Five element qigong, Shiatsu/body workshop 3, Pulse overview, Cupping introduction/overview, Treatment protocols, Yoga around back pain, Muscle groups technique.

Note the workshops will include technique protocols and methodologies, five element touch and qi connection, prescriptive point work for back ailments, moxa and cupping techniques.

If you are travelling by car please bring your own futon.
Please try to arrive on time, a pack lunch is advised, tea and biscuits are plentiful.

DIRECTIONS
From Marlborough:
Take the A4 westwards to the roundabout at Beckhampton turn right onto the A4361 signposted 'Avebury and Swindon'. Continue through Avebury on the A4361 and on entering the village of Winterbourne Monkton fork left by a telephone kiosk signposted 'Winterbourne Monkton and the New Inn'. Carry on past the Public house and at the next bend turn left and Christmas House is straight ahead over a bridge. Treatment rooms are at the rear of the garage, located through arched gate to the right of the main house.

From junction 15 M4
Turn first left at the motorway roundabout onto the A345 direction Marlborough. Go up the hill and turn right just before the petrol station to Chiseldon (B4005) at mini roundabout turn second left then at T junction turn right to Wroughton then down the hill and at roundabout turn left onto the A4361 Continue towards Avebury, ignoring turnings on the right toward Broad Hinton, Winterbourne Bassett and Berwick Bassett. On entering Winterbourne Monkton (sign on main road) take the first turning on the right and after approximately 150 meters go straight ahead where the road bends Christmas House will be seen straight ahead over a bridge (down a no through road). Treatment rooms are at the rear, located through arched gate to the right of the main house.

From Junction 16 M4
Leave the M4 and follow the road signposted to Wroughton. Carry on over a railway bridge and ignore turning on left to Wroughton and carry straight on for approximately 3 miles. At the junction with the A4361 turn right and continue towards Avebury, ignoring turnings on the right toward Broad Hinton, Winterbourne Bassett and Berwick Bassett. On entering Winterbourne Monkton (sign on main road) take the first turning on the right, then after approximately 150 meters go straight ahead where the road bends Christmas House will be seen straight ahead over a bridge (down a no through road). Treatment rooms are at the rear, located through arched gate to the right of the main house.

ACCOMMODATION
If you are thinking of staying overnight you maybe interested to know there are lots of places to stay in Marlborough, right in the heart of the Marlborough Downs (which is 10 minutes away by car from where the course will be run) and it is a very pretty town. If you want to shop around for other places to stay try the tourist office as they will have a list of B&B's they are on 01672 513989. B&B's that have been recommended by students on previous courses. Compton Farmhouse Broad Hinton, Tel 01793739278, Broomgrove Lodge, near Pewsey 01672 810515, Fishermans House, Mindenhall 01672 515390, Crofton Lodge, Great Bedwyn 01672 870328, the Old Forge, East Kennett 01672 861686

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