



Healing with your Hands!
LEARN SHIATSU
this Fall 2019

Beginner's Shiatsu ~ Level 1 (24 hours)

at UPMC's CENTER FOR INTEGRATIVE MEDICINE in Shadyside

Wednesdays from 3 - 6pm

September 4th - November 6th 2019 (*no class 10/9 & 10/23*)

\$550 for series; (\$525 if paid in full by 8/16/19)

What will you learn in this class?

- ★ Learn to give Shiatsu treatments to family & friends!
- ★ Add acupressure abilities & Chinese Medical Theory to your current healing work
- ★ Location of the 12 acupuncture energy channels
- ★ Function of the 12 acupuncture energy channels
- ★ Meditations increasing your energetic awareness
- ★ Exercises for flexibility, balance & self-healing

What is Shiatsu?

Based on the same system as acupuncture, Shiatsu is a therapy that renews & enhances the body's natural healing powers. Using acupressure & gentle stretches, the Shiatsu practitioner penetrates and unblocks the energy pathways of the body.

The result is a pleasant and relaxing form of treatment. Minor aches & pains will disappear in a single session. Repeated treatments can relieve a whole variety of chronic conditions of body & spirit.

Questions can be directed to:

P: 412-327-5719

E: cloudgatepgh@gmail.com

Shiatsu Level 1 - Registration Form

Wednesdays – 3-6 pm
Sept. 4th – Nov. 6th 2019 (no class 10/9 & 10/23)
Instructor : Kate Sherman MSCP
@ *UPMC Shadyside ~ Center for Integrative Medicine*
580 S. Aiken Avenue, Ste 310, Pittsburgh, PA 15232
412-623-3023

Name: _____
(First) (Middle Initial) (Last)

Date of Birth: _____

Mailing address: _____

Phone # _____ E- mail: _____

Emergency Contact: _____ Phone # _____

Please note any limitations or concerns in the space below:

Program tuition: 8 Shiatsu Classes - \$550.00 (\$525 if paid in full by 8/16/19)

UPMC Employees earn 75 Healthy Points!

The course fee is non-refundable after 9/4/2019

Payments

Credit or Debit Card via phone: **412-623-3023**

Or

Check or Money Order payable to: **Cloud Gate Pittsburgh**

Mail checks to: *Center for Integrative Medicine*
580 S. Aiken Avenue, Ste 310, Pittsburgh, PA 15232

WAIVER AND RELEASE OF LIABILITY

In consideration for permission to participate in **Shiatsu** classes, I, _____ (print name), hereby assume all risks for such involvement, and release and discharge *UPMC Shadyside Center for Integrative Medicine*, its affiliates, agents, officers, and employees, from all liability, claims, demands, actions and causes of action whatsoever, whether known or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity.

Participant's Signature: _____ **Date:** _____