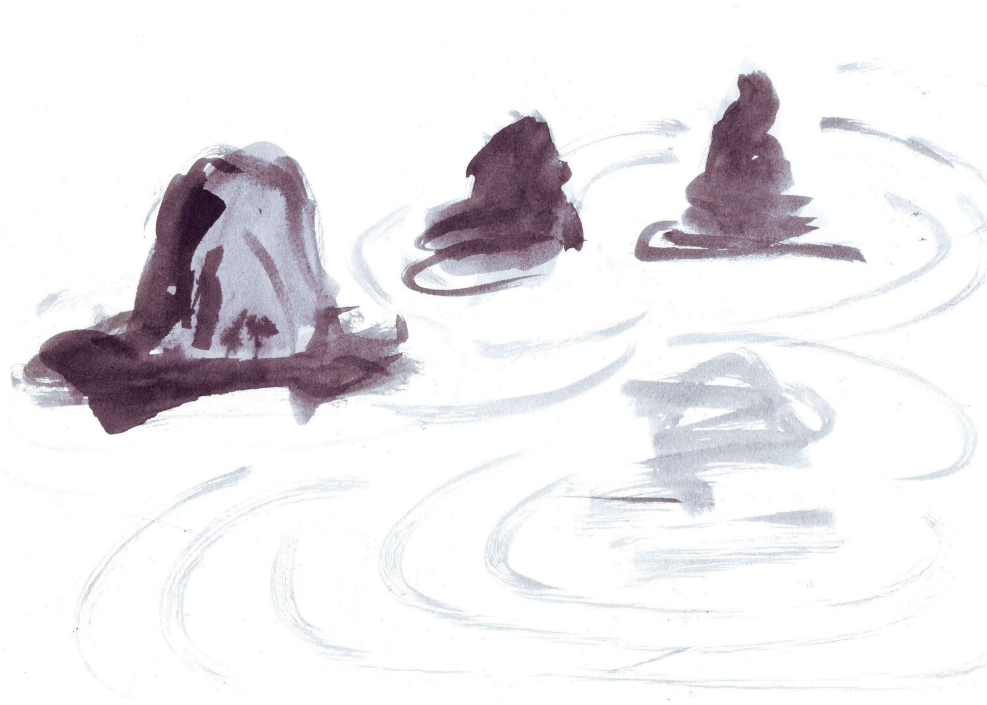




Five Lights Center of Shiatsu



To give and receive
a healing touch
is innate and intuitive
for every human being.

Five Lights Center of Shiatsu

Shiatsu
Training
Programs

Education is the foundation of all programs at Five Lights Center of Shiatsu. There are many ways students, wellness practitioners, and health-conscious people can join our Shiatsu community. Offerings include:

Professional 500-hour Certification Training Program

We offer a comprehensive curriculum based on traditional Japanese Shiatsu. Students learn all aspects of the Shiatsu practice in-person and online. Courses count towards our 500-hour Five Lights Center of Shiatsu Certification which meets all national standards for the profession, and enables graduates to apply for membership with the AOBTA (American Organization for Bodywork Therapies of Asia).

Five Lights Wellness Program

The Five Lights Intuitive Shiatsu™ wellness program provides you Shiatsu education in the Zen Shiatsu style. Our training has a strong focus on self-awareness and self-development. We expect that you will improve your own well-being, as well as that of others.

Corporate Wellness Program

This program is designed to improve your team's wellness through Makko Ho Shiatsu Chair stretching. This ancient Japanese method of self-care aims to reduce stress and lift productivity. All ages and fitness levels can achieve lasting benefits from remote sessions.

Global Shiatsu Virtual Gathering

Shiatsu teachers, students, and practitioners meet to share knowledge and passion for the Ancient Japanese Healing Arts. At this special event, the healing energy of self-care Shiatsu is learned and practiced.

Five Lights Affiliate Program

This program offers Shiatsu practitioners the opportunity to continue their education and inner development by offering their own Shiatsu sessions to new students. It also allows Shiatsu professionals to communicate with other Shiatsu affiliates while developing their clientele.

A Center for Ancient

Japanese Shiatsu Healing

Based in New York City, Five Lights Center of Shiatsu is the oldest Shiatsu practice in America. We offer private and group sessions, as well as training in alternative Eastern treatments for mind and body wellness.

“Five Lights Center” translates to “Go Shiki Kan.”

In modern Shiatsu teachings “Go Shiki” refers to the heat and energy in our hands. When we bring our hands together in a gesture of reverence (gassho), the right hand represents the Buddha and the left hand represents our own, physical being. Through our touch, we direct healing energy and light to balance our energy channels in mind and body.

Affiliations and Certifications

NCBTMB

(National Certification for Therapeutic Massage and Bodywork)

An approved CEU provider, NCBTMB is an independent, private, nonprofit organization founded in 1992. Its mission is to define and advance the highest standards in the massage therapy and bodywork profession. NCBTMB is approved to teach New York LMTs in continuing education and accepted by the State of New York for license renewal.

NCCAOM

(National Certification Commission for Acupuncture and Oriental Medicine)

A PDA provider and proud member of AHNA (American Holistic Nurses Association), FSMTA (the Florida State Massage Therapy Association), and ABMP (Associated Bodywork & Massage Professionals) NCCAOM is also a Florida-approved CEU provider.

Professional Certification Training Courses

Introduction to the Primary Meridians Level 1 (20 hours)

In this course, you will be introduced to the history and the foundations of Asian medicine, the concepts of Tao, Ki and Yin-Yan, Six Energies, and Five Elements. We compare the approaches of Eastern and Western medicine to illness and the body, in particular the differences between concepts of disease, imbalance and treatment. You will locate the pathways of the 12 primary meridians and learn how to feel the quality of Ki for each of them through palpation. With the practice of specific exercises, you will develop the body mechanics necessary for the practice of Shiatsu. You will use meditation to center yourself before working with your partner, as you start a journey into awareness.

Course Objectives

- History of Shiatsu
- Definition of terms: Shiatsu, Ki, Yin, Yan, Meridians and Tsubo
- Quality of Yin and Yan
- Five Elements (Five Transformations)
- Fundamental Substances of the Body
- Palpation and Location of Meridians

- A Basic function of Meridians
- Makko Ho exercises
- Ki Palpation
- How to give a Full Body Session

The Five Elements Theory & Introduction to Water, Earth and Wood Elements Level 2 (20 hours)

We continue to explore the Five Elements Theory in depth. We identify the movement and interaction of generation and control cycles, elemental associations—season, color, emotions—and more. We locate the Hara where energy resides and the diagnostic areas where we find the energetic disharmony expressed by Kyo and Jitsu (deficiency and excess). This constitutes the basic assessment for treatment. We locate the 12 associated points of the organs/meridians on the bladder channel (Yu points), the 12 alarm points on the front of the torso for each meridian (Bo points). We practice locating the 12 meridians in supine and prone positions, with special focus on the transitions from side to side. We work on the meridians located in the leg.

Course Objectives

- Discussion of Water Element, and its relationship with the other elements

- Point location of BL and KI meridians
- Point location of ST and SP meridians
- Discussion of Earth Element, and its relationship with the other elements
- Point location of GB and LV meridians
- Discussion of Wood Element, and its relationship with the other elements
- Location of Bo and Yu points
- Location of Hara Diagnostic Area

Introduction to Metal and Fire Elements Level 3 (20 hours)

We introduce the Metal and Fire Elements: the location and functions of Metal and Fire meridians in the arm, their signs and symptoms of disharmony, and their relationship with other elements.

Course Objectives

- Location of LU and LI meridians
- Discussion of the Metal Element
- Relationship of the Metal in the Generation and Control Cycles
- Location of the HT and SI meridians
- Discussion of Absolute Fire
- Relationship of Fire in the generation and control cycles
- Location of HC and TH meridians
- Discussion of Supplemental Fire
- Review of the relationship of Fire in the generation and control cycles
- Location and Function of Bo points (Alarm points)
- Practice on supine and sideline positions

Introduction to a Shiatsu Treatment Plan Level 4 (20 hrs)

We introduce and discuss the Four Methods of Oriental Diagnosis: Bo Shin (Looking); Bon Shin (Listening/Smelling); Mon Shin (Asking); Setsu Shin (Touching).

Course Objectives

- Describe Bo Shin, Bon Shin, Mon Shin and Setsu Shin and list the information to collect for each of them
- Palpation to evaluate Kyo and Jitsu in the Hara
- Palpation to evaluate the quality of Yu and Bo points
- Location and Function of Five Element Points
- Practice and complete homework assignment

Pathology

Level 5 (20 hours)

We study causes and patterns of disease or imbalance and assess possible treatment.

Course Objectives

- Etiology: the cause of the imbalance
- Exogenous causes: six exogenic pathogens
- Endogenous causes: the seven emotions
- Other causes: inflection, injury and lifestyle
- Patterns of imbalances and assessment
- The eight principles
- Zō Fu Organ Patterns
- The Six Channels (divisions)
- The General Theory of Channels

- The Five Elements
- The Four Levels (Defense, Ki, Nutrition, Blood)
- The Three Heaters

Introduction to Clinic Level 6 (20 hours)

We review the channel pathways, the distribution of points, and the pathological symptoms of each channel. We introduce points for use in a specific treatment to enhance our practice.

Course Objectives

- Selected points and their location/function
- Point selection: distal/local
- Selection of specific points: Five Elements points
- Antique points
- Source points
- Luo connecting points
- Xi-cleft points
- Bo and Yu points
- Point combination
- Source + Luo connecting points
- Xi-cleft points
- Eight confluent points
- Eight influential points

Introduction to the Masunaga System of Water, Earth and Wood Elements Level 7 (20 hours)

Location of the Masunaga extensions (Water, Earth and Wood elements):

Location of the meridians.

- ST/SP extensions
- GB/LV extensions
- BL/KI extensions
- Techniques and stretches are used in the Masunaga system for assessment and treatment.

Course Objectives

- Locate ST/SP extensions
- Locate GB/LV extensions
- Locate BL/KI extensions
- Understand how and when to use the Masunaga extensions in conjunction with work on the primary meridians
- Analysis of the interactions of Kyo and Jitsu in different elements according to the Masunaga system

Masunaga System of Metal and Fire Elements Level 8 (20 hours)

This level focuses on the Masunaga Metal and Fire approach and philosophy and the importance of the psychological aspect of his work. We will locate the extensions of the primary meridians reaching from the arms to the legs and the legs to the arms.

Course Objectives

- Locate LU/ LI extensions
- Locate HC/TH extensions
- Locate HT/SI extensions
- Introduction to Masunaga Back Diagnostic areas
- Techniques and stretches are used in the Masunaga system for assessment and treatment

The Eight Extraordinary Vessels and Collateral Channels Level 9 (20 hours)

We locate the extraordinary Vessels and Collateral channels.

Course Objectives

- Locate Eight Extraordinary Vessels:
 - The Ki Kei 8 Myaku
 - Toku Myaku: Governing Vessel
 - Nin Myaku: Conception Vessel
 - Shou Myaku; Penetrating Vessel
 - Tai Myaku; Girdle Vessel
 - Yo Kyou Myaku; Yan Heel Vessel
 - Yin Kyou Myaku; Yin Heel Vessel
 - Yo Yi Myaku; Yan Linking Vessel
 - Yin Yi Myaku Yin Linking Vessel
- Introduction to the Tendino-muscular channels:
 - Kei Kin Luo Channels;
 - Kei Ketsu Cutaneous Regions
- Effective points
 - Luo Channels
 - Cutaneous Regions
 - Effective Points

Supervised Clinic Application Level 10 (50 hours)

Students integrate their training and practice by providing Shiatsu to the general public in supervised sessions.

Intake: 4 methods of Eastern diagnosis (Bo Shin, Bun Shin, Mon Shin, Setsu Shin)

Course Objectives

- Application of the four methods of diagnosis: Bo Shin (looking), Mon Shin (listening and smelling), Bun Shin (asking), Setsu Shin (touching)
- Specific focus will be on the Setsu Shin aspect of the four methods of oriental diagnosis: assessment of Hara Diagnosis area, assessment of Back Diagnostic area, assessment of Bo and

- Yu points, assessment of Kyo and Jitsu along the meridians
- Create a session based on the client's needs on the day of the session
- Completion of 50 documented treatments

Elective Courses (20 hours)

Courses are offered in other Asian bodywork therapies: Moxa, Cupping, Gua Sha, Reiki Tui Na, Qi Gong, Auricular Therapy (Nada Protocol)

Supervised Ongoing Practice Classes (100 hours)

- Techniques, Lecture and Demonstration
- Treatment-oriented application
- Classroom practice: Supervised practice performed on fellow students

Anatomy and Physiology (100 hours)

Students can take Anatomy courses at community colleges or ABMP.com to fulfill requirements. *Students are responsible for attaining these credits on their own.*

Other Courses (50 hours)

- Students can take courses at ABMP.com to fulfill requirements.
 - First Aid and CPR
 - Ethics and Professional Conduct
 - Business Skills
 - Review of the laws, legislation, and regulations for the ABT profession
- Students are responsible for attaining these credits on their own.*

Five Lights Center of Shiatsu Education Team



Kumiko Kanayama, Founder & Director

Kumiko founded Five Lights Center of Shiatsu after many years as a Certified Ohashiatsu® Instructor working under her uncle, Ohashi. Kumiko's Intuitive Shiatsu method is based on her deep sensitivity and awareness of Ki energy—a source of well-being for body, mind and spirit. At Five Lights Center, the fundamentals of traditional Japanese Shiatsu are combined with Intuitive Shiatsu. In addition to teaching and practicing at Five Lights Center, Kumiko has been invited to teach at renowned wellness centers, Kripalu Center and Omega Institute for Holistic Studies among others.



Simone Carbonel, Program Director

Simone trained at the Ohashi Institute, and studied Five Element Shiatsu at the Swedish Institute where she earned an AOS degree. She is a NYS LMT and LAc. She studied Zen Shiatsu with Pauline Sasaki, and is an ABT practitioner, and NAACOM (National Certification Commission for Acupuncture and Oriental Medicine) and AOBTA (American Organization for Bodywork Therapies of Asia) certified.



Wendy S Bolognesi, Guest Lecturer

Wendy studied at the Ohashi Institute where she became certified as a Shiatsu therapist in 1990, and an Ohashiatsu instructor in 1992. She has extensive experience in teaching Swedish, deep tissue, sports, and seated chair massage, as well as Reiki, and anatomy and physiology. She is a faculty member of Bancroft School of Massage Therapy (BSMT).

Student and Client Testimonials

Kumiko's enthusiasm and dedication to increasing the amount of love and healing in the world through Shiatsu is impressive and appealing. If you are interested in learning Shiatsu, you should definitely look up the nationally certified Five Lights Center!

— Winter Jade Forest, Medicine Woman, Grandmaster of Shiatsu Teacher and Practitioner

I am impressed with the educational process and care towards each student. The information provided is detailed and easy to digest, the space is very pleasant and Kumiko herself is a gem of a teacher. The materials provided, attention to the practical implementation, and transfer of knowledge is exceptional.

— Karina, Student

Shiatsu is magic, you have to try it!

— Gisele Bündchen, Client

It is my honor to be a part of your program. Thank you so much for the wonderful Shiatsu work you continue to do around the world. Un abbraccio.

— Patrizia Stefanini, Grandmaster of Shiatsu Teacher and Practitioner in Italy

The Five Lights Center in NYC helps us become better Shiatsu practitioners so we can better contribute as world citizens overall!

— Polin, Student

I cannot thank you enough for being a part of my life and spiritual journey. It has been an incredible pleasure meeting all of you and taking this class. Words cannot express the level of gratitude I have and how this experience has improved my life and the life of my growing family.

— Marina, Student

What is Shiatsu?

Developed in Japan in the 19th century, Shiatsu is a form of therapeutic bodywork based on Chinese healing techniques that are more than 3,000 years old.

Shiatsu centers on the meridians, or five points of energy, that flow through the body. By applying pressure along acupuncture points, the practice helps to restore and improve energy flow (Chi).

Shiatsu's benefits are numerous and include alleviating mood disorders, insomnia, and digestive issues, as well as reducing muscle and joint pain.

An awareness of the connection of mind and body leads to improved health, vitality, and long-lasting well-being.

The Power of Touch Our Mission

The Five Lights Center of Shiatsu focuses on self-realization through movement, meditation, breathwork, and touch communication. Our healing philosophy cultivates an awareness of self and of others, and leads to improved health, vitality and well-being.

For more information
or to make an appointment
please contact
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