

# Dutch School for Classical Shiatsu Lunteren - Residential Seminar



The next 1 week residential seminar will be in June and July 2019 - 25<sup>th</sup> year (officially accredited post graduate training by the TCM Zhong, N.V.S.T., V.B.A.G., LVNG, SVN, CAT, and HBO level by the K.T.N.O./B.A.T.C. in the Netherlands)

The seminar will be held in the country-house "[De Leperkoen](#)" Vijfsprongweg 25 in Lunteren in the geographical centre of the Netherlands where there are delightful room arrangements for 20 people.

The seminar runs from 28<sup>th</sup> June to 5<sup>th</sup> July 2019 with an intensive schedule from 6.30 in the morning until 10.00 in the evening. Participants are expected on Friday 28<sup>th</sup> of June 2019 at 3 pm, at which time they will be shown to their rooms.



Everyone will be asked to gather at 3.30 pm for tea where the overview of the seminar program will be given. The seminar will finish on Friday 5<sup>th</sup> of July after breakfast.

The theme of the seminar is "To reach the stillness of movement and to experience and understand the magic in the Oriental approach to Classical Shiatsu and Do-In".



The program will include Do-In, meditational concentration exercises, exercises outside, Shiatsu technique and diagnosis with reference to the 5 elements and the Meridian points associated with them. Students will receive documentation and

graphics to supplement the seminar.

A number of specialised techniques including "koppo" (Jitsu distribution technique) and "sotai" (manipulation). The silence and continuity without distraction provide an excellent opportunity to work with "Ki" in Shiatsu Healing technique. The last day will include a summing up and orientation overview.

Participants are required to bring their own bedclothes (under sheets, sheets and pillowslips), wash bags, writing materials, soft work clothes and Shiatsu (house) slippers.

This week of penetrating knowledge and power is life changing and will expand and deepen your knowledge, sensitivity and awareness. The results of the secret exercises are irreversible and will become a permanent and developing power bringing clarity and stability in answering many of your unspoken questions. All teachers, therapists and students are welcome from many disciplines.

The whole week, fresh food and excellent cooking will provide 3 meals per day from the large kitchen. The area is dramatically beautiful and has many acres of private ground and forest. There are recreational and washing facilities including a swimming pool. Wi-Fi is free. Parking your car is easy and free.

How to get there? [Click here](#). Tel: 0031-(0)70-383-1500

The daily programme:\*

06.30 - meditation en Do-In  
08.30 - breakfast  
10.00 - shiatsu seminar  
13.00 - lunch  
14.00 - shiatsu seminar  
18.00 - refreshment pause  
18.30 - dinner  
21.00 - group meditation and evening Do-In



After 11 pm we like the house to be silent.

Tuesday is a free day\* with the exception of Do-In, meditation and breakfast and dinner.

You can make your own lunch packet during the breakfast period.

After breakfast, everyone is free to do what they like. Walking and exploring the beautiful forest and natural reserve, or swimming in our exclusive swimming pool or visit the local town, go horse riding etc. In the evening you are welcomed to dinner at 6.30 pm.

If you wish more written and detailed information, use our [weblink](#).

You can also mail us [here](#) or telephone 0031 70 383 1500. Digital registration [here](#)



The residential seminar costs 745 euros

Reservation for a place costs 230 euros (which is non-refundable)

Discount for members of the N.V.S.T., V.B.A.G., B.A.T.C., Shiatsu Vereniging Nederland, Collectief Alternatieve Therapeuten, L.V.N.G and Zhong associations is 10%

The full seminar fee must be paid before the end of May 2019