

# Shiatsu Massage Academy Costa Rica

One year course

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## - Mission & Vision

It is a great honor to introduce Traditional Chinese Medicine (TCM) and Shiatsu Massage to Costa Rica.

At its core, Shiatsu and TCM are focused on health as a powerful, natural force that seeks to maintain balance within the body (homeostasis). Shiatsu is a transformative healing practice, offering profound benefits for physical and emotional well-being. When performed on others, it becomes both a therapeutic tool and a deeply intuitive form of communication that reveals the root causes of imbalances, often hidden beneath the surface.

By integrating TCM principles with Shiatsu, we embark on a continuous journey of discovery, blending ancient knowledge with intuitive understanding in a safe and nurturing environment.

**Our Mission** is to contribute to a healthier, happier world, grounded in the wisdom of nature. We aim to create a space where individuals can experience healing, wellness, and balance through Shiatsu and Traditional Chinese Medicine.

**Our Vision** is to see this Healing Art flourish in Costa Rica and, in time, to integrate it within the broader context of Indigenous Traditional Medicine, creating a harmonious synthesis of wisdom and practice.

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## Introduction to Shiatsu: History, Philosophy, and Basic Techniques

### History of Shiatsu

Shiatsu, meaning "finger pressure" in Japanese, is a traditional form of bodywork that originated in Japan, though its roots are deeply connected to Traditional Chinese Medicine (TCM). It developed in the early 20th century, evolving from various therapeutic massage techniques, such as Anma (Japanese massage), Ashiatsu (foot pressure), and Zen Shiatsu (a modern school founded by Shizuto Masunaga).

Shiatsu incorporates principles of acupuncture without the use of needles, focusing instead on the application of manual pressure using the fingers, thumbs, palms, and

even elbows, forearm, knees and feet. It is based on the same meridian system as acupuncture, emphasizing the flow of vital energy or Qi (Chi) within the body. The goal is to restore balance, harmony, and health by stimulating these meridians and promoting the free flow of Qi.

## **Philosophy of Shiatsu**

The philosophy behind Shiatsu is rooted in the concepts of balance and harmony as seen in Traditional Chinese Medicine (TCM). According to TCM, health is a state of balance between opposing forces in the body, namely Yin and Yang, and the smooth flow of Qi (life force or energy) through the body's meridians. When the flow of Qi becomes blocked or imbalanced, it can lead to physical or emotional ailments.

### **Shiatsu therapy aims to:**

- Balance the body's energy by stimulating specific pressure points along energy pathways (meridians).
- Promote relaxation and reduce stress by harmonizing the body's physical and emotional states.
- Encourage healing by addressing the root causes of discomfort, not just the symptoms.
- Support the body's self-healing abilities by restoring optimal flow of energy, blood, and vital fluids.
- Realign the body, remove joints blockages, realign the spine and eliminate herniations, slip disk and sciatica and much more.

***Shiatsu also embraces a holistic approach, considering the mind-body connection and focusing on the individual as a whole rather than just isolated symptoms.***

## **Basic Techniques of Shiatsu**

*Shiatsu practitioners use a variety of techniques to stimulate the flow of energy and improve the body's overall health. Here are the basic techniques:*

1. Pressing: The primary technique in Shiatsu involves applying sustained pressure to specific points (acupressure points) or along meridian lines using the fingers, thumbs, palms, or elbows. Pressure is applied to help unblock stagnation and promote energy flow.
2. Kneading: Similar to a gentle form of massage, kneading is used to relieve tension in the muscles and tissues. This technique can be particularly useful for areas of tightness or chronic muscle discomfort.

3. Rotating: Gentle rotational movements of the hands or thumbs are used to encourage energy flow and release blockages in the joints and soft tissues.
4. Stretching: Shiatsu incorporates light stretching of the limbs and body to improve flexibility and release muscle tension. The practitioner will often guide the student or client into positions that promote relaxation and balance.
5. Tapping: Sometimes, light tapping or percussive movements are used to stimulate specific areas, bringing vitality to the body and awakening energy flow.
6. Holding: In certain cases, the practitioner may simply hold their hands on particular points to help restore energy flow and encourage deep relaxation.

### **Treatment Method**

A typical Shiatsu session involves the client lying on a futon or mat on the floor, fully clothed in comfortable, loose clothing. The practitioner uses body weight and leverage to apply pressure, and the session may last anywhere from 30 minutes to 90 minutes, depending on the needs of the client.

### **Benefits of Shiatsu**

- Body realignment
- Stress relief and relaxation
- Improved circulation and energy flow
- Pain reduction; e.g., in the neck, back, and shoulders etc.
- Enhanced flexibility and muscle tone
- Improved digestion and respiratory function
- Emotional balance and mental clarity

**and many other benefits**

***In summary, Shiatsu is a deeply therapeutic and holistic practice that blends the ancient principles of Traditional Chinese Medicine with hands-on techniques to promote physical, emotional, and spiritual well-being. Whether you are looking to alleviate pain, reduce stress, or simply promote overall health, Shiatsu offers a natural, effective approach to healing.***

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**Founder of the Costa Rica Shiatsu Massage Academy**

*Glauco is a seasoned body-mind therapist with over 25 years of experience. Through his work, he has come to a profound realization: most people aren't truly ill—they are simply unhappy.*

*His passion for teaching and his deep curiosity about Oriental philosophy, Chinese medicine, the power of the unconscious mind, non-verbal communication, martial arts, and yoga have shaped his unique approach to wellness.*

*A seasoned traveler, Glauco has immersed himself in diverse cultures, living in Switzerland, Thailand, India, Sri Lanka, Nepal, Australia, Italy, England, and now Costa Rica. Along the way, he has honed his craft, studying and practicing in various countries to embrace life's diversity fully.*

*The Shiatsu treatments developed and performed by Glauco are more than just techniques—they are transformative experiences. Combining traditional methods with his personal discoveries, he aims to restore the body's natural functions, alleviating joint and organ discomfort while addressing underlying imbalances.*

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## **Costa Rica Shiatsu Massage Academy**

### **1 year course**

### **SYLLABUS**

This intensive course is divided into 2 levels as shown below.

The total length is 216 class hours in 54 weeks

- The school will provide the necessary material and a study text -

**LEVEL 1 - From September 7th 2025 to January 25th 2026. Lessons on Sundays**

**18 lessons - 4 hs per lesson – Total: 72 hs**

In this intensive course, you will learn about Traditional Chinese Medicine (TCM), Chinese Physiology (Zang – Fu ), Anatomy, how to move around the body, the Perpendicular pressure, the Tsubos, the 12 Acupuncture Meridians location and treatment, Oriental Medicine diagnosis, 5 Elements, Yin-Yang theory, Anatomy in relation with the bodywork, Physiology, and Moxibustion. You will work in couples and in groups to maximise practice and learning time.

What will you get?

- The skills required to perform a treatment of high quality
- The knowledge of the body
- The knowledge of the 12 classical acupuncture meridians and how to treat them
- The foundation of Traditional Chinese Medicine and its practical application
- The ability to work on the floor and to use all of your body as a tool
- The use of Moxa

Who is it for?

This professional course is meant for anyone who would like to learn the skills to become a therapist. You don't need prior experience in massage, but if you have it will help. Directed to any passionate, massage therapist, or anyone looking to improve the quality of life, interact with others and want to become a healer.

## **CONTENT**

Lesson 1: Sep the 7th

- Stretching exercises.
- Walking on the knees
- Presentation of the twelve Classic Meridians.
- Kyo & Jitsu
- Perpendicular Pressure
- Basic techniques in a prone position.

Lesson 2: Sept. 14th

- Stretching and walking on the knees
- TCM: Yin and Yang Theory
- Cross fibers techniques.
- Basic techniques in supine position

Lesson 3: Sept 21st

- Stretching exercises, walking on the knees
- Anatomy: the joints

- Stretch reflex
- Basic techniques in prone and supine positions.
- Treatment of Kidney and Bladder Meridians

#### Lesson 4: Sept 28th

- Meridian stretch, yoga
- Physiology: Zang-Fu
- Basic techniques in lateral position
- Lung and Large Intestine Meridians

#### Lesson 5: October 5th

- Stretching, Yoga
- The 5 Elements Theory
- Revision techniques in supine position
- Cross fibers techniques
- Stomach and Spleen Meridians
- Free treatment focusing on the flow, connection and perpendicular pressure

#### Lesson 6: Oct. 12th

- Meridian stretch
- Revision techniques in prone, supine, lateral positions
- Liver and Gallbladder Meridians
- Practice

#### Lesson 7: Oct 19th

- Greetings to the Sun, yoga
- Anatomy, Physiology Zang-Fu, Yin-Yang: Revision, Q&A
- Heart and Small Intestine Meridians
- Lateral Sequence

#### Lesson 8: Oct 26th

- Stretching, yoga
- Pericardium and Triple Heater Meridians
- A full supervised treatment
- Diagnosis of the back

#### Lesson 9: November 2nd

- Stretching
- Sequence in supine, prone, lateral with meridians treatment.
- Hara Diagnosis (abdomen)
- Treatment of 2 meridians according to the diagnosis kyo ~ jitsu.

#### Lesson 10: November 9th

- Stretching
- Back and Hara Diagnosis.
- Moxibustion.
- Individual treatment according to the recipient's needs.

#### Lesson 11: Nov. 16th

- Greetings to the Sun.
- Clients approach.
- Diagnosis and Treatment.
- Verification of perpendicular pressure
- Advance techniques
- Forum and discussion. Clarifications of doubt and practice on it
- Free treatment

#### Lesson 12: Nov 23rd

- Stretching
- Revision of techniques
- Free treatment according to diagnosis
- 12 major acupuncture points  
LU1-LI4-LI15-HT1-HT7-ST8-ST36-SP3-SP4-SP21-ST36-KD3
- Free treatment

#### Lesson 13: Nov.30th

- Stretching - walking on the knees
- Meridian location check & Points
- Free treatment

#### Lesson 14: Dic 7Th

- Yoga - HoM
- Introduction to acupuncture points

- Revision of Anatomy and joints
- Diagnosis of the tongue
- Body-work

Lesson 15: Dic 14th

- Yoga - HoM
- Revision Yin-Yang theory
- Hara ampuku - diagnosis
- Blind Shiatsu (bring you band)

**Xmas Holiday break. See you on January 11th 2026**

Lesson 16: January 11th 2026

- Meridian stretch
- Revision Zang Fu
- Moxibustion
- Treatment

Lesson 17: Jan 18th 2026

- Meridian stretch
- Revision Meridian and Points Functions
- Q&A forum
- Approach to client / Bring a person to treat
- Diagnosis & Treatment

Lesson 18: Jan 25th

- Yoga & HoM
- Putting all together/ Bring a person to treat
- Exchange person and perform another treatment
- Closing ceremony

**At this stage students can perform a good treatment and they can charge half of a normal rate in order to have people to practise on. Do not do therapy and do not**



**get involved in situations that you don't know how to deal with. It's better to be honest and renounce a client rather than ruin your reputation.**

## **LEVEL 2 - From February 1st 2026 to October 4th 2026. Lessons on Sundays**

### **36 lessons – 4hs per lesson – Total: 144hs**

In this intensive course you will learn in-depth about Traditional Chinese Medicine TCM; The 12 Classical Meridians; 40 major acupuncture points – location and functions; Anatomy and Physiology in western medicine; Zang-Fu; Yin-Yang theory; 5 Elements theory; Advance body techniques; Location and treatment of the 12 Zen Meridians; Moxibustion; The different types of diagnosis, Client approach.

Who is it for?

This professional advanced course is for those who have completed level 1.

You will need the basic skills and techniques to enter this course.

It's a professional course intended for those who want to become a Shiatsu Therapist in TCM and Massage Therapist.

What will you get?

- The knowledge and the technical skills to be a therapist.
- Advanced body techniques to heal particular ailments.
- How to treat the organs.
- The importance of diet and how to use it.
- Pain reduction points and techniques.
- How to use acupuncture points.
- Counteract acute and chronic ailments.
- The use of Moxa
- The use of cupping

## **CONTENT**

- 12 Classic Meridian

- 12 Zen Meridians
- 40 Acupuncture points:
- EAR ACUPUNCTURE MAP
- ZEN SHIATSU MASUNAGA MAP
- CHINESE CLOCK

## WESTER PHYSIOLOGY

- Circulatory System
- Digestive System
- Excretory System
- Integumentary System
- Nervous System
- Urinary System
- Immune System
- Reproductive System
- Respiratory System
- 5 sense organs

## ANATOMY

- Skeletal System and bone formation
- Muscular System

**These physiology and anatomy topics above have to be learned by the students at home and they will be tested in class. The school will provide the handouts.**

## TCM (Traditional Chinese Medicine)

- Zang – fu
- 5 elements theory
- Yin & Yang theory
- Diagnosis of the tongue
- Diagnosis of the pulse
- Diagnoses of the face
- Diagnosis of the hara & hara ampuku
- Diagnosis of the back
- Diagnosis of the feet
- Ear Acupuncture Points

- Crucial diagnosis questions: hot/cold – time of the day, before or after meals, stools quality, emotional involvement
- Routines massage techniques, meridian stretch, location of meridians and acupuncture points, functions of the points, advanced massage techniques for hips, neck, shoulders, knees, chest, hands, feet, elbows, head, and jaws.
- Use of oil – moxibustion – ear acupuncture - cupping.
- Yin and Yang food, acidic and alkaline, fasting, herbal teas for different purposes
- Philosophical concepts of Chinese medicine: Yin Yang gravity force & centrifugal force – lifestyle – the importance of movement – phases of life –

***Record 50+ massages done at home and 4 case histories.***

## **CONTENT FOR EACH LESSON**

Lesson 1: February 1st 2026

- Chinese clock, KD Meridian and points, functions of the points: KD1,3,6,10,21 -, KD zen meridian, massage techniques.

Lesson 2: Feb 8th

- Diagnosis of the tongue, BL Meridian and points, BL1,2,10,13,14,15,18,19,20,21,22,23,25,27,28,40,57,67 - function of the points, BL zen meridian, massage techniques,

Lesson 3: Feb 15th

- Diagnosis of the pulse, ST Meridian and points, ST1,3,9,18,25,34,36,40,41,42,44; function of the points, ST zen meridian, massage techniques.

Lesson 4: Feb. 22nd

- Diagnosis of the face, SP Meridian and points, SP1,3,6,9,10,15,21; function of the points, SP zen meridian, massage techniques.

Lesson 5: March 1st

- Diagnosis of Hara and Hara Ampuku, LU Meridian and points, LU1,5,7,9,11; function of the points, LU zen meridian, massage techniques.

#### Lesson 6: March 8th

- Diagnosis of the back. LI Meridian and points, LI1,4,5,10,11,15,16,18,20; function of the points, LI zen meridian, massage techniques.

#### Lesson 7: March 15th

- Diagnosis of the feet, HT Meridian and points, HT1,3,7,9; function of the points, HT zen meridian, massage techniques.

#### Lesson 8: March 22nd

- Ear acupuncture and map.
- SI Meridian and points, SI1,3,4,8,10,11,17,18,19; function of the points, SI zen meridian, massage techniques.

#### Lesson 9: March 29th

- Moxibustion, PC Meridian and points, PC1,3,5,6,7,8,9; function of the points, PC zen meridian, massage techniques,

#### Lesson 10: April 5th

- Yin & Yang theory
- TW Meridian and points, TW1,4,5,10,14,17,23; function of the points, TW zen meridian, massage techniques.
- Cupping

#### Lesson 11: April 12th

- Zang – Fu
- LV Meridian and points, LV1,3,4,8,13,14; function of the points, LV zen meridian, massage techniques.

#### Lesson 12: April 19th

- Stretch reflex
- GB Meridian and points, GB1,12,20,21,24,25,30,34,40,44; function of the points, GB zen meridian, massage techniques.
- Revision of all diagnoses, and crucial diagnosis Q&A.

### Lesson 13: April 26th

- Cross fiber techniques
- CV meridian and points, CV1,3,4,5,6,8,12,14,17,22,24; function of the points
- ANATOMY: Joints, locomotory system, muscle.
- Free massage according to the diagnosis

### Lesson 14: May 3rd

- GV meridian and points, GV1,4,14,20,28; function of the points
- Advanced techniques Hips, Knees, Feet, Ankles.
- Forum Q&A, Revision of what done so far.
- A full body treatment.

### Lesson 15: May 10th

- Body movement HOM, The Food: Acidic – Alkaline.
- Free massage exploring the personal difficult techniques with supervision and feedback.

### Lesson 16: May 17th

- Revision of all meridian locations and points.
- Advanced techniques: Chest, Neck, Shoulder, Head, Jaw.
- Practice

### Lesson 17: May 24th

- HOM,
- Free session and swap.
- Ear acupuncture.
- Forum on philosophical concepts in Chinese medicine,

### Lesson 18: May 31th

- HOM, free massage including advanced techniques and swap.
- Back pain and sciatica, stomach, bowel, insomnia, and common ailment.
- Cupping

### Lesson 19: June 7th

- HOM
- Neck, chest and shoulder advance techniques
- forum and Q&A.
- Free advanced techniques massage and swap.

#### Lesson 20: June 14th

- Yoga,
- Free massage on demand (the recipient will ask what s(h)e wants to be treated and the practitioner will perform, There will be an evaluation from the receiver.
- Moxibustion and ear acupuncture.

#### Lesson 21: June 21st

- Yoga
- Revision on zen meridians.
- Anatomy & physiology test revision.
- Mock professional welcoming for the session: how to receive a client.
- Free massage according to the diagnosis.

#### Lesson 22: June 28th

- HOM,
- Massage with oil: incorporate the Shiatsu base techniques with other styles using oil on the skin as a relaxing massage.
- Revision of acupuncture points, location, and functions.

#### Lesson 23: July 5th

- Yoga.
- Full body treatment performing the techniques which are more difficult to you with supervising, exploring them, and seeking help.
- Forum.
- Performing a massage using all tools, Moxa, Acupuncture, Dietary suggestions, etc.
- **Hand in the 50 treatments done at home and the 4 case histories.**

#### Lesson 24: July 12th

- Harmony of Movement,
- Revision of the classical meridian and how to treat them.

- Full body massage using the appropriate techniques for the recipient.

#### Lesson 25: July 18th

- Meridian stretch
- Pregnancy theory - do and don't -
- Pregnant Massage techniques -
- Practice.

#### Lesson 26: July 26th

- Meridian stretch.
- General evaluation on practice: Flow, Perpendicular pressure, Intention, Connection, Breathing techniques. Students evaluate students. Q&A
- Revision of the zen meridian and how to treat them.

#### Lesson 27: August 2nd

- Salutation to the sun.
- Bring a person with you to treat
- Forum.

#### Lesson 28: August 9th

- Salutation to the sun.
- Diagnosis cross reference (pulse, face, tongue, hara, back, Yin-Yang, 5 Elements)
- Treatment according to the diagnosis.
- Forum Q&A

#### Lesson 29: August 16th

- Yoga.
- Problem solving: Students solve other students' problems.
- Reading the body: posture, meaning of the joints' districts.
- Delivery of the case History and personal feedback.

- Free massage
- Forum.

#### Lesson 30: August 23rd

- Yoga
- Body alignment techniques
- Neck & Shoulders
- Hips and Ankles

#### Lesson 31: August 30th

- Walking on the Knees and HOM techniques
- Review of classical meridians and points
- Treatment

#### Lesson 32: Sep 6th

- Yoga
- Students review their needs, help and support.
- Treatment

#### Lesson 33: Sep 13th

- Stretching
- General review: Stretching reflex, Cross fibers techniques, Body realignment, Pregnancy techniques, The use of Moxa, Hara Ampuku.
- Evaluation test: students treat teachers: feedback

#### Lesson 34: Sep 20th

- Yoga
- Yin/Yang - Zang Fu and Diet. Integration and Diagnosis
- Evaluation test: students treat teachers: feedback

#### Lesson 35: Sep 27th

- Yoga
- Evaluation test: students treat teachers: feedback



- Forum

Lesson 36: Oct 4th 2026

- Yoga
- Clients approach review
- Free treatment

DELIVERY OF DIPLOMAS.

Greetings and Dinner together offered by the school