# THE CALLING TO TEACH

Teaching Shiatsu is more than demonstrating technique. It is the art of transmitting presence, listening, body awareness, professional responsibility, and trust in the intelligence of Ki.

The Five Lights Teacher Training Program helps practitioners deepen their own practice while learning how to guide students with confidence and compassion.

This advanced program prepares experienced Shiatsu practitioners to teach with clarity, integrity, sensitivity, and respect for the Japanese roots of the art. Through mentorship, supervised teaching, curriculum development, and reflective practice, participants learn how to create safe and meaningful learning experiences for the next generation.

### *THE FIVE LIGHTS APPROACH*

Our teaching approach is rooted in Japanese Shiatsu, the Ohashi family lineage, Zen Shiatsu principles, Makko Ho, and Kumiko Kanayama's Intuitive Shiatsu™. Trainees learn to honor tradition while becoming authentic teachers in their own voice.

# WHO THIS PROGRAM IS FOR

Designed for experienced practitioners who have completed a comprehensive Shiatsu education and feel called to teach, mentor, lead community programs, or support the continued growth of Shiatsu.

- Five Lights graduates who have completed the core certification curriculum
- Practitioners from other recognized Shiatsu lineages, subject to curriculum review
- Senior students preparing for an educational or leadership role
- Practitioners committed to ethical conduct, ongoing study, and personal practice

# CONTACT


**EMAIL**
info@fivelightscenter.com

**CALL**
917-721-0823

**VISIT**
www.fivelightscenter.com


SCAN HERE




# THE ART OF TEACHING SHIATSU

*Shiatsu Teacher Training Program*

*A pathway from dedicated practitioner to confident educator*

Led by

**Kumiko Kanayama**

Shiatsu Grandmaster, Educator & Founder

# PROGRAM OUTCOMES

By the end of the program, teacher trainees will be prepared to:

- Teach foundational Shiatsu principles, techniques, meridians, tsubos, Makko Ho, and body mechanics
- Explain Ki, Yin and Yang, the Five Elements, Six Energies, Hara, and diagnostic observation in accessible language
- Plan coherent lessons that combine theory, demonstration, guided practice, reflection, and assessment
- Create an inclusive learning environment with clear boundaries, consent, and trauma-aware communication
- Offer constructive feedback while modeling ethics, self-care, scope of practice, and respect for the lineage
- Adapt teaching for community, continuing education, private tutorials, and online settings

# A DEVELOPMENTAL PATHWAY

### *CORE COMPONENTS*

- Faculty seminars and guided study
- Class observation and teaching assistance
- Supervised teaching and peer practice
- Individual mentoring and feedback conferences
- Reading, journaling, and reflective self-assessment
- Lesson plans, handouts, evaluations, and teaching portfolio

# ADMISSIONS

Applicants should demonstrate strong foundational Shiatsu knowledge, consistent hands-on practice, emotional maturity, dependable attendance, and a sincere commitment to teaching. Admission may include:

- Application and statement of teaching intention
- Professional biography and training history
- Faculty interview and skills review
- Recommendation from a teacher or senior practitioner
- Current professional liability insurance when required for hands-on teaching

# COMPLETION REQUIREMENTS

- Complete all seminars, observations, assisting, and supervised teaching
- Demonstrate safe, accurate, and respectful Shiatsu instruction
- Submit lesson plans, reflective journals, evaluations, and a teaching portfolio
- Complete the Capstone teaching presentation and faculty review
- Uphold Five Lights standards for ethics, attendance, communication, and professional conduct

FIVE LIGHTS CENTER 五 OF SHIATSU

# CERTIFICATION & TEACHING SCOPE

Graduates who complete all requirements receive a Five Lights Teacher Training Program Certificate.

Authorization to teach Five Lights courses, use curriculum materials, or represent the Center is granted separately and depends on demonstrated readiness, faculty approval, and a written agreement.

*This professional enrichment program does not replace state licensure requirements for massage therapy or another regulated profession.*

# RENEWAL

Renew your Five Lights Teacher Training Certificate every 2 years by submitting continuing Five Lights training hours.

## Begin the next chapter of your Shiatsu journey

If you feel called to share Shiatsu with skill, humility, and heart, we invite you to begin a conversation with Five Lights.

**www.fivelightscenter.com**

Five Lights Center of Shiatsu • New York City