



## Come Learn Authentic Doln Seitai Shiatsu



**Norimasa Suzuki,**  
Doln Seitai Shiatsu Master/Director



This special intensive program will immerse you completely into the ancient knowledge of **Doln Seitai Shiatsu**, the art and science of an ancient Shiatsu technology from Japan.

These introduction courses are essential to become a professional Doln Seitai Shiatsu master therapist. By mastering my cohesive Mind and Form harmony technique you will learn to integrate metaphysical energy sources into your Shiatsu therapy. This program will provide you with the most essential knowledge of Oriental Budo Medicine and Shiatsu techniques from ancient Japan. You will also gain new perspectives and learn the secrets of ancient healing techniques from Ninja masters. Master Norimasa Suzuki will direct all of your training, supported by his experienced group, to offer you many opportunities to develop your skills and to expand your practice.

**See the New Schedule for FALL 2007  
(attached)**

### Doln Seitai Center

The NY Go Center, 323 East 52 Street, 2nd Floor, New York, NY 10022  
(betwn First and Second Avenues)

Website: [www.doinseitai.com](http://www.doinseitai.com) Email: [DolnSeitai@gmail.com](mailto:DolnSeitai@gmail.com)

Doln Seitai Shiatsu Learning Group MEETUP: <http://alternative.meetup.com/400>

**Phone: (212) 697-9114**

INTRODUCTION PROGRAM RATES (updated Aug 15, 2007)

**SPECIAL TRAINING PACKAGE FOR MEETUP MEMBERS**

<http://alternative.meetup.com/400>

**DoIn Seitai Shiatsu Introduction Program 2007**

Course section	Course Description	Hrs	Packaged Program Price	Special Pricing for Meet Up Members Only	Individual Pricing (ala Carte)
Part 1	Sun Introduction 1 - 4	8			\$ 680.00
Part 2	Wed Introduction 5 & 6	4			\$ 340.00
Part 3	Wed Introduction 7 & 8	4			\$ 340.00
Part 4	Wed Introduction 9 & 10	4			\$ 340.00
<b>TOTALS</b>		<b>20</b>	<b>\$ 1,250.00</b>	<b>\$ 995.00</b>	<b>\$ 1,700.00</b>
Savings from ala Carte			\$ 450.00	\$ 705.00	-

**Please Note Savings with Discount Package:** 41% from a la carte price and 20% from list price

The List Price for the entire Introduction Intensive series is \$1,250.00.

If you take all of the courses individually at different registration times, the total cost is A La Carte (listed above individually) at \$1,700.

**SPECIAL OFFER FOR EARLY REGISTRATION**

**Fill Out the Form Now!**

For early registration **to All MEETUP MEMBERS** the Introduction DoIn Seitai Shiatsu course package will be offered at **\$995.00**. All offers will be subject to final approval by Master Suzuki upon registration. Immediate RSVP required with full payment and acknowledgment of registration. Space is limited and subject to confirmation. [Fall 2007]

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone (s)** \_\_\_\_\_

# DoIn Seitai Shiatsu Courses

## Fall Schedule 2007

### 1. DoIN MEET UP Special Seminar 8/28/07 [Tuesday 6:30pm- 9:00pm]

The DoIn Seitai Shiatsu Learning Group invites members of NYC REIKI MEET UP GROUP, led by Reiki Master Jackie Rose, to have a cross disciplined discussion and demonstration about REIKI and Seitai Shiatsu. Master Norimasa Suzuki and Master Jackie Rose will be leading the discussions.

### 2. SPECIAL BEGINNERS PROGRAM 9/2/07 (Sunday 9am -6pm):

#### One- Day Intensive Courses 1-4.

This is the one day of intensive training to learn the basic principles and foundations of Doin Seitai Shiatsu technique.

- a. Shiatsu Class 1: Yin & Yang, Five Elements, Meridian lines, Opening Techniques
- b. Shiatsu Class 2: Back Treatment
- c. Shiatsu Class 3: Shoulder 1
- d. Shiatsu Class 4: Shoulder 2

**PLEASE NOTE:** Master Suzuki will be traveling overseas, September 5 to 20th, 2007. Please check schedule announcements online as new courses are updated accordingly. Thank you.

### 3. Student Practice Sessions

#### a. Student Hands On Practice A 9/5/07 Wednesday 6:30pm- 8:30pm:

- i. Shiatsu Hands On Practice and Review
- ii. Student workshop to deepen Shiatsu skills

#### b. Student Hands On Practice B 9/19/07 Wednesday 6:30pm- 8:30pm:

- i. Shiatsu Hands On Practice and Review
- ii. Student workshop to deepen Shiatsu skills

### 4. Monthly MEET UP DoIn Learning Group - 9/26/07 Wed 6:30pm- 9:00pm):

A cross disciplined discussion about " What is DoInSeitai Shiatsu?" in relation to issues of alternative health. Master Norimasa Suzuki returns from the Middle East to share his observations about the Balance of Nature and Health.

### 5. SPECIAL BEGINNERS PROGRAM - 9/30/07 (Sun 9am -6pm): One- Day Intensive - Courses 1-4.

This is the one day of intensive training to learn the basic principles and foundations of Doin Seitai Shiatsu technique.

- a. Shiatsu Class 1: Yin & Yang, Five Elements, Meridian lines, Opening Techniques
- b. Shiatsu Class 2: Back Treatment
- c. Shiatsu Class 3: Shoulder 1
- d. Shiatsu Class 4: Shoulder 2

### 6. SPECIAL BEGINNERS PROGRAM - 10/3/07 (Wed 6pm- 10pm): Introduction Courses 5 & 6:

- a. Shiatsu class 5: Review and Practice - Opening Techniques, Back
- b. Treatment, Shoulder 1 & 2
- c. Shiatsu class 6: Lower Back

### 7. INTENSIVE INTERMEDIATE PROGRAM 10/7/07 [Sunday 9am -6pm] One- Day Intensive - Courses 11-14.

This is the one day of intensive training to learn the Intermediate principles and foundations of Doin Seitai Shiatsu technique. This is a combined Intermediate and Advanced course condensed into 20 hours giving knowledge and methods of various symptom treatment and practice.

### **Objectives**

- i. for participants to gain knowledge of symptom as well as its causes.
- ii. Learn semi-advanced techniques to treat/prevent each symptom.
- iii. Preventative medicine. How does shiatsu work in mind and body?

### **Classes**

- Shiatsu Class 11:
- Shiatsu Class 12:
- Shiatsu Class 13:
- Shiatsu Class 14:

### **8. INTENSIVE INTERMEDIATE PROGRAM 10/11/07 [Tues 6pm - 10pm]**

#### **Intermediate Courses 15 & 16.**

- Shiatsu Class 15
- Shiatsu Class 16

### **9. SPECIAL BEGINNERS PROGRAM - 10/10/07 [Wed 6pm - 10pm]**

#### **Introduction Courses 7 & 8**

- Shiatsu class 7: Legs,
- Shiatsu class 8: Hara Diagnosis/Special treatments

### **10. SPECIAL BEGINNERS PROGRAM - 10/17/07 [Wed 6pm - 10pm]**

#### **Introduction Courses 9 & 10**

- Shiatsu class 9: Neck, Head and Face
- Shiatsu class 10: Go through (whole body), Q A

### **11. INTENSIVE INTERMEDIATE PROGRAM 10/18/07 [Thurs 6pm - 10pm]**

#### **Intermediate Courses 17 & 18**

- Shiatsu Class 17
- Shiatsu Class 18

### **12. INTENSIVE INTERMEDIATE PROGRAM 10/21/07 [Sunday 9am -6pm]**

#### **One- Day Intensive - Courses 11-14.**

This is the one day of intensive training to learn the Intermediate principles and foundations of Doin Seitai Shiatsu technique. This is a combined Intermediate and Advanced course condensed into 20 hours giving knowledge and methods of various symptom treatment and practice.

#### **Objectives**

- i. for participants to gain knowledge of symptom as well as its causes.
- ii. Learn semi-advanced techniques to treat/prevent each symptom.
- iii. Preventative medicine. How does shiatsu work in mind and body?

#### **Classes**

Shiatsu Class 11:  
Shiatsu Class 12:  
Shiatsu Class 13:  
Shiatsu Class 14:

### **13. MONTHLY MEET UP DoIN Learning Group 10/24/07 [Wed 6:30pm- 9:00pm]**

The DoIn Seitai Shiatsu Learning Group - A cross disciplined discussion about " DoIn Seitai Shiatsu" and its relationship to controversial issues of alternative health. Master Norimasa Suzuki Host

### **14. INTENSIVE INTERMEDIATE PROGRAM 10/25/07 [Thurs 6pm - 10pm] Intermediate Courses 19 & 20.**

- Shiatsu Class 19
- Shiatsu Class 20

### **15. SPECIAL BEGINNERS PROGRAM - 10/28/07 [Sun 9am -6pm]**

#### **One- Day Intensive Courses 1-4.**

This is the one day of intensive training to learn the basic principles and foundations of Doin Seitai Shiatsu tech-

nique.

- Shiatsu Class 1: Yin & Yang, Five Elements, Meridian lines, Opening Techniques
- Shiatsu Class 2: Back Treatment
- Shiatsu Class 3: Shoulder 1
- Shiatsu Class 4: Shoulder 2

**16. SPECIAL BEGINNERS PROGRAM - 10/31/07 [Wed 6pm - 10pm]**

**Introduction Courses 5 & 6:**

- Shiatsu class 5: Review and Practice - Opening Techniques, Back Treatment, Shoulder 1 & 2
- Shiatsu class 6: Lower Back

**17. SPECIAL BEGINNERS PROGRAM- 11/7/07 [Wed 6pm - 10pm]**

**Introduction Courses 7 & 8**

- Shiatsu class 7: Legs,
- Shiatsu class 8: Hara Diagnosis and special treatments

**18. SPECIAL BEGINNERS PROGRAM 11/14/07 [Wed. 6pm- 10pm]:**

**Introduction Courses 9 & 10**

- a. Shiatsu class 9: Neck, Head and Face
- b. Shiatsu class 10: Go through (whole body), Q A

**19. MONTHLY MEET UP Learning Group 11/21/07 [Wed 6:30pm- 9:00pm]**

The DoIn Seitai Shiatsu Learning Group - A cross disciplined discussion about " DoIn Seitai Shiatsu" and its relationship to controversial issues of alternative health. Master Norimasa Suzuki Host.

**20. INTENSIVE INTERMEDIATE PROGRAM 11/29/07 [Thurs 6pm - 10pm]**

**Intermediate Courses 17 & 18.**

- a. Shiatsu Class 17
- b. Shiatsu Class 18

**21. INTENSIVE INTERMEDIATE PROGRAM 12/6/07 [Thurs 6pm - 10pm]**

**Intermediate Courses 19 & 20.**

- a. Shiatsu Class 19
- b. Shiatsu Class 205

**22. SPECIAL BEGINNERS PROGRAM – 11/25/07 [Sun 9am -6pm]**

**One- Day Intensive Courses 1-4.**

This is the one day of intensive training to learn the basic principles and foundations of Doin Seitai Shiatsu technique.

- a. Shiatsu Class 1: Yin & Yang, Five Elements, Meridian lines, Opening Techniques
- b. Shiatsu Class 2: Back Treatment
- c. Shiatsu Class 3: Shoulder 1
- d. Shiatsu Class 4: Shoulder 2

**23. SPECIAL BEGINNERS PROGRAM – 1/28//07 (Wed 6pm- 10pm):**

**Introduction Courses 5 & 6:**

- a. Shiatsu class 5: Review and Practice - Opening Techniques, Back Treatment, Shoulder 1 & 2
- c. Shiatsu class 6: Lower Back

**24. SPECIAL BEGINNERS PROGRAM – 12/5/07 [Wed 6pm - 10pm]**

**Introduction Courses 7 & 8**

- a. Shiatsu class 7: Legs,
- b. Shiatsu class 8: Hara Diagnosis/Special treatments

**25. SPECIAL BEGINNERS PROGRAM 12/12/07 [Wed. 6pm- 10pm]:**

**Introduction Courses 9 & 10**

- a. Shiatsu class 9: Neck, Head and Face
- b. Shiatsu class 10: Go through (whole body), Q A