

Shiatsu Log & Journal Guidelines

Each shiatsu course has the expectation that you practice outside of class.

Plan to *give and receive* some shiatsu every week.

Arrange trades with fellow students.

After Shiatsu 2

Begin your log of full body shiatsu sessions.

You are working to complete 1000 massages.

Work on as many different people as you can, but also arrange to give regular shiatsu to one person who can observe your development, and is willing to discuss your progress with you.

Shiatsu Notebook: Log & Journal

I recommend a loose-leaf notebook with section dividers, in which you will keep two logs and a journal.

A. Log of Shiatsu's Given

Keep a running tally that includes the following info - on one line

massage # (1 to 1000) - date - person's name - session length - # of times seen

25 entries per page

[4 pages = 100 massages

1000 massages = 40 pages]

B. Log of Shiatsu's Received

Keep a separate log of massages received follow the same general format.

massage # - date - received from - length of session - comments

Periodically you can show me your logs.

• Comments include observations on technique, notes on your personal experience, what you learned from the session - about yourself, your body, shiatsu, etc.

C. Your Personal Shiatsu Journal

• You may want to keep a more personal journal as well.

• Do it when it feels appropriate • Keep these entries in a separate section. • Date them.

• You may want to write in greater detail about your thoughts and observations, both as a giver and a receiver.

• As a learner you may want to reflect upon what you learned and how you grew from each massage encounter.

• You might use one section to keep track of questions that came up for you about the work, and another to keep a record of comments your partners make about their experience.

• Your ideas and needs will undoubtedly change over time. Let your journal reflect your growth & learning process.

• You may want to use it as an exercise in creative writing.

• The Notes section of the Log may be a reference to a journal entry, i.e. see journal 5-19-18.

