

Zen Shiatsu

PRACTITIONER TRAINING

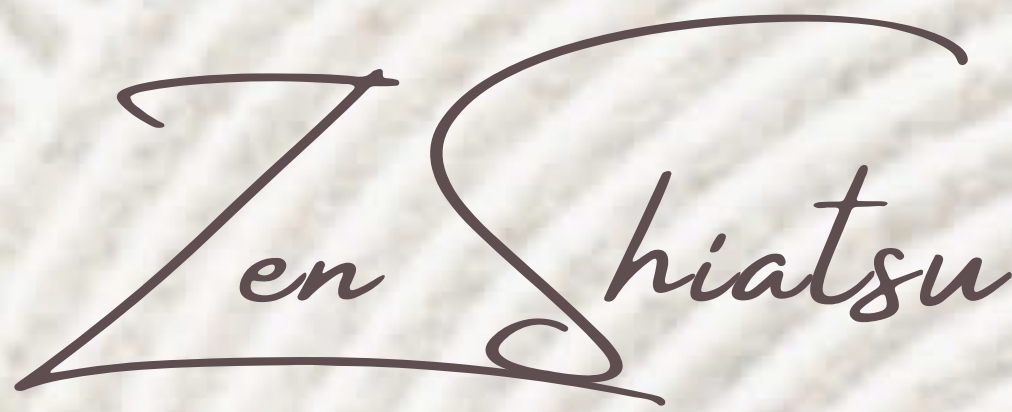


with teachers

JOCHEN KNAU &
LEA MIRBACH

6-DAY
TRAINING

Ericeira
14.-19.11.2023



PRACTITIONER TRAINING

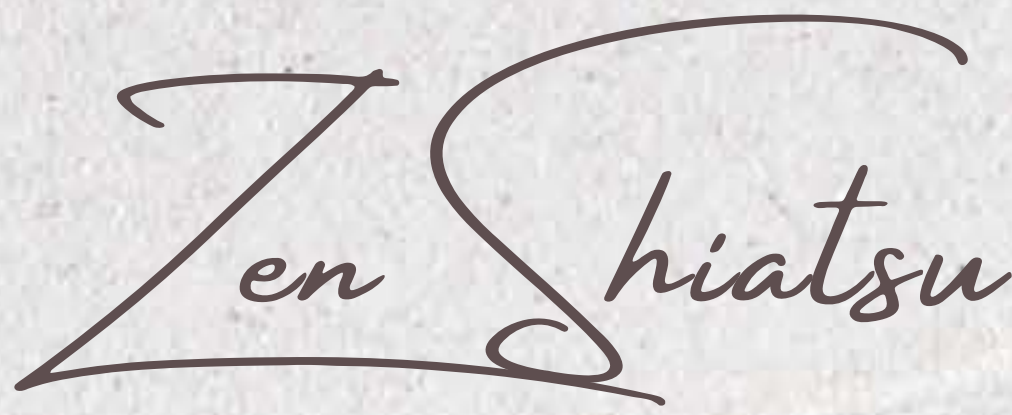
Join this Zen Shiatsu Practitioner Training into the depths of TCM knowledge, the 12 meridians, partner bodywork sessions, and the art of intuitive touch as tools for guidance to facilitate a healthy and balanced way of living for you and your future Shiatsu clients.

Through continuous practice of the methods of Zen Shiatsu and 5 Elements Qi Gong, we come closer to ourselves. Openness, serenity, calmness and vitality – qualities that are given to us by nature – become more present in our everyday life.

In order to be able to develop our creative abilities out of a healthy mind, it requires a dissolution of all beliefs and the training on a mind-body level.

6-Day Training € 900
(incl. accommodation & food)
limited to 12 spots

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- During the 6 days of the training, you'll be learning the holistic content of **TCM**, focusing on the Daoistic laws of nature,
- doing bodywork along the **12 meridians**,
- and practicing a conscious state of mind through daily **Zazen Meditation** and the movements of **5 Elements Qi Gong**.
- Benefit and connect with the group energy and experience powerful and inspiring **sharings together**.
- Throughout the week, you will be able to apply your knowledge in **partner practices**, while you will be supervised and guided by **2 experienced facilitators**.

Work with the vital life
force of the human body.

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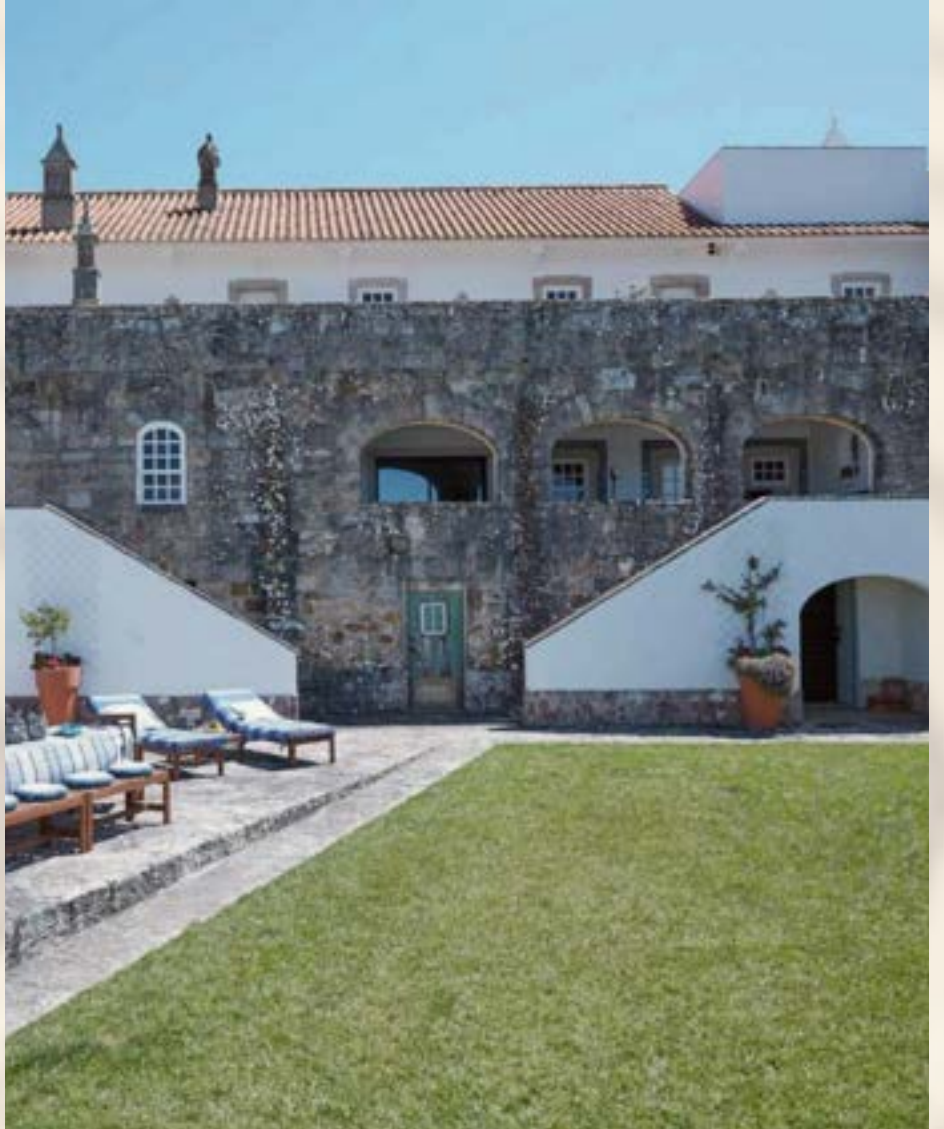
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A portrait of Jochen Knau, a middle-aged man with short, slightly graying hair, smiling gently. He is wearing a light-colored, possibly white or cream, button-down shirt with a mandarin collar. The background is a soft-focus outdoor scene with green foliage and a clear sky.

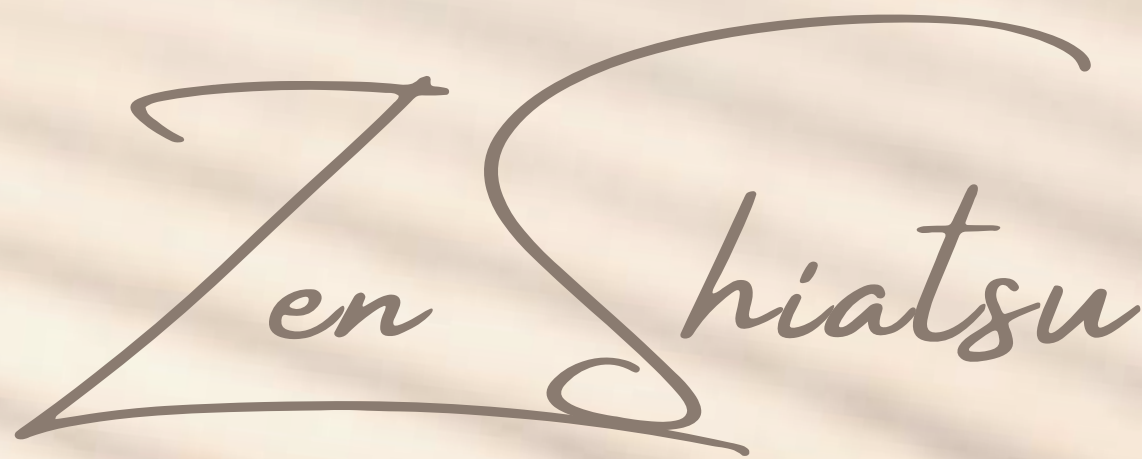
JOCHEN KNAU

With more than **30 years of experience** as a **health practitioner** and **trainer** for the Zen Shiatsu method, Jochen Knau is recognized by the **German Society for Alternative Medicine** (DGAM) as a cooperation partner. In 1999 he founded the „Center for Harmonic Movement“ in Berlin, where he has been teaching **Aikido** (6th Dan), **Qi Gong** and **Zen Shiatsu** – and now expanding his trainings to Portugal.



LEA MIRBACH

Once a student of Jochen Knau, Lea has moved from Berlin to Portugal after her graduation as a **practitioner**, in 2017. Since then, Lea is passionate about teaching **Chi-Body-Awareness, Zen Shiatsu, Emotional Release, Breathwork** and **Qi Gong**. She perceives **touch** as a somatic tool for activating, dissolving, and re-aligning the **energies and emotions** moving through our **body**.



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INTERESTED?

SEND US AN EMAIL AND WE PROVIDE
YOU WITH THE TRAINING PROGRAM
AND RESERVATION DETAILS.

XIBOA.HEALING@GMAIL.COM

~~900€~~

EARLY BIRD: 850€

IF YOU SEND 400€
(RESERVATION FEE)
BEFORE 30.08.