

• INTRODUCING THE

**HUNGARIAN
SHIATSU
FOUNDATION**

• AND THE

**INTERNATIONAL
SHIATSU
SCHOOL
BUDAPEST**



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THE HUNGARIAN SHIATSU FOUNDATION

The Hungarian Shiatsu Foundation (MASA) is a public benefit organization which was established in 1999. Its main aim is to make shiatsu well known in Hungary as well as providing high-level training in the International Shiatsu School Budapest (NSI).

LEADERSHIP

The chairman of the foundation's 3 member board is László Bencze, the members are civilians supporting our goals.

ACHIEVED RESULTS

- In the past 15 years the foundation successfully established and provided the conditions for an effective shiatsu education in Hungary. More than 1500 participants completed our basic training and several hundreds attended the upper level courses of whom 70 up to the degree level. Several certified professionals have since become teachers. All of our courses are certified by GYEMSZI (National Institute for Quality- and Organizational Development in Healthcare and Medicines).
- We regularly provide financial grant for our students in need, we organise supportive shiatsu courses for parents and grandparents.
- To support the promotion of shiatsu and the related healing methods in Hungary we funded the publication of two books with DVD annexes, training materials and regular articles in the printed and online media.
- We maintain good relationship with respected foreign shiatsu professionals who are returning guest teachers of our courses.
- This year we participated the annual European Shiatsu Congress in Kiental for the third time.
- We signed a collaborating agreement with the Hungarian Hospice Foundation (MHA) to provide scholarship for special shiatsu courses for their volunteer carers who work with terminally ill patients.



Dr. Katalin Muszbek
Medical Director (MHA)

László Bencze
Chairman (MASA)

Cecília Rónai
Managing Director (NSI)

CURRENT GOALS

- Expanding our international relations
- The promotion and presentation of the Code of Ethics and Manifesto of the International Shiatsu Network in Hungary
- Establishing measurable general standards for quality assurance of shiatsu education in Hungary
- Preparation and establishment of a National Shiatsu Association in Hungary.

THE INTERNATIONAL SHIATSU SCHOOL BUDAPEST

The first institute in Hungary to offer a high-level shiatsu education is the International Shiatsu School Budapest (NSI). Our school follows the guidelines and teaching method of the International Shiatsu School Austria (I.S.S.Ö.) Its main aims are to popularize shiatsu by getting the widest range of people acquainted with its bases and approach, and to train and qualify people as shiatsu therapists.

The school operates in the XI district in Budapest, at Budafoki street 9-11. 1/2. near to the Hotel Gellért.



STATUTORY REGULATIONS

In Hungary shiatsu is an officially recognized healing activity. To obtain an official operating permit an Alternative Movement and Massage Therapist (AMM) exam has to be taken at the GYEMSZI (National Institute for Quality- and Organizational Development in Healthcare and Medicines). The conditions of the exam:

- Completion of the Healthcare Basics course and successful module exam
- Completion of the Natural Medicine Basics course, participation at a lifestyle camp, successful module exam

- Completion of the Alternative Movement and Massage Therapy Basics course, completion of specialized (shiatsu) course, specialised observation and successful closing exam

Our school is a certified GYEMSZI training provider, we give certification of the completion of the above mentioned specialized (shiatsu) course after our students pass the 2nd semester.

MANAGING DIRECTORS

The Managing Directors of the school are Cecília Rónai and László Bencze. László is also the president of the Hungarian Shiatsu Foundation.

TEACHERS AND GUEST TEACHERS

The founder and lead teacher of the school is Eszter Madocsai, a therapist recognized by the Österreichischer Dachverband für Shiatsu (ÖDS). The introduction and promotion of shiatsu in Hungary is her merit.

Our current teachers Ágnes Darin and Nóra Vászovics are former students of our school, degree certified shiatsu professionals.

Herbert Wiesenhofer (Shen Shiatsu Zentrum Peggau) is our regular guest teacher of the 3rd semester since 2002.

Since 2002 the following teachers from different European schools have been invited to teach in our school during the 3rd and 4th semester and for special individual courses on one or more occasions:



Ohashi, Wilfried Rappenecker (Schule für Shiatsu Hamburg), Herbert Wiesenhofer and Jürgen Mayer (Shen Shiatsu Zentrum Peggau), Thomas Prett, Christian Schnabl, Gerhard Dirschl, Eva Farkas and Gerti Schindlbacher-Ferteis (I.S.S.Ö.), Karin Kalbantner-Wernicke and Thomas Wernicke (aceki e.V.)

COURSE PLAN

BASIC SHIATSU COURSE

Shiatsu Basic Seminar (20 hours)

Training schedule: One weekend

Entry requirements: No restrictions, all is welcome.

Main topics of the course:

- learning all techniques of the basic whole-body treatment
- fundamental attributes and rules of shiatsu
- effects of the treatment
- basic information about our energy system
- practicing Do-in

VOCATIONAL SHIATSU COURSE



1st Semester (100 hours)

Training schedule: One weekend per month or one workday per week during 5 months.

Entry requirement: Successful completion of a Shiatsu Basic Seminar.

Main topics of the course:

- the basics of the TCM
- the theory of the five elements/transformations
- the pathways of the classic meridians, important points, their effects
- treatment of the classic meridians
- anatomy
- the basics of the theory yin and yang
- macrobiotics
- hara-diagnosis and treatment
- introduction to the eastern diagnosis
- Yu and Bo points

- deepening of the perception, kyo and jitsu conditions
- body exercises, self massage, Do-in

2nd Semester (100 hours)

Training schedule: One weekend per month during 5 months.

Entry requirement: Successful completion of the 1st Semester.

Upon completion of the course students can register for the Alternative Movement and Massage Therapist exam.

Main topics of the course:

- the pathways of the Masunaga meridians
- eastern diagnosis: posture, face, back, etc. diagnosis
- treatment in sitting and side position
- using knee, foot and elbow
- the basics of shiatsu during pregnancy and labour
- mobilization and stretching techniques
- hara-concentration, self development techniques
- Do-in and Chi kung exercises

SHIATSU THERAPIST COURSE



3rd Semester (100 hours)

Training schedule: Four 3-day-weekends during 5 months.

Entry requirement: Successful completion of the 2nd Semester.

The 3rd Semester is held with the guest collaboration of respected foreign shiatsu teachers.

Main topics of the course:

- immersion in the eastern diagnosis
- posture and energy circulation
- priorities during a treatment
- releasing the joints, muscles and fascia system

- correction of the shoulder, pelvis and hip joints and the different spine sections
- deepening the perception
- self development techniques
- Chi kung, Do-in, meditation

4th Semester (100 hours)

Training schedule: Four 3-day-weekends during 5 months.

Entry requirement: Successful completion of the 3rd Semester.

The 4th Semester is held with the guest collaboration of respected foreign shiatsu teachers.

Upon completion of the course students can register for the final exam.

Main topics of the course:

- the art of shiatsu: internal techniques, clear focus
- the emotional and spiritual aspects of the five elements
- the basics of the cranio-sacral therapy
- depths of the hara treatment
- fascia work on the joints and organs
- the psychology of the therapist-patient relationship
- macrobiotics, lifestyle advices
- the ethical standards of the shiatsu practice
- Chi-kung, Do-in, meditation

FURTHER EDUCATION, MASTER COURSES, SUMMER CAMP



In every term we organise at least one extra course mainly with foreign guest teachers. The topics of these courses were till now:

- Living Meridians
- Shiatsu for Specific Complaints
- Four Handed Master Treatment
- Shiatsu and Cranio-sacral Therapy
- Baby Shiatsu
- Teachers Training for the Basic Seminar

- Macrobiotics
- Practice Oriented Multidimensional Work With Meridians
- Shiatsu During Pregnancy
- BMC (Bodymind Centering)
- In the Track of Ki — Meridian Free Shiatsu
- Do-in Instructor Training
- Ohashiatsu Basic Seminar
- The Quality of Touch, Internal Techniques
- Improvement in Fascia Work
- Summer Camp

PRACTICE

On every semester-weekend we provide opportunity for free practicing for the participants of the course.

THURSDAY WORKSHOP

On every Thursday we organise a special event to promote and popularize shiatsu.

- Open Day: we present what we teach and what is it good for beside a good cup of tea. Lecture, presentation, Do-in self massage.
- Shiatsu Best Practices: easy tips and tricks from the world of shiatsu for ourselves or for our partner. Efficient and easy to apply solutions for unpleasant symptoms at home or at work.
- Baby Shiatsu Workshop: shiatsu techniques for fresh mothers, fathers, parents, grandparents, doulas, midwives.
- Shiatsu for Couples: easy techniques for couples living together to improve the intimacy and the harmony of the relationship and the common life.



FINAL EXAM

On the final exam our students has to testify their knowledge of everything that was delivered during the 4 semesters.

The exam consists of three parts:

- Written part (10 questions): the candidate has 4 hours to provide detailed answer and explication for the questions
- Practical part (one randomly drawn treatment situation): the candidate has to perform the given treatment situation observed by the teachers of the school.
- Oral part (one randomly drawn topic): the candidate has to answer the questions of the teachers of the related topic.

The candidate receives a verbal evaluation that will be completed with the percentage results of the written, practical and oral part. If the exam was successful the candidate receives the Shiatsu Therapist Degree.

According to the guidelines of the European Shiatsu Federation only those candidates can register for the exam who completed the Shiatsu Basics course not less than 3 years before the date of the exam.



To obtain the Shiatsu Therapist Degree it is required that the candidates participate in supervision consultation at least twice and they present a collection of individual reports of at least 200 shiatsu treatments.

DO-IN INSTRUCTOR TRAINING

Do-in self massage has a key role in the program of our school. Therefore 1,5 years ago we decided to launch the professional Do-in instructor training for those who would like to learn how to lead a Do-in practice in a well prepared and professional way.

Main topics of the course:

- how to prepare the list of exercises for a Do-in lesson
- what we do and why
- how to phrase the instructions
- how to guide and lead the group
- what exercises to do for specific symptoms

PREPARATION FOR THE EXAM TO OBTAIN THE OFFICIAL OPERATING PERMIT

Our school is a certified GYEMSZI (National Institute for Quality- and Organizational Development in Healthcare and Medicines) training provider, approved to issue certificate of completion of the courses required to register for the exam.

GOALS AND ACHIEVED RESULTS



ACHIEVED RESULTS

- Development of the training material and education plan for a four-semester shiatsu course and a Do-in instructor course.
- Since the foundation of the school more than 1500 participants completed our basic seminar and several hundreds attended the upper level courses of whom 70 up to the degree level. Several certified professionals have since become teachers. All of our courses are certified by GYEMSZI (National Institute for Quality- and Organizational Development in Healthcare and Medicines).
- We hold Do-in practice lessons twice every week where we have an average of 10-15 participants. This program contributes greatly to maintain health and to develop a strong body awareness.
- For 4 years we have been publishing shiatsu related articles in a popular Hungarian magazine to make shiatsu and our school more known.
- We have a network of about 2000 persons on our facebook and YouTube channels.

CURRENT GOALS

- Harmonize our education plan with the standards of the Manifesto and Code of Ethics of the International Shiatsu Network.
- Building up a network with our former students to contribute to the establishment of measurable general standards for quality assurance of shiatsu education in Hungary.
- Developing a special shiatsu course for volunteer carers working with terminally ill patients as part of our collaboration with the Hungarian Hospice Foundation.

ESZTER MADOCZSAI

The founder and lead teacher of the school is Eszter Madocsai, a therapist recognized by the Österreichischer Dachverband für Shiatsu (ÖDS). The introduction and promotion of shiatsu in Hungary is her merit.



She earned an international degree in 1997 from the International Shiatsu School Austria (I.S.S.Ö.) in Graz, and she completed her teacher training in 2001-2002. Her teachers were Thomas Prett, Christian Schnabl, Jörg Schürpf and Saul Goodman.

She earned her Alternative Movement and Massage Therapist (AMM) degree in 1999 at the institution GYEMSZI (National Institut for Quality- and Organizational Development in Healthcare and Medicines) in Hungary. She is a national expert and certified examiner of the GYEMSZI in the department of AMM. She has been practicing shiatsu since 1994 and has given shiatsu courses since 1998. She developed the training material and education plan for a four-semester shiatsu course and a Do-in instructor course, author of two books and frequent publisher. Besides Hungarian she speaks English and German.

Eszter Madocsai is the author of the following works:

BOOKS:

The Way to the Inner Harmony — Do-in
DVD included
Solar P.C. 2009 ISBN 978-963-244-103-0

Shiatsu — Attitude and Practice
DVD included
Solar P.C. 2012 ISBN 978-963-244-359-1



TRAINING MATERIALS AND TRAINING PLANS:

Detailed training material and training plan of the four-semester shiatsu training

LEARNING AIDS FOR THE SHIATSU COURSES:

Shiatsu Basic Treatment – learning aid for the basic shiatsu course
Classic Meridians – learning aid for the 1st semester
Anatomy Illustrations – learning aid for the 1st semester
Masunaga Meridians – learning aid for the 2nd semester

ARTICLES:

Shiatsu Best Practices
Natural Medicine Magazine
Monthly double page article since August, 2011.

REFERENCES

Eszter Madocsai, who I frequently met with in the past 18 years in Hungary or in other European countries, is a professionally competent and highly experienced shiatsu therapist and shiatsu teacher. In the past two decades as one of the pioneers of shiatsu and as the leader of the International Shiatsu School Budapest she gained significant merits in promoting shiatsu in Hungary. She provides well founded professional education and thoroughly prepares her students for their profession. (Wilfried Rappenecker, Hamburg, 2011)



We have known Eszter Madocsai personally for 19 years. We met her being a shiatsu student, assistant, teacher, and the leader of the International School of Shiatsu Budapest. Eszter Madocsai proved her exceptional professional knowledge, didactical and methodological excellence which is characterized by social competence, creativity and devoted seriousness. As we are both teaching in her school in the last semester of the shiatsu training we are constantly experiencing the high level of her education. We both declare that the education in the International School of Shiatsu Budapest represents the highest quality providing the graduates with the ability to give highly professional shiatsu treatment.

For this reason we recommend Eszter Madocsai and her students as absolutely competent professionals being appropriate for treating employees of any company or organisation suffering from work related back pain or stress symptoms.

We wish all good for Eszter Madocsai and her colleagues in their personal and professional future. (Christian Schnabl und Thomas Prett, directors of the International School of Shiatsu Austria (I.S.S.Ö.), 2009)

It has been ten years since I am teaching in the International Shiatsu School in Budapest and on every occasion it is a fantastic experience to feel the energy of this school. Liveliness, openness and above all professionalism are what describe Eszter and her teacher team. As the regular guest teacher of the 3rd semester it always makes me happy to take notice of the high level of quality knowledge being typical to the students here. Therefore teaching them and support their development to become great shiatsu professionals is a real pleasure. I am looking forward to the inspiring future collaboration with Eszter and her team. I am grateful for Budapest for all the nice experience together. (Herbert Wiesenhofer, Peggau, 2013)



Thank You for the invitation to teach the „Hara” class in 4th semester in Your Shiatsu school in Budapest and the warm and open atmosphere You offered me. I really enjoyed this three days filled with concentrated work, intensive exchange of high levelled shiatsu knowledge and also a lot of fun. I was especially surprised by the specific questions and the high willingness of the students. So we had the chance to do a lot more than I had planned to do in this course.

But it was not only the professional quality that showed up in this course: It also was the social competence in communicating and acting inside the group – this was definitely the “Shiatsu-Spirit” I like so much!

Congratulation to You, Your teachers and assistants – You are doing great job in the deep sense of Shiatsu. (Gerhard Dirschl, Linz, 2011)

Budapest, November 2014