

The Shiatsu Centre

Conference and Room Hire

As well as housing The Shiatsu School Edinburgh, The Shiatsu Centre can be hired in whole or in part to cater for your requirements or those of your organisation.

As well as the **main teaching room** which is a calm space ideally suited to group classes such as yoga, Chi Gung / T'ai Chi, Pilates, holistic health training and meetings, we have a **Treatment Room** for one-to-one therapy and small groups (co-counselling or group supervision for example) and a **Community Room** which is bright, comfortable and suitable for a variety of occasions, whether for a business meeting, a birthday party, or whatever event you wish to hold.

Room hire is available from £12 per hour (large rooms), and £8 per hour for the Treatment Room, and block bookings for either a one-off or regular event can be negotiated. We can also arrange for a finger buffet or tea/coffee/cakes, and there is an on-going light meal menu available from the Tea Tree Tea Cafe.

Teaching Room

This first floor, rectangular room has 3 large windows, 5 adjustable radiators, and tables and chairs are available, with a large amount of storage space in the basement. It is not wheelchair accessible

Yoga or other floor-based class – space for 12 mats

Shiatsu, Chi Gung or other standing / sitting meditation class – 16 to 20 people

Stand-up reception - 30 people

Meetings – room for 6 large trestle-sized tables arranged in a rectangle with approx. 24 chairs. Overhead projector, white boards and flip charts all available.

Rehearsal space – company of 8 to 10

The room has a blue industrial carpet (a dance lino could be laid on top) and white walls.

The cost of this room is £12 per hour, and whole days, weekends or regular bookings are negotiable. A contract will be given.

This is a no-shoe area.

For photographs of this room please see website

Treatment Room

This room is on the ground floor and is wheelchair / buggy accessible (although the toilets/baby changing are downstairs). There is a garden window with peaceful aspect, plenty of heating, lights, a table and 2 armchair-type chairs. Harder chairs can be substituted. There is plenty of space for a double futon or any sized massage table. The room is calmly decorated in creams and mellow yellow with candles and an oil burner available to create a beautiful therapy space. There is a toy box.

The room is also big enough for a small seated group of approximately 8 to 10 people.

There is a good deal of storage space both in the room and in the basement.

This is a no-shoe area.

Community Room

This ground floor room is fully accessible (although the toilets are not) , large and has an open bright feeling about it as it is bordered on one side by 2 huge, partially screened shop windows. Full muslin curtains can be used if needed. All other rooms and the street must be accessed through the Community Room. There are sofas a range of chairs, tables and a reception desk in this room, however it is a flexible space and we have a store of meeting tables and chairs available.

Conference break-out area – 50 people

Party / social event – 50 people

Meeting (casual or formal) – 25 to 35 people, more if sitting in rows.

Screens can be erected to cordon off the walk-thru part of the room.

There is a range of art works on the walls, as well as notice boards; space for shoes and outdoor garments; and lots of room for baby buggies. You can advertise your events here.

Other spaces

There is a kitted-out, communal dining area in the middle of the Centre on the ground floor and this room has a with fridge, kettle and enjoys a pleasant

garden view.

There is a small galley kitchen, and 2 toilets, plus adult and baby changing areas in the basement (accessed by stairs).

We also have undecorated basement rooms (one with a window), that are available for artists' workshops, locked storage or other possible uses.

Please do come and visit us and see the rooms for yourself. You may find that you could fit more people in, or to make it comfortable you would set a smaller maximum group size, as these things are very personal. We are open to creative ways of using the space so if you are a stand-up comedian, dancer, eco-group or are looking for somewhere with more character than the average conference centre, then do come along and try us for size!

For further information on hiring any of the The Shiatsu Centre's spaces for your class, conference, meeting or special event, please contact Tamsin Grainger on 0131 229 0724 or admin@tssed.org.