



Spark The Shen

Sarah Pritchard – Live Workshop Description

## Qi Dynamics & Deepening Skills

Two day live practical workshop cultivating the creative flow of the hand and the needle

This two day practical workshop for both new and experienced practitioners of acupuncture and Tui na is an opportunity to immerse yourself in the experience of Qi Dynamics. To empower and deepen your practical *Tui na/An Mo* and needling skills and to cultivate the creative flow of the hand and the needle in your practice. As part of our skill development, we will also go through the theoretical and practical application of cupping, gua sha and rice grain moxa.

In my experience, I've found that for most students, skills and knowledge move deeper when felt and embodied, so this workshop will be very practical and experiential!

As practitioners, we can spend a lot of time 'doing' to others and also worrying that we are not 'doing enough'. I would like to remind and inspire you to rediscover the power of presence, and the potential of the connection created in the relationship between us, the *Dao* and the individual we are working with.

Over the two days we will learn Qi Gong specific to practitioners. These exercises enable the development of Qi and sensitivity in our hands. We will then apply this practically - working together in pairs (in real time with me) on the body, using our hands and needles.

During this two day live practical workshop for acupuncturists, you will:

- Practise Qi Gong to develop Qi sensitivity, and learn how this extends to the hands-on application of Tui na and acupuncture
- Learn ways of enabling Qi to flow more easily, using body positioning, posture, breath, and the use of clear, relaxed intention
- Work with Qi Dynamics, for example how to open what is closed, contain what is scattered, descend what is risen, collect and gather what is empty, and unwind what is bound
- Develop and deepen the application of the fundamental Tui na techniques
- Experience how *An fa* (pressing) is at the root of all the other techniques
- Work with *Rou fa* (kneading), *Na fa* (grasping), *Yi Zhi Chan Tui fa* (single finger meditation pushing technique), and *Zhen fa* (vibrating). Feel how these extend from *An fa* and how our needling techniques developed from these
- Discuss and practise needling techniques such as 'cooling sky', 'burning mountain', 'vibrating needle' and 'wind needling'
- Work with *Tui fa* (pushing), the underestimated technique - for guiding and directing the flow of Qi



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- Discuss and feel the therapeutic qualities of our Tui na and needling techniques and which techniques are best used to access the various levels of Qi (*Wei, Ying, Yuan*)
- Introduce and/develop Gun fa (rolling technique) – be reminded of its therapeutic qualities, and why persevere!
- Explore how to combine the flow of the hand and the needle creatively in practice
- Discuss and practise different methods of cupping, gua sha and rice grain moxa

**New for 2019!**