



Spark The Shen

Sarah Pritchard – Live Workshop Description

Supporting Women through the Menopause as a Fundamental Doorway of Life

An integrated approach using Tui na, acupuncture & moxibustion

Still somewhat a taboo subject, the menopause is a powerful rite of passage for women and holds the potential for profound spiritual development.

As practitioners, how can we best support and enable women to have a positive experience into and through the menopause as a fundamental doorway of life? How can we provide the nurturing space for women to feel, process, surrender, and reclaim their power?

In this two day practical workshop for acupuncturists, we will:

- Explore the role of the Eight Extraordinary Meridians, with a special focus on the *Wei Mai* vessels, the vessels of ageing which represent the 7 & 8 year cycles of time
- Learn powerful routines for working on the Yin and Yang *Wei Mai*; experience these deep vessels tangibly in your body and bring them to life in your hands
- Learn a simple and effective Yin style Tui na routine for nourishing, calming, centring and slowing Qi down to support the *Yuan Qi*, Nourish Kidneys and calm the Shen
- Experience alternative methods for accessing Qi and stimulating points
- Improve your needling techniques and sensitivity and bring greater connection and presence to your needling
- Improve palpation skills, bodywork confidence and be reminded of the power of therapeutic touch

Student Feedback

London, 2019

"The course was very well structured, extremely well taught. Sarah created a safe space which allowed us to connect with the Yin and Yang Wei Mai. Sarah teaches with love. Her deep understanding, caring nature and passion for the subject comes across in every way. Be aware: it can have a very profound effect if you allow yourself to be vulnerable and fully embrace the experience. This is a unique opportunity for self-growth and development which I really recommend.

Sarah has revived my passion for Tui Na and has inspired me to use this technique for the treatment of women going through the menopause. My patients are loving it! Thank you Sarah, you have truly sparked my Shen and I can't wait for your next course."

-2019 Student

"That was such an experience! Thank you for it, and holding a safe space for us to experience the power of this work. I don't think I ever experienced or realised the



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depth of Tui Na in such a direct manner. Blew my mind a bit. I also very much enjoyed the discussion on the theory of the Eight extras and the psycho-emotional aspects of it, as it helps me firm up intention when working. You can see the added effect straight away in the clinic!"

-2019 Student

"I enjoy Sarah's clear instruction on the different techniques of Tui Na, she describes beautifully how to feel into the method and what effect it has on the different levels of Qi we are working with. The groups are friendly and the learning is hands on and very attainable with the style of teaching. I would recommend these courses to other practitioners of Chinese medicine as they are clinically applicable straight after the course. The practical side of this work benefits the treatments you are already giving, and therefore the clients."

-2019 Student

"Thank you so much for the course on Thursday and Friday, it was a truly inspirational couple of days, I felt a wonderful intimate connection with all the attendees and yourselves. With lots to process over the coming days and weeks, I do feel the confidence to integrate what I've learned with you into practice. Even just subtle changes to my language and interactions, I've noticed the difference already."

-2019 Student

"As always Sarah, thank you so much for your knowledge and the excellent course, I am always blown away by the quality and learning."

-2019 Student

"I wanted to thank you for another wonderful course. I have felt myself reflecting deeply on the course throughout the weekend and really loved the way you looked at the menopause. Also, many of my patients are going through this now so perfect to take straight into clinic."

-2019 Student

"I would always recommend any of your courses as I love the way you teach. I love the practical nature of your courses and the energy you give. I really enjoy them and always feel super enthusiastic after."

-2019 Student

"Thank very much for those wonderful days. It was an experience that still resonates in my cells. I love your professionalism, strongly driven by love and wisdom. It can teach me lots on my own path."

-2019 Student

"Loved the course, and hope to attend a lot more with you in the future. Definitely feels I went through a Shamanic rite of passage over those two days. It was lovely to meet up with a new tribe that I resonated with so well."

-2019 Student



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Edmonton, AB, 2019

"Thank you once again for an absolutely wonderful weekend of education and enjoyment! I love your courses, I learned so much. The Yin Wei and Yang Wei treatments are so powerful and the flow is just wonderful. I really like the fact that we are "doing", not just "listening". I learn and retain more by putting the theory into practice. Your course is the perfect ratio of theory and practice. Thankyou!"

-2019 Student

"I would definitely recommend your courses to my colleagues. Our society needs your treatments and the more of us spreading the Wei Mai glitter, all the better for the world!"

-2019 Student

"Thank you so much for coming to Edmonton this past weekend and bringing your knowledge, compassion and passion to the classroom. I found the course to be so informative and felt a level of ease while learning that was super refreshing and reminded myself to enjoy my acupuncture journey. I also just wanted to let you know that I used the knowledge from this weekend on four of my patients this morning!"

-2019 Student

"You ladies were amazing and extremely inspirational! I loved the relaxed atmosphere, the hands-on time, a comprehensive and complete set of notes (leaving more time to watch and absorb). The follow up information and email was great. I have already signed up for the online versions so that I can keep it fresh and work on it."

-2019 Student

Vancouver, BC, 2018

"Wow, that is my gut feeling from the weekend. I feel inspired, rejuvenated and excited to use what I learned in my work. Several Ah-Ha moments brought me back to the basics of our craft and helped me re-connect the long-forgotten dots. Sarah your delivery of knowledge is so dynamic and unassuming, I was captured and focused every single moment."

-2018 Student

London, 2018

"Thank you so much for a fantastic course as always, sharing your radiant Qi and for these notes!"

-2018 Student

"I really enjoyed this course. It was brilliant, as usual you set my grey matter off so I get home, the books come out again when I should be desperately finishing off my tax return! Three menopausal patients have floated off down the road very happy this week so they thank you too."

-2018 Student