



Spark The Shen

Sarah Pritchard – Live Workshop Description

Tui na & Moxibustion for Menstrual Problems and Fertility Issues

In this two day practical workshop for acupuncturists I hope to inspire you to use your hands as well as your needles and to rediscover the power and clinical effectiveness of Moxibustion.

The workshop will be practical. I want to share with you key Tui na and Moxa techniques that you can integrate easily and naturally with acupuncture. The techniques that I find highly effective in the treatment of women's health issues.

Using Tui na in clinic gives me flexibility in the treatment space. Entire channels can be opened, dredged and cleared. Important points that are sometimes too sensitive to be stimulated with the needle can be activated with thumbs or hands. The effect on the Qi is tangible to the patient, powerful but grounded and reassuring.

I use my hands on local areas significant to the movement of breath, Qi, Blood and emotion while distal needles are in place. Often I work in the sacrum, pelvis, chest and diaphragm. And always in the abdomen. Working in the abdomen with the patient's breath I use pressing (*An Fa*), kneading (*Rou Fa*), vibrating (*Zhen Fa*) and rocking to release congestion, adhesion and knotted tense fascia.

In my experience menstrual and fertility problems often involve the unconscious storing of emotions which can damage the Blood and lead to congestion and tightening of the abdominal fascia. Accumulation and stagnation of Qi, Blood and pathogenic factors can lead to *Zheng Jia* (Concretions and Conglomerations) such as ovarian cysts, endometriosis, fibroids, infertility and PMT. Working physically and energetically in the abdomen is a wonderful way to keep Qi and Blood flowing freely.

All acupuncture needling techniques have evolved from Chinese Massage therapy. Before needles, ancient shamans and healers used their hands and smouldering herbs like Moxa (mugwort), to stimulate points and channels to affect Qi, Blood and Shen. It's unfortunate that Moxa is now rather underused in the West, as its therapeutic effects in clinic are impressive.

Tui na is the grandmother of all forms of bodywork that exist today. Both physical bodywork and subtle energy medicine, it's broad and deep in its therapeutic range. Learning Tui na will bring new scope and inspiration to your practice and what's more, patients love it!

During this two day practical workshop you will

- Acquire simple, practical and effective Tui na routines and Moxa prescriptions for the most common women's health issues
- Be able to integrate these skills confidently into your current acupuncture practice
- Experience alternative methods for accessing Qi and stimulating points



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- Improve your needling techniques and sensitivity
- Improve palpation skills, bodywork confidence and experience the importance of therapeutic touch
- Discover how to open, clear and dredge entire channels to guide Qi along the pathways
- Learn techniques for releasing the 3 *Jiao* - sacrum/pelvis, chest/diaphragm and abdomen and how these relate to women's health and fertility
- Learn how and where to apply Moxa - rice grain Moxa, Moxa on ginger, and salt Moxa – for warming/moving stasis of Qi and Blood, drying dampness, resolving Phlegm and nourishing deficiency
- Acquire Tui na and Moxibustion techniques for harmonising the menstrual cycle

Student Feedback

"I absolutely loved this course! I found it full of information that I've been incorporating into my practice daily and also very inspiring. The handouts were great. Very succinct and easy to refer back to. The teachers were incredible. Very knowledgeable but also incredibly nice and open to any questions. Altogether I would highly recommend it to anyone!"

-2017 Student

"I truly enjoyed Sarah's workshop on Tui na & Moxibustion for Menstrual Problems & Fertility Issues. Sarah is an excellent instructor and is extremely knowledgeable & approachable. She explained the course material in an easy to follow manner & provided lots of demonstration. The workshop included invaluable hands-on experience to practice tuina & moxa techniques and I was able to apply the information learned in my clinic setting right away. I highly recommend Sarah Pritchard's workshops and look forward to attending more in the future!"

-Silvia Vidas, Dr. TCM, 2017 Student

"I thoroughly enjoyed your course. I have already incorporated the tui na over the past 2 days and my clients love it! Your way of teaching works for me. I love the fact that we as students have so much hands on. Theory is great, however, my mind retains and learns more when I am actively incorporating the technique as the reasons for it are being explained. Loved it. The notes are concise and complete."

-2018 Student

"I just wanted to let you know this course was amazing and I look forward to studying under you again in the near future! I have already started incorporating what we learned into my practice. I've always strayed away from too much hands on because I lacked confidence in my techniques but I feel so much more confident after this weekend. Thank you again for an amazing weekend. You are truly an inspiring instructor!"

-2018 Student



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"Thanks again for a wonderful weekend! As a student at the beginning of my journey it was so great to see tuina from your perspective. I really loved the way you gave visuals or things to think about while doing the techniques. I thought I was still able to give effective pressure but it didn't feel so harsh. It also brought to my attention small things that of course I know, but don't really think about like the needle being an extension of the hand. Just small reminders like this made me so much more aware of what my fingers or hands were trying to accomplish. Subtle reminders like that really changed the way I was thinking.

I would definitely recommend it to others. It was a great experience not only working on the hand work, but also being on the receiving end so you know what your clients might be feeling. It was a lovely weekend learning from you!"

-2018 Student

"Thank you so much for a great weekend course! I really enjoyed how hands on you made the course, and how comfortable and easy you all made it to work on each other. I already have used it a few times in clinic which is amazing. I find it quite enjoyable and have noticed a LOT of energy exchange which has been very powerful! It has led me to use my intuition a bit more and read people's energy rather than always "by the book." Because honestly, no patient is ever by the book. It has eliminated some of the confusion and doubt on diagnosis and instead use more of my senses to treat. Thank you for that."

-2018 Student