



Spark The Shen

Sarah Pritchard – Live Workshop Description

## The Flow of the Hand & the Needle Part 1 - an Introduction

A two day Tui na workshop for acupuncturists

*This workshop is open to both qualified acupuncturists and 3<sup>rd</sup> year acupuncture students. No prior Tui na experience needed.*

During this two day practical workshop for acupuncturists, we will work together with the fundamental Tui na techniques. Exploring and feeling alternative methods for opening channels, softening, moving and dispersing stagnation, nourishing and warming Qi, calming and soothing the Shen. We will experience the flow of channels and the dynamics of points tangibly from within our own bodies.

All needling techniques are born out of the ancient massage manipulations of An Mo known as Tui na since the *Ming dynasty*. Some points and channels may be better stimulated with hands and others with needles. Having the flexibility to use both in practice gives us the versatility and potential to flow creatively with the changing dynamics of our patients' Qi in the treatment space.

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 for acupuncturists, you will:

- Acquire simple, practical and effective Tui na techniques which you will be able to integrate confidently into your current acupuncture practice
- Discover simple methods for opening, clearing and dredging channels and guiding Qi to flow smoothly
- Work with releasing 'Guo' fruit areas on the *Jin Jing* Channel Sinews and methods for dispersing and clearing accumulation and stasis
- Learn simple and powerful Yin style Tui na for nourishing, calming, centring and slowing Qi down
- 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



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### Student Feedback

*"Thank you so much for such an inspiring and wonderful two days. It really has been one if not the best CPD courses I've ever been on. I feel like somethings ignited in me. I've been longing to do more hands-on practice so I think this is the catalyst for that. I definitely want to come to Part2 whenever you decide to run it."*

- 2018 Student

*"Thank you very much for such a great course over the weekend. I found your teaching style very inspiring. I loved how you incorporated qi gong in the mornings. I have been practicing the face routine on myself this morning and am excited to incorporate some tui na into my acupuncture treatments."*

- 2018 Student

*"Thank you for the fantastic weekend. It is not often that CPD delivers such comprehensive and usable content. I thought the way you taught it was faultless. Thank you for putting the course together, I am really looking forward to part 2."*

- 2018 Student

*"Thank you so much for the course, I thoroughly enjoyed it. Thank you, thank you, thank you for teaching and sharing these wonderful skills. This will completely change how I practice as an acupuncturist."*

- 2018 Student

*"It was such a wonderful 2 days of training, lovely to go home feeling energised rather than exhausted. See you again in January."*

- 2018 Student

*"I just wanted to say how much I enjoyed your course and the work you do. I was totally absorbed into it and can't wait for the next one. I have used a few of the techniques you have taught us and my patients seem to love it. I am a newly qualified acupuncturist and massage is a whole new technique to me so I was quite nervous but really had no reason to be in your relaxed classroom."*

- 2018 Student

*"I would like to say a huge thank you for the wonderful workshop. I loved every bit of it and can't wait to apply the techniques in clinic. I know that many of my patients will benefit from it, and I finally feel that I can do something for patients who are anxious of needles (some of whom I had to refer to other therapists in the past). On a personal level, I feel humbled by the encounter that tui na opens up between receiver and giver - connecting with the receiver's Qi, his/her breathing, and so on on quite an intimate level. We are thought so little about these embodied aspects of practice in acupuncture colleges today, where some teachers even advocate needling the patient without touching the body... I look forward to Part 2 in January."*

- 2018 Student