



Spark The Shen

Sarah Pritchard – Live Workshop Description

## The Flow of the Hand & the Needle Part 2 – Deepening the Skills

### A two day Tui na workshop for acupuncturists

In Part 1 we began to explore the effects of using our hands with focused and patient awareness. With simple, fundamental techniques like An fa (pressing) and Tui fa (pushing) we opened channels and held points. From within we felt our Qi (and Shen) being moved, nourished and supported. By experiencing these states of deep relaxation and support, we as practitioners were reminded of the potential that arises from here for profound healing and transformation.

In Part 2 we continue our journey of experiencing the dynamics of Qi from within, reviewing, deepening and developing the work we began in Part 1. There will be time for questions and sharing the experiences of putting what we've explored so far into practice.

Our focus for this two day adventure will be the three *Jiao*. Exploring ideas and practical methods for affecting Qi both subtly and dynamically in these key areas, and how to connect this with distal work in channels and points.

I will introduce you to the powerful and versatile point stimulating technique Yi Zhi Chan Tui fa (one finger meditation pushing technique) which works at *Wei*, *Ying* and *Yuan* Qi levels. An extension of An fa (pressing), it has a penetrative, moving quality that I believe is worth our attention.

During Part 2 you will:

- Explore ideas and methods for working with the three *Jiao*, how they relate to internal and external pathogens and common clinical scenarios - when, why and how
- Be introduced to and explore Yi Zhi Chan Tui fa (one finger meditation pushing technique)

In attending you will continue to develop and deepen the work from Part 1:

- 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 for the wonderful weekend. I am so happy to be in a circle of healers working with qi and our hands, it seems so clear that this direction and my path are connected and your teaching is wonderful, a natural and enthusiastic teacher, giving clear instruction and positive encouragement. I return home with renewed energy and full of light, my client this afternoon is coming for energy and massage work so she will get the first blast of my learning this weekend. Yes the challenge is on to do some practice each day.”*

- 2019 Student

*“Thank you so much for such a useful and inspiring weekend. I seldom do a treatment now without some sort of TuiNa – even if it is just simply some An fa on Kid1 to ground the patient before they leave. It was great to get some new thoughts and techniques and also probably as valuable to receive the treatments because you really can feel for yourself that “stuff” is happening (and it feels pretty nice too for the most part!)”*

- 2019 Student

*“Thank you for another brilliant course. I really enjoy your courses and I love your positive energy. It is a real pleasure. I am slowly incorporating it bit by bit into my clinic.”*

- 2019 Student

*“Thank you so much for the weekend, it was both stimulating and calming at the same time. Also, just to mention, no more ‘interesting effects’ from the lower jiao back treatment. In fact I slept really well on Sunday and felt positively serene on Monday!”*

- 2019 Student

*“Bloody brilliant and I loved every minute of it. It was just what I needed for my soul after a month off work sick.”*

- 2019 Student

*“I really enjoyed the weekend again. You manage to inspire me even when my energy is sagging so low! I've already put the yi zhi chan tui fa into practice.”*

- 2019 Student

*“Thanks again for a really uplifting course.”*

- 2019 Student