## Integrative Acupressure 1

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<thead>
<tr>
<th>Course</th>
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<tr>
<td><strong>Dates</strong></td>
<td>18th &amp; 19th April and 2nd &amp; 3rd May 2015 (Weekend Course)</td>
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<tr>
<td><strong>Times</strong></td>
<td>9:00pm – 4:45pm (08:45am check in)</td>
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<td><strong>Fees</strong></td>
<td>$695</td>
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<td><strong>Pre-Requisite</strong></td>
<td>Massage 1 &amp; 2</td>
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<td><strong>CEC/CPD</strong></td>
<td>See your association for CEC/CPE point allocation</td>
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### Course Description

This 2 day intense course has been specifically designed for people wishing to know more about Acupressure. This course has been specifically designed for students that have no or little knowledge and will cover the following:

- The basic principles of Chinese medicine, including the Five Elements.
- Diagnosing imbalance through the Five Element system
- The 50 most powerful acupressure points
- The principles of combining points into effective treatment patterns
- The Two specific patterns for musculo--
  - skeletal problems: principles of combining points into effective treatment patterns
  - Five point lumbar and pelvic release

On successful completion of this course you will be able to immediately integrate acupressure into your practice.

### Your Facilitator

**Mr. John Kirwood DRM** has been practicing and teaching the healing arts for almost 30yrs. He trained extensively in California in Five Element Acupressure, Jin Shin Do, Deep Tissue Work & Myofascial Release, and had a successful private practice in the San Francisco area for over 18 years. He now teaches around Australia and practises in the Adelaide Hills. He is deeply committed to facilitating and teaching healing at all levels --- physical, energetic, emotional & spiritual.

### Equipment You Are Required To Bring

- 1 Single flat sheet
- 3 large bath towels
- 1 Hand towel
- Bottle of drinking water & Lunch (CCF Snack-shop is open Saturday only)
- Notepad and pen

*Please Note: Payments must be made 2 weeks prior to course commencement to lock your place in.*
The NHAA is easily accessible via bus: Stop 8, South Road (Stop codes 13115 and 13120) The following routes service these stops:

- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF - CivilTrain Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from the NHA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on the Sunday so we suggest that you bring your own lunch.

Also

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to sit and relax for lunch.

To register for the course please contact NHAA via email at admin@nhaa.edu.au or by phone on (08) 83518507. Or for course information please contact John Kirkwood on 0410 779 159 or by email on john@acupressure.com.au

Only a limited number of spots available, so book in quick!