

Touching the Source: Gentle, Effective Chinese Medicine for Bodyworkers

Certification Program

This yearlong (eleven-module) program is an opportunity to immerse yourself in Eastern medicine practices, which will allow you to address a wide range of conditions gently and effectively. Learn how to support your clients in finding well-being, balance, and a feeling of centeredness. The modalities taught in this program will greatly enhance your perception and energetic sensitivity while providing you with a rich understanding of Chinese medicine. In this training, you will learn Teishin therapy. In *The Yellow Emperor's Canon of Internal Medicine*, nine types of needles are described, three of which were not inserted. The Teishin is one of these three classical needles. It looks a bit like a toothpick made of gold, silver, or copper and comes in a variety of lengths and widths. It is remarkable what can be accomplished with such a simple tool. If properly understood, Teishin therapy changes how we think about the body. You will learn numerous techniques with the Teishin.



Another main area of focus will be Taoist Qigong Tuina, which is not to be confused with Chinese medical massage. The Taoist Qigong Tuina taught in this series is a gentle pulsing of Yin-Yang (contraction-expansion) in the tissues that open the jingjin lines, a network of secondary meridians that form part of the meridian system of Chinese acupuncture. Taoist Qigong Tuina is an art that requires dedication, focus, and self-cultivation. Participants will benefit the most from this training and harvest the true possibility of this work by practicing the self-cultivation practices taught **daily**. Self-cultivation is the key. The Qigong sets taught will take your personal health to a new level. You will feel stronger, calmer, and more self-confident. You will learn to conduct full one-hour treatments that artfully combine Teishin therapy and Qigong Tuina. What is taught is not a *kata*—a one-size-fits-all approach. Instead, we teach Yin-Yang and Five Element assessment skills (abdomen, forearm, channel assessments) so your treatments can address a wide range of client needs. In addition to caring for the body in a more informed way, this approach also touches and nourishes the spirit.

The training has a strong hands-on focus. We work more on the acupuncture channels rather than on specific acupuncture points, although a few points on each channel will be taught. Energetic sensitivity will be taught in every module through a variety of exercises.

Touching the Source Certificate

Participants will be awarded a certificate of completion at the end of the training. The certification process requires that you be present for 90 percent of the class time as well as demonstrating your skills on the instructors. Both Bob and Stephen are serious about this work and enjoy teaching students who share a similar passion for healing.



Module Dates*

September 9–10, 2017 (first module can be taken as a standalone)

November 11–12, 2017

December 9–10, 2017

January 27–28, 2018

February 17–18, 2018

March 17–18, 2018

April 14–15, 2018

May 12–13, 2018

June 9–10, 2018

July 14–15, 2018

August 11–12, 2018

*2018 dates subject to change.

Tuition (Modules 2–11): \$2,950