

Shiatsu, Qi Gong, and The Power of the Huatojiaji Points

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Saturday and Sunday, Oct 25-26
10:00 am - 4:30 pm
11 CAEU's

Through this course the student will learn:

1. A 10 -15 minute Shiatsu Back Massage that can easily be incorporated into an acupuncture session to increase the effectiveness of the healing session.
2. A 10 - 15 minute Shiatsu Neck Massage that can be incorporated into an acupuncture session to increase the effectiveness of the healing session.
3. Several energy healing techniques including techniques to remove cravings from the body.
4. How to give a Huatojiaji treatment and why keeping the Huatojiaji points free from blockages is important for good health.
5. How to give a three part treatment that includes acupuncture, shiatsu and energy healing.
6. Meditation and *Qi* Gong for personal healing.

This course is designed to teach participants how to perform a three-part session that includes acupuncture, energy healing and shiatsu. Special emphasis will be placed on gaining a deeper understanding and appreciation for the Huatojiaji points and how to use them effectively during an acupuncture session.

Schedule:

- 10:00 – 10:30** Qi Gong exercises to warm up the body,
10:30 – 11:00 Exercises to learn how to feel *Qi* in oneself and others.
11:00 - 12:00 Learning how to use *Qi* to heal others (energy healing). We will break up into pairs and practice energy healing on each other.
12:00 – 1:00 Shiatsu Back Posture: Students will learn a 10-15 minute Shiatsu session that can easily be incorporated into an acupuncture session. Students will learn why this is important and how it can dramatically increase the healing benefit of the acupuncture session.

1:00 – 2:00 Lunch Break

2:00 – 2:45 In depth discussion of the importance of the spinal column and why releasing blockages along the sides of the spinal column are vital for good health. Each vertebra will be discussed. This discussion will be based in large part on Hayley's work with her teacher Tom Tam. For example C3 can be used to open blockages in the sinuses and ears and C4 can be used to release the jaw.

2:45 – 3:30 Putting it all together. A sample 3 part session including acupuncture, shiatsu and energy healing will be demonstrated.

3:30 – 4:30 Practice time. Time will be allowed to practice Shiatsu, energy healing and huatojaji treatments.

Sunday

10:00 – 10:45 *Qi* Gong and Meditation

10:45 – 11:30 Energy healing. Energy healing techniques will be taught to pull cravings out of the body. Students will have the opportunity to practice on each other.

11:30 – 1:00 Shiatsu neck work and practice time. Students will be taught a 10 -15 minute neck massage that can easily be incorporated into an acupuncture session to release tension and pain.

1:00 – 2:00 Lunch

2:00 – 2:30 Question and Answer

2:30 – 4:30 Putting it all together. Each student will have the opportunity to give and receive a 3 part session that includes a Huatojaji treatment, energy healing and Shiatsu.

Hayley Mermelstein has been practicing Chinese medicine for over 15 years. Her interest in Chinese Medicine began in 1987 when she met her Shiatsu teacher, Janet Murphy, while attending the University of Massachusetts. Hayley designed her own major and graduated with a degree in Shiatsu. Hayley then opened her Shiatsu practice in the town of Amherst and in 1997 began studying with Tom Tam. She was deeply influenced by Tom's work as an acupuncturist and energy healer and apprenticed with Tom for five years. In the year 2000 Hayley returned to school to formally study acupuncture and Chinese Herbs. She graduated from the New England School of Acupuncture and White Pine Healing Arts in 2003. Currently Hayley maintains an Acupuncture, Chinese herb and Shiatsu practice and teaches locally and throughout New England.