

## Acupressure II Point Therapy

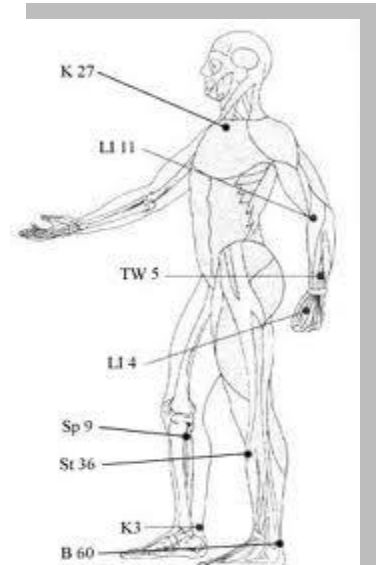
20 Hrs with Nell Craig  
Class: May 14-27 (Tue, Wed) 5:30-9:30pm  
Clinic: May 28 (Wed) 5:30-9:30pm  
Reg Fee \$28 Tuition \$280

This course offers students a deeper understanding of Chinese acupressure point combinations to boost the body's natural restorative healing properties and provide relief from many common conditions and imbalances. By using the 20 key master points previously learned, and an additional 20 points, students will be able to provide themselves as well as their clients with therapy for pathologies and undesirable body ailments that occur.

After a brief review of the 20 master points students will explore (TCM) Traditional Chinese Medical) diagnostics for body imbalances and will then practice using point formulas for the relief of various conditions and the promotion of youthfulness. Students will stimulate points that will strengthen the muscles on the face, and in combination with lymphatic massage will provide a natural facelift. Learn to relieve aches and pains, boost the body's immune function, and promote wellness.

Treatment Protocols that will be covered, more combinations will be added based on class desires and needs:

- Immune System Boost
- The common cold; head colds, chest colds, fevers
- **Acu-point facelift massage** and sinus clearing
- Headaches; migraines; eyestrain and sinus headache
- Earaches, toothaches
- Stomach ache, nausea, diarrhea, constipation, and flu
- Relief from menstrual cramps and irregular menses for women
- 20 plus new acupressure points for healing



### Instructor: Nell Craig B.S. CMT

Nell brings extensive training and experience to the therapeutic use of acu-points in her acupressure courses and workshops. She was introduced to acupressure and Chinese systems of healing eighteen years ago during her martial arts, Tai Chi and Qigong training. She has earned a second-degree black belt in Kyusho Jitsu Karate, the art of pressure point fighting. The requirements for this rank included an in depth study of TCM principles, acupressure points, related meridians, applications for healing, and restoring Qi flow in the body. She is also a certified Pranic Healer and has completed the SBBTI Medical Qigong Practitioner Program, with Mathew Jones. She has a Bachelor of Science degree in Nutrition from Arizona State University, and has worked in the community as a health educator, Tai Chi, Qigong instructor, and coach for weight management programs. In addition, Nell offers, Qigong, acupressure, reflexology and Qi massage to the community.