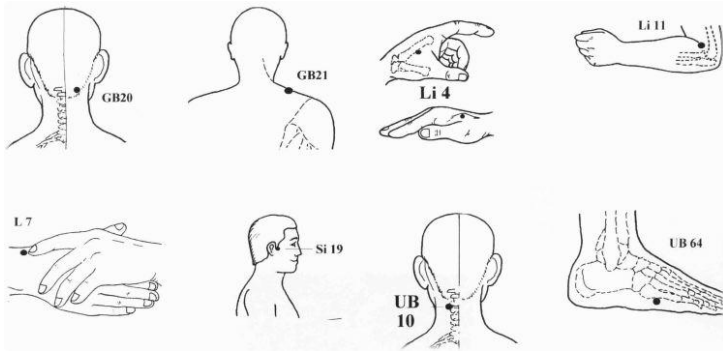


Acupressure Meridian Massage



This 20 hour course will introduce and explain the basic principles of acupressure massage and provide students with applications for their practice and use. Acupressure is an ancient Chinese healing art that utilizes finger and hand pressure to stimulate specific points on the body, which release muscular tension, increase blood circulation, and improve the flow of the body's Qi, vital life force energy. This practice provides freedom from suffering caused by acute and chronic conditions that can occur when a body is in a state of imbalance. Acupressure massage helps restore the body's natural states of

harmony. This course will cover 20 key master points that provide relief from tension, stress, and pain, helping to restore balance, increase vitality, and eliminate the suffering from common complaints. In addition, students will learn the location of 14 main meridian channels, and a general protocol that delivers a deeply relaxing and energetically, restorative massage.

Students will:

- Learn the principles and history of Acupressure
- Outline TCM Principles such as Qi (chi), Yin and Yang, Five element theory, paired yin and yang organs, and the diurnal cycle
- Explore Acupressure techniques, styles and uses
- Map the twelve organ meridians, and two main extra channels
- Learn the flow patterns of qi energy in the body
- Apply 20 Key master points
- Practice an oil/ acupressure blend "Qi massage"
- Cover contraindications and safe practice
- Perform acupressure massage in a clinical setting

Weekend Class:
Dec 5 (Fri) 5:30-9:30pm
Dec 6,7 (Sat, Sun) 9am-6pm

Reg Fee \$28 Tuition: \$280

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 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 acupressure, reflexology and qi massage to the community.



516 North Quarantina St. Santa Barbara, CA 93103

805-966-5802 www.sbbti.com



Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB Assigned School #490380-08 since 2001. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)

What Students are saying about Acupressure Meridian Massage:

"I had an amazing beginning to my day with acupressure. I feel a sense of calm that I can carry through the rest of my day and have the energy I need. I highly recommend acupressure."

-Bobby LeBlanc

"I have chronic insomnia. I had very little sleep going into the session. I have used the points I learned during class one night in place of a sleeping pill and I slept pretty well."

-Brynda McPeters

"Receiving acupressure sessions at BTI is deeply relaxing, healing, educational and energizing. More please!"

-Nitsa Pomerleau

"Its amazing feeling the energy shift when receiving acupressure."

-Vanessa Simpson

"Acupressure is an amazing tool to add to Swedish Massage. I want more! This is what I want to do now, it has enabled me to use more intention and focus in my massage."

-Carmen Bautista

What people are saying about Nell Craig:

"Putting myself in Nell's capable and caring hands for an hour or more is true bliss, both energizing and completely relaxing at the same time. I come away feeling back to my center balance, and so grateful and joyful for Nell's abilities. She is intuitive and listens to my words and responds to unspoken cues during a session as well. I wish I were getting her acupressure massage right now! I highly recommend scheduling an appointment for yourself or recommending her to those you care for deeply."

-Sue Irwin, Realtor

"Nell has a real gift, her hands have a spiritual intelligence that is hard to come by, the fact that she is such a kind and caring person makes her work something you won't forget."

-Jan Ingram R.N.

"ahhhhhhhh.....I love the way Nell brings wisdom, comprehensive education, and total presence to her bodywork. She's a master of Qi Gong and massage-- add in her natural listening skills, love and care, and her bodywork ranks top on my list."

-Meganne Forbes, Visionary Artist

"Receiving from Nell is like receiving from an angel. She offers the gift of Presence, which is felt in each and every highly attuned touch. The wisdom of the ancients passes through her opening every portal of the body temple to be infused with Chi. The River begins to flow once again and the body, mind, and spirit, are aligned.

You leave feeling the Chi and Glee of Being touched by Love!"

-Sarah Uma, Priestess, Somatic Movement Practitioner, Joyful Living Coach

"My massage with Nell was rejuvenating from the inside out. She worked with my body so sensitively and thoroughly that it was a deep meditative experience during the session. I am still feeling the positive effects weeks later after just one massage!"

-Emilie Roy

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