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Nature Care College

Acupressure, Meridians & Healing

DESCRIPTION	This hands-on workshop introduces you to the subtle energetic system within the human body as it was understood by ancient Chinese scholars. To enhance your understanding of this meridian system you will be shown and taught the basic acupressure techniques.
DURATION	14 hours
LEARNING OUTCOMES	On completion of this unit of study, participants should have a basic understanding of the theory and philosophy of the Chinese system of Meridians and be able to apply Acupressure / Massage techniques.
TEACHING METHOD	14 hours face-to-face classes including theory, demonstration and practical. Handouts.
ASSESSMENT	Attendance requirement only. No grades available.
ATTENDANCE	80% minimum.
PRE-REQUISITES	Nil
CO-REQUISITES	Nil
TESTIMONIAL	“This was a thoroughly enjoyable and educational course. I learnt a number of techniques that I can use at home. I will recommend this course to clients.” – B. Stewart (Nov 2011)
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	(a) Compulsory: Nil (b) Recommended Reading / References: Nil

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