

# Acupressure for Digestion and the Immune System

## RAoA 2020/2021 National Workshop

1 day - 8 CPT RAoA Activity 1 8am for 8.30am start to 5.30pm

The RAoA are pleased to bring you this informative workshop with John Kirkwood.



"Professional Reflexology  
.....better health naturally"



**John Kirkwood** has been practising and teaching acupressure for 35 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books published by Singing Dragon Press: *The Way of the Five Elements* and *The Way of the Five Seasons*.

Acupressure releases tension, increases circulation, reduces pain, detoxifies, boosts the immune system, balances body energy and assists in improving general wellbeing, therefore working very well with Reflexology. The combination of using both will enhance the results of your reflexology treatment. Acupressure can also be used with Remedial Massage, Bowen and/or Shiatsu other hands-on modalities, and/or on its own. Members and non-members are encouraged to attend this workshop.

### Some comments from previous RAoA workshop attendees:

- "John has a great way of explaining things and uses examples so we understand. Several 'ah ha' moments"
- "Excellent, comprehensive notes given prior to workshop made it much easier to understand during workshop"
- "A fabulous workshop which demystified some principles of TCM for me. Gave me new practical skills to blend into my ref & massage practice"
- "I'm really glad I did this course. The notes are a really good resource. John is an excellent teacher and explained the concepts really well in a way that made them easy to grasp/understand. This workshop builds really well on the Zen Reflex workshop from 2019"
- "Amazing workshop"
- "A very enjoyable course, John was an excellent teacher – in content, delivery, time management and patience with answering our questions"
- "This was a most informative workshop which will certainly give me more tools to use with my clients"
- "Fantastic. Will be great to incorporate into my reflexology practice. Loved all the new techniques learnt. A great day. Very informative"

### Digestive and Immune system disorders:

Conditions of the digestive system and the immune system are common presentations and the cause of many ailments and health conditions. This has become more evident in today's society.

Five Element Acupressure offers an effective way of supporting these important systems of the body and of treating conditions that can arise when they are out of balance. The knowledge from this workshop can be incorporated into your current practice and enhance your current treatment protocol, allowing for optimum results.

This one day workshop includes:

- A theoretical overview of the basic principles of Chinese Medicine;
- Instruction in the techniques of Five Element Acupressure;
- You will learn acupoints on different parts of the body including head, torso, back, legs and feet, arms and hands and treatment patterns to address common digestive disorders and how to treat issues of the Immune system from the Five Element perspective.

**The workshop will be useful for Reflexology practitioners as well as other practitioners – Remedial Massage, Bowen, Shiatsu, Aromatherapy and other hands-on modalities.**

Information about organ and system dysfunction that is identified from the feet can then be applied more broadly through the acupoints of the meridian system. Practitioners will also find this of benefit since assessment of imbalances can be made through symptoms and by palpation of acupoints.

### The day begins with a theoretical overview - 1.5 hours

The complex system that is Chinese medicine has a different view of the human body from that of western medicine. These differences need to be understood and appreciated in order to treat in a holistic way and not just to alleviate symptoms. This segment of the workshop will include the following:

- Brief history of Chinese medicine;
- Principle of yin and yang and its clinical implications;
- The concept of Qi, its nature, function and sensation;
- The Five Elements - Water, Wood, Fire, Earth & Metal;
- Principle of Resonance and its uses in diagnosis;
- The 12 primary meridians system;
- Acupoints, their categories, characteristics, location and ways of influencing them
- Five Element Acupressure treatment method
- Benefits and contraindications of Acupressure



### Practical - Acupressure for Digestion - 3 hours

In this segment you will learn the specific differences between the Chinese medicine and the western views of the processes of digestion and how to treat conditions such as constipation, diarrhoea, nausea, vomiting, indigestion, reflux, bloating, gas, poor assimilation and eating disorders. In this segment we will look at the following.

- Chinese medicine perspective of the functions of Stomach and Spleen organs
- Pathways of Stomach and Spleen meridians
- Emotional associations of Stomach and Spleen imbalance
- Roles of Small Intestine, Large Intestine and Liver in digestion
- Locations and uses of about a dozen important acupoints
- Demonstration of point combining in treatment + 90 min practice time



### Practical - Acupressure for the Immune System - 3 hours

In the final segment you will learn how Chinese medicine recognises that all of the internal organs play a role in immunity and how to support specifically the Triple Heater, Lung, Spleen and Kidney.

- Chinese medicine perspective of the immune system
- Role and function of the Triple Heater in immune defence
- Role and function of the Lung in defending against external pathogens
- Role and function of the Spleen in fighting infection
- Role and function of the Kidney in constitutional health
- Locations and uses of about another dozen important points
- Demonstration of short treatment patterns for supporting immunity + 90 min practice time



**2020 & 2021 Dates: (Limit of 26 attendees per workshop, except Brisbane 22 attendees)**

	Early Bird	Standard	Late Fee
Current RAOA Member Price (PM, IM, AM, Students)	\$220	\$245	\$280
Non- RAOA Members Price	\$240	\$270	\$310
Adelaide	Valid to 27th May	From 28th May to 17th June	From 18th to 24th June
Perth	Valid to 21st Oct	From 22nd Oct to 11th Nov	From 12th to 18th Nov
Sydney	Valid to 10th Feb	From 11th Feb to 3rd March	From 4th to 10th March
Brisbane	Valid to 24th Feb	From 25th Feb to 17th March	From 18th to 24th March

**Registrations are on-line via the RAOA website Home Page (no log in)**

[www.reflexology.org.au](http://www.reflexology.org.au) for workshop dates and venues. Direct link <https://reflexology.org.au/adis-info>

For assistance with on-line registrations contact National Office [admin@reflexology.org.au](mailto:admin@reflexology.org.au) or Ph: 07 3396 9001

For enquiries regarding the workshop content and/or assistance with accounts and payments contact Accounts [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au) or Ph: 0409 375 545

**To register your 'expression of interest' contact the RAOA National workshop coordinator**

[accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)