



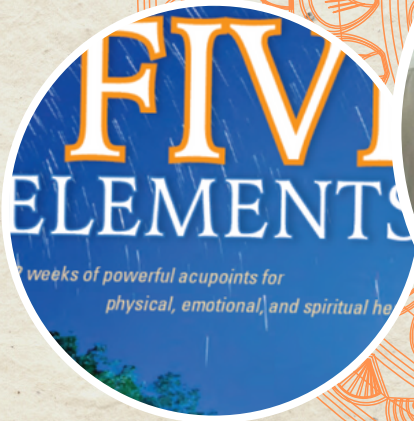
2023 SPAA
SHIATSU
RETREAT
TRAINING WITH
JOHN KIRKWOOD

[HTTPS://ACUPRESSURE.COM.AU/JOHN-KIRKWOOD/](https://acupressure.com.au/john-kirkwood/)

THURSDAY 4TH MAY 12 NOON -
SUNDAY 7TH MAY 3PM

SHARDA RETREAT CENTER
WWW.SHARDACENTER.COM
THE SHARDA CENTRE 15 PERCY GRAHAM
DRIVE, TUAKAU 2121





OVERVIEW OF SHIATSU RETREAT PROGRAM

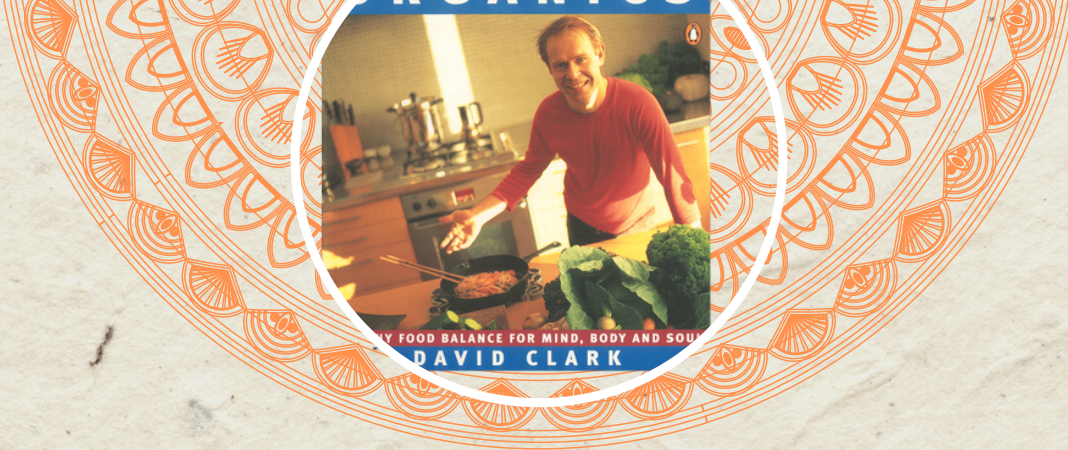
3 DAYS BODY WORK TRAINING WITH JOHN KIRKWOOD

FIVE ELEMENT ACUPRESSURE IS A BODYWORK MODALITY WHOSE TECHNIQUE IS INSPIRED BY JAPANESE SHIATSU; WHICH UTILISES THE UNDERSTANDINGS OF MODERN PSYCHOLOGY INCLUDING REICHIAN CONCEPTS OF SEGMENTAL ARMOURING; AND IS SET SQUARELY WITHIN THE FRAMEWORK OF THE FIVE ELEMENT MODEL OF CHINESE MEDICINE.

IN THIS RETREAT YOU WILL LEARN SOME FIVE ELEMENT ACUPRESSURE TREATMENT PATTERNS BASED ON THE METHOD OF PAIRING ACUPOINTS IN SYNERGISTIC COMBINATIONS. PATTERNS WILL INCLUDE:

- A TREATMENT FOR THE HEAD, NECK AND SHOULDERS BASED ON GALL BLADDER, TRIPLE HEATER AND SMALL INTESTINE CHANNELS.
- A TREATMENT OF THE LUMBAR REGION BASED ON BLADDER CHANNEL.
 - TWO TREATMENT PATTERNS FOR THE PELVIC SEGMENT BASED ON BLADDER AND GALL BLADDER CHANNELS.
- SEVERAL TREATMENTS FOR THE LOWER EXTREMITIES BASED ON THE THREE YANG MERIDIANS OF THE LEG
- A SUBTLE PATTERN FOR THE CENTRAL CHANNEL THAT ADDRESSES THE DEEPER ENERGIES OF THE EXTRAORDINARY VESSELS OF REN AND DU.

THESE PRACTICAL TREATMENTS WILL BE TAUGHT AGAINST THE BACKGROUND OF THE FIVE ELEMENTS. OVER THE COURSE OF THE RETREAT, WE WILL EXPLORE THE ENERGIES OF THESE ELEMENTS WITHIN OURSELVES IN VARIOUS NATURAL SETTINGS. BY ALIGNING OURSELVES WITH THE VIBRATIONS OF EACH OF THE ELEMENTS, WE CAN BRING GREATER DEPTH TO OUR TREATMENTS.



TEACHING FOOD SCIENCE DAVID CLARK

DIAGNOSTIC POINT SOLUTIONS FOR THE POWER OF FOOD HEALING
THAT WE CAN OFFER CLIENTS.
THE COOKING STYLE IS VEGAN HEALING
USING THE 5 ELEMENTS
AND 12 BODY SYSTEMS FOR BALANCE.
NOT ONLY WILL WE LEARN BUT ALSO COOK ALONGSIDE DAVID AND THEN
EAT THE FEAST!

MEDITATION/YOGA/TAI CHI NATURE WALKS/ LAUGHTER & CONNECTION

PRE BREAKFAST WARM UPS FOR THE DAY!

COST OF RETREAT

\$350 PER PERSON INCLUDES EVERYTHING!
\$380 NON SPAA MEMBERS

**DEPOSIT OF \$100
TO BE PAID BY 1ST NOVEMBER 2022**

FOR INQUIRIES AND BOOKINGS
PLEASE CONTACT
SECRETARY@SHIATSU.ORG.NZ

MOBILE 0226783344

