



Certification Training

Tibetan Acupressure System

The Tibetan Acupressure System (TAS) is an ancient system of reflexive pressure point healing which accesses the body's natural corrective energies in order to bring it to balance. The system is non-invasive, profound and especially efficient at eliminating pain and restoring a sense of well-being.

The Tibetan Acupressure System works with the entire body and all its physical and energetic systems. It is a wonderful way to rebalance subtle energies as well as to relax and rejuvenate the mind, body and spirit. One can sense the body's healing energies realigning. The flow of energy corrects ailments, alleviates and releases tension and stress.

HOW IS THE TREATMENT DELIVERED?

A classical Tibetan Acupressure treatment is done with the client sitting upright in a chair. Energy is believed to move upward through the body during this particular type of treatment so sitting upright helps the flow. The client is required to remove their shoes but otherwise will remain fully clothed.

To begin the session, the practitioner and client connect energies by the placing of the practitioners hand on the client's knee. The client closes their eyes and takes slow deep breaths to begin the relaxation process and to assist the healing energies in filtering slowly throughout the entire body.

TIBETAN ACUPRESSURE SYSTEM PRACTITIONER TRAINING DETAILS

- The training is a practicum – hands-on learning for a large percentage of the course time
- We ask that you be well rested, eat wisely and stretch often during the days you are at the course
- There will be a break for lunch and resting each day
- A complete manual with diagrams, handouts and an outline of the treatment order is included with the cost of the course
- The TAS CD used as part of the instruction and delivery of the system is included

It is advised that potential students experience a "classical" Tibetan Acupressure treatment with instructor Rae Hatherton prior to attending the class. The instructor will come into town in advance for this purpose.

**To register please call Sindy on 0424 427 775
or email sindy@balancecreative.com.au**

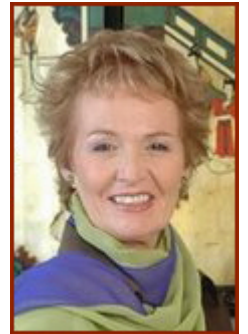
For further information contact rhatherton@gmail.com

www.tibetan-acupressure.com

ABOUT THE TRAINER

Rae Hatherton, ND, NCTMB. C.M.I., C.Ht.

Rae's practice in Toronto, Canada centers on Tibetan Energy Medicine, incorporating healing modalities with Buddhist principles to balance the body and mind. She has been leading seminars and developing systems in body-mind medicine internationally for over 25 years.



WHO SHOULD ATTEND

- Massage Therapists
- Body Therapists
- Palliative Care Workers
- Caregivers

15 ATMS CE hours credit

HEALTH CONDITIONS THAT CAN BE TREATED WITH TAS INCLUDE

- Chronic pain
- Insomnia
- Depression and anxiety
- Mental and emotional stress
- Shoulder and back tension
- Chronic fatigue syndrome
- PMS and menopausal conditions
- Digestive conditions including reflux, heartburn, constipation and IBS
- Environmental allergies
- Fibromyalgia
- Sciatica
- Dizziness/Tinnitus
- Headaches/Migraines
- Circulatory conditions, heart distress, blood pressure issues
- Vasculitis, Edema
- Cancer/ to support immune response and reduce localised pain

COURSE DETAILS

Date:

Friday 10th – Sunday 12th February 2012
9am – 5pm

Venue:

The Intuitive Well
Level 1, 70 Bronte Rd, Bondi

Practitioner course fee:

\$598 includes manual and CD
\$100 early bird discount (register by 10 Jan)
\$100 non-refundable deposit upon registration.