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2018-2019

# ACUPRESSURE TRAINING CIRCLE

Michael Reed Gach, Ph.D.

- 5 Element Applications
- Qigong 5 Element Practices
- Therapeutic Points






# Learn how to Heal Using Internal Meridian Pathway Connections

Study the Five Elements  
to go deeper into how the  
meridians relate to the seasons,  
emotions, body functions, fluids,  
tastes, and the phases of life.





# Acupressure Training Circle 2<sup>nd</sup> Year Covers:

- Meridian Pairs related to each of the Elements
- Seasons & Climates for each of the Elements
- How Element Blockages affect the Meridians
- 2 Complementary & Antagonistic Life Cycles
- 5 Tastes Corresponding to the 5 Elements
- 5 Body Positions for Healing each Element
- 5 Elemental Characteristics of the Life Force
- Breeding & Control Cycles of the 5 Elements
- Breeding Cycle of the 5 Elements



# Discover awesome Qigong movements that open each of the meridians & 5 elements with **Aerie Waters**, Qigong Instructor.

Aerie studied Qigong with Master Frank Chan, with both Malik and Joyanna Cotter, and with Kurt Miyajima. She also studied Tai Chi with Master William Chang and Ron Perfetti.

*"I have been studying and practicing Qigong for 38 years. At age 73, my vital health is the most apparent benefit of the ways in which moving energy through the meridian systems on a regular basis has gifted me.*

*In addition to health and vitality, I value the cultivation of a relationship with the Sea of Energy and the Chi, which surrounds us, and responds to our breath to direct our focus and attention.*

*To me, this translates into a relationship with the interconnected web of all life, manifesting in all forms. This practice of Qigong never grows old, rather, it continues to deepen and enrich my life. May it enrich yours, as well."*



## TCM 5-Element Acupressure Instructors:

**Malik Cotter** began studying Chinese medicine in the mid 1970's. He's one of the few health care professionals to live, work and study with masters of medicine and the internal energy arts in China and throughout Asia. He holds a Diplomate of Oriental Medicine, is a Doctor of Acupuncture, a Nationally Certified Herbalist, and teaches Qigong & Taijiquan.



Malik has been awarded an Honorary Professorship from the Chengdu Medical University in Sichuan, China for his hospital work and academic contributions. Dr. Cotter is currently in private medical practice and the owner/director of the Dragon's Den Herb Shop, Makawao Maui.



**Joseph Carter**, licensed Acupuncturist, started practicing Asian Healing Arts in 1978 and became a Licensed Acupuncturist in 1987 (CA & HI). He taught Acupressure Therapy for over 35 years at the Acupressure Institute.

In his 40-year practice integrating Acupressure, Acupuncture and guided imagery, Joseph focuses on chronic pain, immunological/neurological concerns and promoting high level wellness. He was selected one of the top experts in Acupuncture & Chinese Medicine in the San Francisco Bay Area (SF Focus Magazine, 1997).

His outstanding work in Chinese Medicine along with his approachable, friendly, educational hands-on style has made his Sacramento & Berkeley private practices successful throughout the SF Bay Area.

**Month 1:**

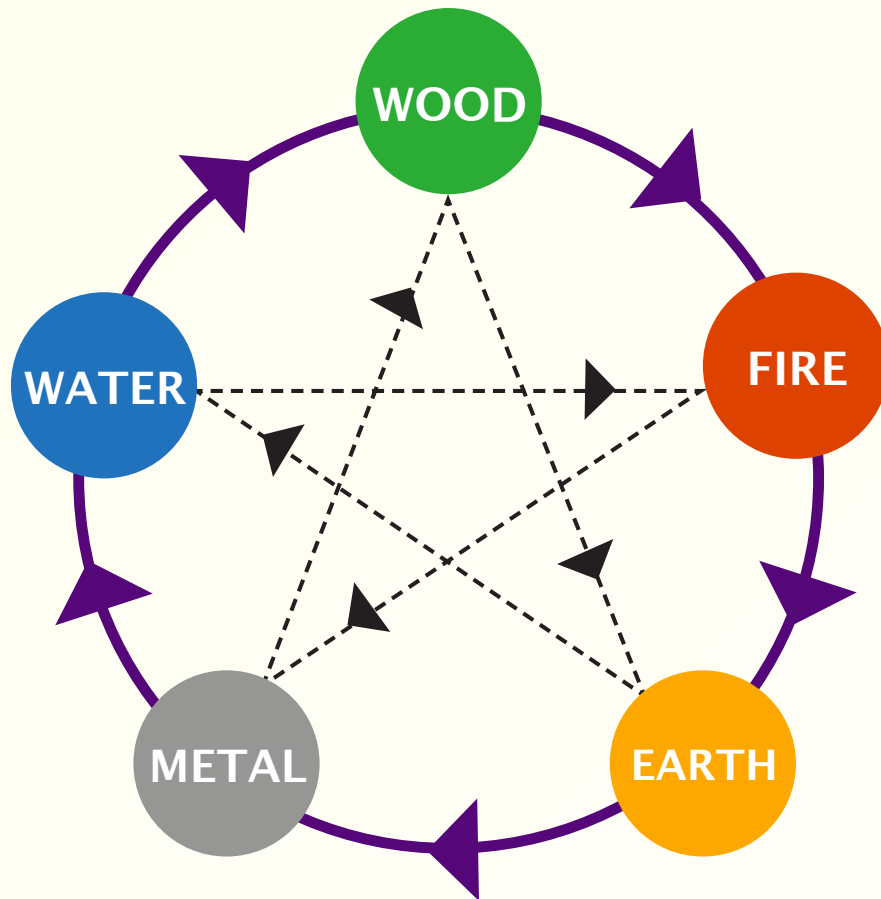
## Introduces the 5 Element System



- Breeding Cycle of the 5 Elements  
Wood → Fire → Earth → Metal → Water
- Control Cycle of the 5 Elements  
Wood → Earth → Water → Fire → Metal
- Plus learn Qigong exercises that balance all the meridians
- Learn the relationship between the Meridian Body Clock to the 5 Elements
- Discover the Governing and Conception Vessel Functions To Balance all the Meridians

**Months 2 — 12:**

## Dive deeply into each of the Five Elements



We'll take 2 months to study each element in depth.

- Discover how the elements interrelate
- More assessment techniques like Face Reading to know how to balance the body skillfully.

Plus learn a Qigong Movement Meditation to open the meridians associated with each element



## In Month 2 you'll learn:

- Program Overview & Energy Balancing
- 5-Element Introduction
- 5-Element Breeding (Shen) Cycle
- 5-Element Control (Kyo) Cycle
- Governing & Conception Vessel Points
- GV & CV Demo on a Table
- Qigong for Balancing all the Meridians



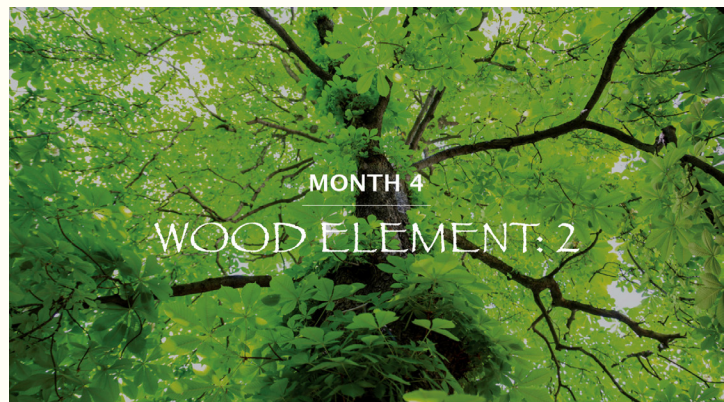
## In Month 3 you'll learn:

- Introduction to the Wood Element
- Wood Element's Therapeutics & Foods
- Wood Element's Emotion & Sound
- Wood Element Self-Care Techniques
- Wood Element Therapeutic Points
- Wood Element's Emotional Issues
- Wood Element Qigong



## In Month 4 you'll learn:

- Wood Internal Qigong Exercise
- Facial Sense Organ Qigong
- Wood Element Therapeutic Points
  - Going deeper into H, SI, P, TW points
- Wood's Healing Sounds
- Wood Element Digestive Issues
- Bringing Spirit into Form



## In Month 5 you'll learn:

- Introduction to the Fire Element
- Fire Element's Therapeutics & Foods
- Fire Element's Emotion & Sound
- Fire Element Self-Care Techniques
- Fire Element Therapeutic Points
- Fire Element's Emotional Issues
- Fire Element Qigong





## In Month 6 you'll learn:

- Fire Internal Qigong Exercise
- Facial Sense Organ Qigong
- Fire Element Therapeutic Points
  - Going deeper into H, SI, P, TW points
- Fire's Healing Sounds
- Fire Element Emotional Issues
- Bringing Spirit into Form



## In Month 7 you'll learn:

- Introduction to the Earth Element
- Earth Element's Therapeutics & Foods
- Earth Element's Emotion & Sound
- Earth Element Self-Care Techniques
- Earth Element Therapeutic Points
- Earth Element's Emotional Issues
- Earth Element Qigong



## In Month 8 you'll learn:

- Earth Internal Qigong Exercise
- Facial Sense Organ Qigong
- Earth Element Therapeutic Points
  - Going deeper into H, SI, P, TW points
- Earth's Healing Sounds
- Earth Element Digestive Issues
- Bringing Spirit into Form



## In Month 9 you'll learn:

- Introduction to the Metal Element
- Metal Element's Therapeutics & Foods
- Metal Element's Emotion & Sound
- Metal Element Self-Care Techniques
- Metal Element Therapeutic Points
- Metal Element's Emotional Issues
- Metal Element Qigong



## In Month 10 you'll learn:

- Metal Internal Qigong Exercise
- Facial Sense Organ Qigong
- Metal Element Therapeutic Points
  - Going deeper into H, SI, P, TW points
- Metal's Healing Sounds
- Metal Element Respiratory Issues
- Bringing Spirit into Form



## In Month 11 you'll learn:

- Introduction to the Water Element
- Water Element's Therapeutics & Foods
- Water Element's Emotion & Sound
- Water Element Self-Care Techniques
- Water Element Therapeutic Points
- Water Element's Emotional Issues
- Water Element Qigong



## In Month 12 you'll learn:

- Water Internal Qigong Exercise
- Facial Sense Organ Qigong
- Water Element Therapeutic Points
  - Going deeper into H, SI, P, TW points
- Water's Healing Sounds
- Water Element Urinary Issues
- Bringing Spirit into Form







## Assessment Methods & Moxabustion

- Moxa demos on major points
- Contraindications for use
- Hara Applications
- How to integrate Moxa, Shiatsu & Stone Acupressure Healing
- Akabane Moxa Method for Meridian assessment
- Demonstration on Ginger Compresses
- How to use Alarm, Yu/Shu Points

**Special Guest Teachers** (to be announced) to further enhance your growth and make this an exciting program for your continuing education and training.

# ACUPRESSURE BODYWORK TECHNIQUES

## Year 3 - ABT

This is the third-part of the Acupressure Training Circle and contains integrated Acupressure hands-on skills for each area of the body.

Each week you will receive two hands-on video presentations:

1) A self-care routine and 2) Step-by-step instructions on bodywork techniques for healing others. As part of the program you will receive a PDF handout that summarizes each demonstration for study and reference.

Here's a list of what areas are covered in the 12 months of the Program:

- |  |                                     |
|--|-------------------------------------|
| 1. Head, Ears, Eyes & Face               | 7. Upper Legs (thighs & knees)      |
| 2. Neck & Base of the Skull              | 8. Abdomine & your core             |
| 3. Shoulders & Upper Back                | 9. Groin & Pelvis                   |
| 4. Arm, Wrists & Fingers                 | 10. Ankles & Calves                 |
| 5. Chest, Ribs & Mid Back & Thai Sliding | 11. Feet, Arches & Toes             |
| 6. Lower Back & Buttocks                 | 12. Full Body Stretches & Positions |

## Who will Benefit:

For everyone who wants to take care of their body and learn how to show children and adults of all ages how to be self-reliant. You will also learn hundreds of hands-on bodywork techniques that integrate Acupressure points and meridians with various bodywork styles such as Zen Shiatsu, Thai Massage, the Jin Shin style, Tuina and Acupressure Massage.





# ACUPRESSURE TRAINING CIRCLE

## Year 4 Covers:

- Discover how the Elements Interface
- Learn more Assessment Skill Techniques like Face Reading to evaluate the whole body
- Discover more details on how the 12 Meridians Interrelates
- Learn new concepts of Traditional Chinese Medicine
- Learn More Acupressure Point Therapeutics
- Deepen your understanding of how to work with different kinds of energy blockages and how to use points, diet, Qigong, and Meridian Therapy to deal with a variety of common ailments
- Integrate the pulses with assessment skills

**Tuition for Ongoing Online Training: \$37/month**

To enroll or for questions and support, email us:

[AcupressureElements@gmail.com](mailto:AcupressureElements@gmail.com)