

Friends and family tuina 09



Tuina is an Ancient healing art that employs the use of the hands to press on key points on the surface of the body to stimulate the body's own natural healing process. When these points are stimulated, they release tension and increase the body's circulation of blood, qi and nutrients. Tuina, like acupuncture, has its roots in traditional Chinese Medicine diagnosis is based on: seeing, touching, palpating and questioning, and treatment is focused on Tuina/acu points and meridians

The friends and family workshop

Starting in October 09 and running for ten weeks Tuina UK will teaching tuina massage to the non professional The groups are kept small to ensure individual attention. The theory and practical elements of the course will allow you to study the routines and Qi aspects of Tuina. These are hands-on lessons where you will be working in pairs throughout the evening. The course includes :

- An mo rou massage oil (£10)
- Instructional DVD *Student to Master*. (£30)
- 30 hours on Tuina hand techniques and routines.
- Handout on the techniques and routines covered
- A Certificate of attendance will be issued on completion of the workshop

Prerequisite

The willingness to learn and enjoy tuina massage

You will be required to

Unwind and relax at this practical workshop that introduces you to the relaxing techniques of Tui Na Massage. Learn to massage the back to relieve stress and tension, and enhance health, so that you can massage friends and family. You will give and receive a massage.

At the end of the course you will

- Be able to use the basic Tui Na hand techniques
- Be able to use Tui Na massage for relaxation on your friends and family

You will learn how to give basic but effective massage for friends and family. You are welcome to come on your own, with a friend or partner. A wonderful first step for the beginner in massage. If you sign up for a tuina course with us after attending the friends and family workshops, you will get your fee refunded.

Date and time Starting on Monday, October 5th. 6pm to 9pm (10 Mondays)

The Venue At Briar House, Club Chambers, Museum Street, York YO1 7DN

Cost. £100 for ten weeks classes (£10 deposit to reserve a space)

Errol Dexter Lynch has practised and studied Tuina for over a decade under leading Professors and Doctors in China, Professor Fan and Professor Jiang. While studying with these doctors, each in their own specialised field of Tuina, Errol learnt many approaches to Tuina from internal medicine and external medicine, to sports injury and paediatric Tuina. Errol has travelled back and forth to China for the last ten years, Enriching his practice of Tuina and assisting foreign students in their tuitions. Errol has set up in York many multi bed tuina clinics, with his team of tuina practitioner and students and he feels that it is important to share as much knowledge of Traditional Chinese Medicine as possible to maintain good health for everyone

