



EARTH METAL WATER WOOD FIRE

Essential Five Element Acupressure

**A cycle of workshops
with
John Kirkwood
2010**

13-14 March

15-16 May

3-4 July

18-19 September

4-5 December

In association with the Australian Shiatsu College

Overview

These five workshops will profoundly support your ongoing development, both personally and professionally, from a Five Element perspective.

Each workshop will focus on the Element of the season in which it is held. This will allow us to draw on the ambient energy of the season, which evokes the spirit and flavour of the Element in ways that are not available at other times of the year.

On a personal level, you will be fully immersed in an experiential learning environment with a wide range of exercises and discussions, and will learn how to contact, recognise, examine and experience each of the Five Elements within yourself. This immersion will allow the arising and development of the gifts of the Elements within you

On a professional level, you will learn fundamental principles of Five Element Acupressure which can then be incorporated and integrated into your bodywork practice. Most important, you will learn how to identify a client's Constitutional Element through colour, sound, odour and emotion. This knowledge will enable you to treat clients with great effectiveness as you address the very core of their imbalance. When the Constitutional Element is restored to health, all the other Elements tend to find balance, creating lasting change and ongoing health.

In addition to the Constitutional Element, each workshop will address one or more primary principles of treatment, including point categories and working with emotions. Each workshop will also include a review of the meridians of the respective Element including focus on locations and uses of significant acu-points in treatment.

Your learning will be amply supported by instructor demonstrations and supervised practice.

For each workshop, you are invited to experiment with the flavours of the Element you'll be studying. You can do this by wearing the colour of the Element, or perhaps by playing with its sound, posture, emotion, or attitude. As you take in the flavour of the Element, you will gain an inner sense of its effects on the body and soul. This understanding will greatly help you identify your own Constitutional Element, and that of others.

Attending these workshops is often akin to getting treatment, and can create many positive changes in your own health. As a practitioner, the greater the health and balance of the Elements within you, the greater the capacity you will have to bring balance to your clients.

Although it's recommended to do all five workshops, and to facilitate this, a 50% discount is given for the fifth one attended, these workshops also stand alone and may be taken singly or in any combination.

Late Summer Workshop **The Nurturing Support of Earth** **Saturday 13th – Sunday 14th March 2010**

The Earth Element is supported by the harvest time of Late Summer. It nourishes and serves, is considerate and thoughtful. The nurturance of these qualities and the groundedness of Earth will together support our learning at this workshop.

Topics for our enrichment will include:

Gifts & correspondences of the Earth Element
The importance of Empathy
An exercise in Giving & Receiving
Body shape and movement in diagnosis
Recognizing the Earth type
Pathways, points and symptoms of imbalance in Stomach and Spleen meridians
Connecting Points and their use in clinical practice
Command Points, the fundamental tool of Five Element Acupressure

Autumn Workshop**Embodying the Spirit of Metal****Saturday 15th - Sunday 16th May 2010**

The Metal Element is the essence of Autumn. It brings respect and acknowledgement, acceptance and forgiveness. It provides inspiration and reflection. In this workshop, the spirit of Metal will help to distil our study to its fundamental essence.

Topics distilled will include:

Gifts & Correspondences of the Metal Element
Working with the Breath
An exercise in Smelling
Odour in diagnosis
Recognising the Metal type
Pathways, points and symptoms of imbalance in Lung & Large Intestine meridians
The Spirit of points
Windows of the Sky Points and their use in clinical practice

Winter Workshop**The Power and Wisdom of Water****Saturday 3rd – Sunday 4th July 2010**

The Water Element finds its strength in Winter. It provides potency, wisdom, resoluteness, deep listening, stillness and patience. These qualities of Water will provide a firm foundation for our learning in this workshop.

Topics studied will include:

Gifts & correspondences of the Water Element
The importance of the Belly centre
An exercise in Deep Listening
Sound of Voice in diagnosis
Recognising the Water type
Pathways, points & symptoms of imbalance in Bladder and Kidney meridians
The Eight Extraordinary Vessels and their use in clinical practice

Spring Workshop**The Planning and Action of Wood****Saturday 18th – Sunday 19th September 2010**

The Wood Element is most active in Spring. It brings forth clear vision, discrimination, assertiveness and appropriate action. In the context of Wood, we will bring strength and discrimination to our integration of the material of this workshop.

Topics considered will include:

Gifts and correspondences of the Wood Element

Flexibility and the health of our Wood

An exercise in Looking

Colour of the face in diagnosis

Recognising the Wood type

Pathways, points and symptoms of imbalance in Gall Bladder & Liver meridians

Horary points and their use in clinical practice

Recognising and treating Entry-Exit blocks

Summer Workshop

The Expansion and Warmth of Fire

Saturday 4th – Sunday 5th December 2010

The Fire Element is the heart of Summer. It engenders warmth, joy, love, compassion, open heartedness, humour and partnership. We'll invite Fire to help us assimilate all that touches us at this workshop

Topics embraced will include:

Gifts & correspondences of the Fire Element

The importance of the Heart centre

An exercise in Touch

Emotion and diagnosis

Recognising the Fire type

Pathways, points & symptoms of imbalance in Heart, Small Intestine, Pericardium & Triple Warmer meridians

Working with emotion in the treatment room

Pulse diagnosis

Biography

John Kirkwood has been working, living and playing with Five Element Acupressure since he discovered this work in England in 1985. Receiving his very first treatment began a process of inner transformation that continues to this day. He later moved to California where he founded a successful bodywork practice in the San Francisco area in 1989. He studied with Iona Teegarden, and later at the Traditional Acupuncture Institute with Bob Duggan and Diane Connelly, who were students of J.R. Worsley. A graduate of TAI's SOPHIA program, John was a founding member of Five Hands Clapping, a group of practitioners teaching Five Element workshops to lay people. These experiential workshops provided learning and healing to practitioners and students alike, and some of the material of these workshops finds its way into the current series in Melbourne. John is also a long time student of the Diamond Approach to spiritual practice, and brings the process of compassionate inquiry to the treatment process. He now practises in Adelaide and the Adelaide Hills, where he lives. He teaches four levels of acupressure classes at the Natural Health Academy in Adelaide and is now offering these classes in other states. He is the editor of Bubbling Spring, a quarterly electronic publication for the Five Element community in Australia.

www.acupressure.com.au

Enrolment Form

Essential Five Element Acupressure – Weekend Workshop 2010 With John Kirkwood

Name:

Address:

Postcode:

ph: home ph: work

Email:

Oriental Medicine/Acupuncture/Shiatsu training &
experience:

.....
.....
.....

COURSE COST:

Attend all 5 workshops and receive a 50% discount off the last workshop!

<input type="checkbox"/>	Workshop 1 - Late Summer	\$380.00	Payment Due Mon 22 nd Feb 2010
<input type="checkbox"/>	Workshop 2 - Autumn	\$380.00	Payment Due Mon 26 th April 2010
<input type="checkbox"/>	Workshop 3 - Winter	\$380.00	Payment Due Mon 14 th June 2010
<input type="checkbox"/>	Workshop 4 - Spring	\$380.00	Payment Due Mon 30 th August 2010
<input type="checkbox"/>	Workshop 5 - Summer	\$380.00	Payment Due Mon 15 th November 2010
	<i>(If all workshops completed 50% discount on 5th workshop)</i>	(\$190.00)	

\$

Payment Enclosed

Please enclose payslip when making
payment

REFUND POLICY: A refund of fees paid will be made only if notification of cancellation in writing is received 7 days prior to commencement of the course. An administration fee of \$50 will apply. Therefore no refund of course fees paid will be made if withdrawing after this date. A full refund will be given if the course is cancelled.

please forward enrolment & payment (cash, cheque or direct deposit) to:

Australian Shiatsu College

103 Evans Street BRUNSWICK 3056

Bank Account Details: Australian Shiatsu College

BSB: 063 123 Acc No: 10 109 119

The 5 Elements

