



WATER WOOD FIRE EARTH METAL

Essential Five Element Acupressure

**A cycle of workshops
with
John Kirkwood
2011-12**

9-10 July

24-25 September

10-11 December

31 March – 1 April

19-20 May

*In association with
East West College of Natural Therapies*

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, supervised practice and extensive notes

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.

Winter Workshop

The Power and Wisdom of Water

Saturday 9th – Sunday 10th July 2011

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 & Resonances 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 24th – Sunday 25th September 2011

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

Topics considered will include:

Gifts and Resonances 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 10th – Sunday 11th December 2011

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 & Resonances 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

Late Summer Workshop**The Nurturing Support of Earth**

Saturday 31st March – Sunday 1st April 2012

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 & Resonances 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 19th - Sunday 20th May 2012

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 & Resonances 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

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 throughout the 1990's. 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 Workshops 2011-12 with John Kirkwood at East West College 475 Hawthorn Road, Caulfield South VIC 3162

Name:

Address:

Postcode:

ph: home ph: work

Email:

Oriental Medicine/Acupressure/Shiatsu training & experience:

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COURSE COST:

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

<input type="checkbox"/> Workshop 1 - Winter	\$340.00	Payment Due Fri 24 th June 2011
<input type="checkbox"/> Workshop 2 - Spring	\$340.00	Payment Due Fri 9 th September 2011
<input type="checkbox"/> Workshop 3 - Summer	\$340.00	Payment Due Fri 25 th November 2011
<input type="checkbox"/> Workshop 4 – Late Summer	\$340.00	Payment Due Fri 16 th March 2012
<input type="checkbox"/> Workshop 5 - Autumn <i>(If all workshops completed 50% discount on 5th workshop)</i>	\$340.00 (\$170.00)	Payment Due Fri 4 th May 2012

Cheque Enclosed \$

Direct Deposit \$

REFUND POLICY: A refund of fees paid will be made 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 (cheque or direct deposit) to:

John Kirkwood

PO Box 1068, Nairne SA 5252

Bank Account Details: John Kirkwood

BSB: 065 522 Acc No: 10139241

For information about the course: John Kirkwood 0410 779 159 john@acupressure.com.au

For information about the location facilities: East West College 03 9528 1212