

推拿

Advanced Tui-Na, Manual Therapy & Conscious Bodywork Certification

***** a 5-module (10-day) program *****

The most comprehensive and value-packed hands-on training for Bodywork Healers & L.Ac.'s!

with Dr. Edith Ubuntu Chan, DAOM, L.Ac.
(The School of Dan Tian Wellness - CEU Provider #956)
Calif Acupuncture Board: 60-Units Pending

A distillation of Dr. EdithUbuntu's past decade+ experience and pearls in TuiNa, Bodywork, Manual Techniques, as well as intuitive and frequency healing, into the most comprehensive and well-organized hands-on workshop series. This course is the Essence of Bodywork Healing, for devoted students and practitioners — integrating an elegant East-West approach, a practical understanding of Anatomy, and the most clinically-relevant Tui-Na/Bodywork/Manual techniques, together with a heart-centered and spirit-based approach that honors the oneness of our body-mind-spirit.

This powerful*, fun*, and comprehensive* 5-Module (10-day) program is carefully sequenced and unlike any other. Key principles and strategies for success using TuiNa, Manual Techniques, and Conscious Bodywork are introduced methodically and repeated throughout the course, offering an organized framework for discussion, demo, practice, and explorations. Practitioners are given the ideal supportive environment to discover personal style and healing mastery.



If you are seeking an efficient way to supercharge your holistic medicine practice, to serve your patients with the most practical TuiNa/Bodywork/Manual techniques, to deepen your clinical skills and confidence, then this program is PERFECT for you! Nowhere else in our community have we seen such a concise, enjoyable, and well-organized TuiNa program, giving exactly what you are looking for!

DETAILED PROGRAM DESCRIPTION:



Our Advanced Certification Program is organized into 5-Modules (10-days) in May, June, Sept, Oct, and Nov 2014, offering a methodical, fun, and supportive journey for your learning and exploration. The program format allows for valuable time in between modules to assimilate new tools/techniques into your practice, so that you can gain the most from each class gathering. For the devoted student or practitioner, mastering the tools offered in this program will place you amongst the top 1-5% most effective bodywork practitioners in the community.

Module 1 begins with an overview of Manual Therapy within the context of a holistic, multi-modality approach to healing, honoring the oneness of body-mind-emotions-spirit. We consider how TuiNa and Manual Technique can work together synergistically with other modalities — such as Acupuncture, Nutrition/Herbs/Pharmaceutical drugs, Surgery, Physical Therapy, Qigong/Yoga, Psychospiritual work, and Lifestyle practices. What are the strengths & limitations of Manual Bodywork as compared with other modalities? These relationships are explored throughout the series, allowing each practitioner to integrate TuiNa/Manual work into his/her practice with great intelligence and effectiveness, and to understand when to refer patients out. We also discover how Manual practice can leapfrog our skills in Physical Exam, Palpation, Evaluation, and Intuitive capacities, etc... thereby enhancing our abilities to support patients in powerful new ways which transcend all modalities.

Modules 1 & 2 create a solid foundation working with the physical body layer. TuiNa and manual treatment of the most common orthopedic injuries, such as Back pain, Hip pain, Sciatica, Neck pain, and Frozen Shoulder are covered in Modules 1 & 2. (Additional orthopedic topics as interest/time dictates; more advanced topics are explored during Modules 3, 4, 5.) Basic physical exams for evaluating these common injuries are reviewed, as pertains to the relevant anatomy of each module. The majority of class-time is devoted to hands-on demo and practice of treatment techniques for these common conditions.

To ensure practitioner enjoyment and career longevity, the key principles in body mechanics, effortless power, and the use of Qi vs. force, are also emphasized in Modules 1 & 2.

Manual treatment of the physical body layer serve as the important foundation for practitioner confidence and clinical success. Towards the end of Module 2, we open our conscious awareness to subtle energetic layers, weaving intuition, intention, and meditative states together with the physical bodywork practice. The power of consciousness and intention are introduced in Module 2 and deepens throughout Modules 3, 4, and 5 as the course moves into more advanced topics.

Therapeutic bodywork for Internal Medicine conditions, i.e. Digestive, Respiratory, and Reproductive systems, etc..., are introduced in Module 3, as well as strategies for supporting patients' psycho-spiritual wellness, with discussion, demonstrations, and hands-on practice. At



the end of Module 3, we have a special opportunity to invite live patients with complex or stubborn conditions which we can treat “clinic-theatre-style” and learn as case studies together.

Next, Modules 4 emphasizes Advanced Topics in the Lower Body. Practitioners will develop confidence in the evaluation and treatment of common Lower Back, Hip, Sciatica, Knee, Ankle, and Foot injuries. Module 5 covers Advanced Topics in the Upper Body - evaluating and treating Upper Thoracic, Neck, Shoulders, Head/Face, Elbows, and Wrist injuries.

Delving deeper into advanced topics throughout Modules 3, 4, 5, we also learn to enhance the healing experience by tuning our senses to higher vibrational frequencies of Energy, Light, and Information, opening to new possibilities of profound healing on all levels - body, mind, emotions, and spirit. While grounded in the practical physical anatomy, the practitioner can also experience his/her work as pure meditation, simultaneously aware of physical, energetic, and vibrational states while working with patients.

This workshop series is the most Practical*, Powerful*, and Comprehensive* Tui-Na Bodywork training program available in the community. It is unlike any other, offering a truly Multi-Dimensional holistic healing approach. This course will supercharge any practitioner's toolkit, empowering you with tools that truly works! - expanding your enjoyment and access to whole new realms of healing possibilities.

COURSE DATES (5-Modules May, Jun, Sept, Oct, Nov 2014):

(CALIFORNIA ACUPUNCTURE BOARD - 60 CEU PENDING.)

Level I/II - Intermediate Practical Tui-Na & Manual Therapy:

- * Module 1 ~ May 17 & May 18, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break) *
- * Module 2 ~ Jun 14 & Jun 15, 2014 - 10am-4:30pm (w/ 1/2hr lunch break) *

Level III - Advanced topics in TuiNa, Manual Therapy, Conscious Bodywork:

- * Module 3 ~ Sept 6 & 7, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break) *
- * Module 4 ~ Oct 18 & 19, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break) *
- * Module 5 ~ Nov 1 & 2, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break) *

LOCATION:

DAN TIAN WELLNESS & Natural Medicine

638 Stanyan Street (b/w Page & Oak)
San Francisco, CA 94117
(1 block from Whole foods)

In order to make the most of our special days together, please bring your lunch. Our lunch breaks are scheduled at 1-1:30p each day (30mins is likely not enough time for restaurant).



DAILY SCHEDULE:

This 5-module series provides the perfect structure for practitioners to explore and uncover personal treatment style and an ever deepening level of mastery. It is a fun, comprehensive, and value-packed course, emphasizing hands-on practice, interactive and experiential learning.

*Prior to each module, Dr. Edith*Ubuntu will send a short-list of anatomical structures for your review as relevant for each module's topic. We ask that students be committed to this small "homework" in order to participate fully in this group.*

LEVEL I/II: Intermediate TuiNa Bodywork - Modules 1 & 2:

Module 1 ~ Sat May 17 & Sun May 18, 2014 - 10am-4:30pm (1/2 hr lunch break)

* Sat May 17 - 10am-1pm ~ Bodywork within holistic context; synergistic relationship with other modalities; strengths, benefits, limitations, etc... when to refer. Physical Exam basics.

* Sat May 17 - 1:30pm-4:30pm ~ Overview of TuiNa and Eastern Bodywork **principles & techniques**. "Secret" TuiNa principles as taught by Master Yu-Tai Fu - the primary teacher of Dr. Edith*Ubuntu. Principles of Qi flow, body mechanics, and effortless power in one's Bodywork practice. Demo/practice via a routine Backache treatment.

* Sun May 18 - 10am-1pm ~ Evaluation and Tx of common **Lower Back** injuries - may explore common Hip injuries as time and interest dictate.

* Sun May 18 - 1:30pm-4:30pm ~ Evaluation & Tx of common **Hip** pain & injuries (Sciatica as time allows.) Demo & Practice of common routine Lower Back and Hip pain treatments.



Module 2 ~ Sat Jun 14 & Sun Jun 15, 2014 - 10am-4:30pm (1/2hr lunch break)

- * Sat Jun 14 - 10am-1pm ~ Review Module 1. Q & A based on student's application & practice of Module 1 principles over past month. Short **meditation** and **body-training exercises** for practitioner self-care and enhancing subtle Qi-awareness.
- * Sat Jun 14 - 1:30pm-4:30pm ~ Evaluation and Tx of **Upper Thoracic** pain and injuries - Demo & Practice of commonly used treatment techniques.
- * Sun Jun 15 - 10am-1pm ~ Evaluation and Tx of **Neck** pain and injuries. Demo & Practice of commonly used Neck treatment techniques.
- * Sun Jun 15 - 1:30pm-4:30pm ~ Evaluation and Tx of **Frozen Shoulder**. Demo & Practice for Shoulder treatment techniques.

LEVEL III: Advanced TuiNa & Conscious Bodywork - Modules 3, 4, 5.

Module 3 ~ Sat Sept 6 & Sun Sept 7, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break)

- * Sat Sept 6 -10am-1pm ~ Review of Modules 1 & 2 topics. Q & A based on student interest. **Meditation for practitioner self-care and deepening awareness.**
- * Sat Sept 6 - 1:30pm-4:30pm ~ Manual therapy treatment for **psycho-spiritual balance**, for reduction and elimination of **stress**. Introducing **internal medicine** topics as time permits.
- * Sun Sept 7 - 10am-1pm ~ Manual therapy treatment of **Internal Medicine** complains - including Digestive, Reproductive/Endocrine, Cardiovascular, Respiratory system conditions.
- * Sun Sept 7 - 1:30pm-4:30pm — **Clinic Theatre** - 2-3 patients with chief complaint within the scope of Modules 1, 2, 3 are invited for case study and live treatment demonstrations.

Module 4 ~ Sat Oct 18 & Sun 19, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break)

- * Sat Oct 18 - 10am-1pm ~ Review of Modules 1-2-3 topics as interest dictates. Q & A. Meditation, self-care practices for practitioner to develop Qi and Strength. (Deepening exploration into **secret TuiNa principles**, as taught by Master Yu-Tai Fu to Dr. Edith*Ubuntu)

* Sat Oct 18 - 1:30pm-4:30pm ~ **Advanced Lower Body topics**. Evaluation & Tx of Complex **Lower Back & Hip** injuries & **Sciatica**. Evaluation & Tx of Knee injuries. w/ Demo & Practice.

* Sun Oct 19 -10am-1pm ~ **Advanced Lower Body topics**. Evaluation & Tx of Knee continued, plus **Ankle/Foot** injuries. w/ Demo & Practice.

* Sun Oct 19 - 1:30pm-4:30pm ~ **Demos, clarifications, Practice, or Clinic Theatre** / Live patient demonstrations of conditions covered in Modules 3 or 4, as interest dictates.

Module 5 ~ Sat Nov 1 & Sun Nov 2, 2014 - 10am-4:30pm (w/ 1/2 hr lunch break)

* Sat Nov 1 - 10am-1pm ~ Practitioner self-care and Qi-building exercises. Developing subtle awareness of Qi, Energy, Light, Information. Discussion of Intention & Consciousness and practitioner energy field's role in healing. Awareness & energy-sensitivity training.

* Sat Nov 1 - 1:30pm-4:30pm ~ **Advanced Upper Body topics**. Neck & Thoracic treatment reviewed. Evaluation & Tx of **Elbow & Wrist** injuries as time permits, w/ Demo & Practice.

* Sun Nov 2 - 10am-1pm ~ Review of common **Shoulder** treatments. Continue Elbow & Wrist. Evaluation & Tx of common **head & jaw** pain if time permits, w/ Demo & Practice.

* Sun Nov 2 - 1:30pm-4:30pm ~ Student-chosen topics, Q & A, review of specific topics within any of 5 modules. Or "Clinic Theatre" with live patients, case study, live demo & discussion.

PREREQUISITES:

This course is designed for Licensed TCM Practitioners (L.Ac.'s), Bodywork practitioners, and/or current CM/Bodywork students seeking Advanced TuiNa and Manual Therapy training. At least 1 semester of TuiNa or other basic bodywork training is required. (i.e. please be comfortable palpating, examining and manipulating bodies.) Any background in sports training, martial arts, dance, yoga, pilates, etc... is most helpful. Experience in Qigong, Reiki, Meditation, and other healing modalities are also a big plus. A foundation in MSK anatomy and *basic* orthopedic physical exam skills is expected. **Dr. Edith*Ubuntu will email specific list of MSK anatomy for your review prior to each module.** Please be comfortable with the relevant anatomy to gain the most out of our valuable time together.





INSTRUCTOR BIOGRAPHY:

Dr. Edith Ubuntu Chan, DAOM, LAc, is the creator of the Dan Tian Wellness clinic in San Francisco and The School of Dan Tian Wellness offering a variety of transformative educational trainings and workshops. As a practitioner of Chinese Medicine and Acupuncture, Dr. Edith is best known in the SF Bay Area for her specialty in Holistic Sports Medicine & “Sports Performance Medicine.” She is also a Level III practitioner of Reconnective Healing ® & The Reconnection ®, a powerful new form of frequency healing. Dr. E's formal education includes a Doctoral degree from Five Branches University (in Endocrinology & Neuromuscular Medicine), MSTCM from American College of Traditional Chinese Medicine (ACTCM), and a Bachelors with Magna Cum Laude in Applied Mathematics from Harvard University.

Her manual therapy skills were founded upon a rigorous 4-year apprenticeship with Master Yu-Tai Fu, an award-winning traditional TuiNa bonesetter and Qigong master from Beijing. Throughout the years, Dr. E has been fortunate to study with other legendary Chinese Medicine Masters, while leveraging her science/engineering background to demystify the ancient medicine with a modern understanding. In addition to decade+ medical and clinical experiences, Dr. E's work is strongly influenced by her life adventures — as an imaginative child growing up in multicultural Hong Kong, as an elite athlete & sports coach, her short-lived career in tech-software, her long-term explorations in Qigong, Yoga and Conscious Breathwork, visualization/imagery, intuitive training, Past Life Regression, etc..., and her training in The Work of Byron Katie.

Dr. Edith*Ubuntu has also been blessed to experience and learn from some of our planet's most masterful meditation teachers. As a result of this scenic life journey, she has developed a refreshingly open and multi-dimensional way of understanding life. She has given birth to a practical and holistic system of creating wellness on all levels – Body, Mind, Emotions, and Spirit – based upon the marriage of heart and mind, integrating East and West, weaving ancient wisdom with modern science, always finding the very best of all worlds. Amongst patients and workshop participants, Dr. E is known for her gift of clarity - demystifying deeply esoteric practices, and/or complex scientific knowledge, into fun, easy, practical terms for all to understand.





PROGRAM TUITION:

Welcome to the most comprehensive and value-packed TuiNa program - meticulously designed especially for you! This course is an integration of the best gems from Dr. E's over 30,000 hours of practice and study. A distillation of decade+ professional experience into the most fun, practical, and concise 5-module certification program - **allowing you to by-pass years or decades** of learning and seeking. With regular practice, the tools and skills covered in this series will place you amongst **the top 1-5% most effective bodywork practitioners in the community**, offering patients the very best healing possibilities available! Congratulations on stepping into your mastery!

For registration - please choose one of 3 options:

Option A: Register for all 5 modules at once - \$1250 *AMAZING VALUE!*

***** EARLY BIRD! Register for entire course by March 31 2014 and take advantage of special early bird price — only \$1100 for all 5 modules of training! *****

Option B: Register now for only Level I/II - Modules 1 & 2: \$600.

Then register for Level III - Modules 3 + 4 + 5 - by Aug 15 2014: **\$780.**

Total for Option B: \$600 + 780 = \$1380

Option C: Register now for only Level I/II - Module 1 & 2: \$600.

Then register for Level III - **Module 3-4-5 - pay as you go for each module: \$310/module**

Total for Option C: \$600 + \$310 + \$310 + \$310 = \$1530

still an incredible value at only \$310/module, i.e. \$155 per day of value-packed training.

**** Spread the love - please invite all your talented healer friends to join us for our special course - to explore these fantastic tools, gifts, and gems with you!**

As a thank you for spreading the word, you will receive \$150 discount/refund/credit on your registration fee for each friend you bring to our course. Simply ask your friend to list you in the 'Referral' field on the registration form. **

In consideration of the financial aspect of Tuition investment - it is perhaps worth noting that the materials covered in this TuiNa program are the true KEYS to Dr. E's clinical success, particularly in the area of Holistic Sports Medicine (e.g. by mastering the clinical skills covered in this course, we have found it entirely natural to generate \$200,000+ revenue annually with zero marketing except patients' word-of-mouth, and with office hours less than 4 days/week.) Clinical success is based on solid, REAL clinical skills and the pure-heart to serve our patients. Financial rewards are never our focus, but they do take place very easily and naturally as a "side-effect" of mastering clinical skills. To serve and witness patients' profound healings, this is our greatest and truest reward!

Many wonderful practitioners in our community struggle to make a living - we have the heart to serve, but don't always have the clinical skills or confidence. So let us UPLIFT our profession!

Clinical success does not need to be so elusive! We invite you to take advantage of this special opportunity to step into YOUR mastery as a practitioner, to give your patients the very best.

Together, LET'S CELEBRATE AND SHARE IN YOUR CLINICAL SUCCESS TOO!

Advanced Tui-Na, Manual Therapy & Conscious Bodywork Certification **a 5-module (10-day) program**

with Dr. Edith Ubuntu Chan DAOM, L.Ac.

The School of DAN TIAN WELLNESS - CEU Provider # 956

REGISTRATION - May 17-18, Jun 14-15 Sep 6-7, Oct 18-19, Nov 1-2 2014 Series

Congratulations and thank you for gifting yourself this top-notch learning experience! Please fax your completed form to F: 415-668-2080 or mail to: "Dan Tian Wellness - 638 Stanyan St. SF, CA 94117".

Your Full Name: _____ Date of Birth: _____

Email: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip/Postal Code: _____

Are you: L.Ac. []? Student []? Other Profession []? If CEU, Calif Acup. Lic #: _____
If other profession - please describe: _____

Whom should we thank for referring you to this course (list one name only)? _____
Is the person who referred you also participating in our class? Y: [] / N: []

FOR REGISTRATION, PLEASE CHECK BELOW - OPTION A, B, or C.

[] **Option A: \$1250 now for entire series. * \$1100 early bird (registration by Mar 31 2014)***

[] **Option B: \$600 now Modules 1+2.** (Mod 3+4+5 by August 1st = \$780. Total Tuition **\$1380.**)

[] **Option C: \$600 now Modules 1+2.** (Mod 3 4 5 individually **\$310 each.** Total Tuition **\$1530.**)

PAYMENT BY: (Checks always preferred. Thank you!)

[] Cash/Check/Money Order enclosed for amount of \$ _____ for Option ____ (A/B/C)
(check made payable to "The School of Dan Tian Wellness" - 638 Stanyan St. SF, CA 94117)

[] Visa/MC - I hereby authorize "The School of Dan Tian Wellness" to charge my Visa/MC for the amount of: \$ _____ for registration of this course via Option ____ (A/B/C). (If B or C, pls fill add'l copies of this authorization - one for EACH separate charge on your cc. thank you!)

Visa/MC #: _____ Exp ____ / ____ CVV code: _____

Billing Address if different from above: _____

CANCELLATION & REFUND POLICY: Due to the rapidly approaching date of this program and its limited capacity, please note that there is NO REFUND. Please be confident that you can attend the full series prior to registration. However, if requested more than 30 days in advance by writing, a 50% credit of any unused portion can be applied towards other workshops/events hosted by Dan Tian Wellness; this credit must be used within 1 year. In the very unlikely event that the course is canceled prior to its start, a 100% full refund will be issued. If a portion of the course is canceled after its start, the full prorated refund will be issued.

Signed: _____ Date: _____