



Holistic Sports Medicine and Sports Performance Medicine for L.Ac.s

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

The most comprehensive and value-packed Sports Medicine training for TCM practitioners!

with Dr. Edith Ubuntu Chan, DAOM, L.Ac.
(The School of Dan Tian Wellness - CEU Provider #956)
Calif Acupuncture Board: 55-Units Pending

The ULTIMATE course in Holistic Sports Medicine & Sports Performance Medicine for devoted students and practitioners! A distillation of Dr. Edith-Ubuntu's 30,000+hrs experience and pearls as a Sports Medicine and Endocrinology specialist — this course not only weaves together the most useful clinical gems in TCM sports medicine, acupuncture & bodywork/manual therapy, but also Dr. E's multi-decade background as competitive athlete & triathlon/cycling coach, as well as certified High Performance Coach — creating the most comprehensive and well-rounded hands-on workshop series offered in our community!

This powerful, fun, and value-packed 5-Module (10-day) program is carefully sequenced and unlike any other.

Students are presented with an elegant East-West integrative framework for the evaluation and treatment of common Sports Injuries, gaining a deep confidence in Anatomy*, Physical Exam*, and also the most clinically relevant Sports Acupuncture*, Tui-Na/Manual* techniques and clinical gems.



Beyond the advanced training in the evaluation & treatment of sports injuries, what sets this course apart the most is our exploration of Sports Training and strategies for boosting athlete's Sports Performance*. Together, we explore the dynamics and psychology of athletic training and uncover the most valuable tools and holistic strategies (including acupuncture, herbs, nutrition,

breathwork, patient-counseling and patient self-care) for promoting sustained High Performance. These strategies will be powerful not only for our competitive athlete-patients, but also for any depleted patients who live chronically high-pressure lives, regardless of their personal pursuits, seeking to regain their vitality and “mojo” to enjoy the best out of life.

By weaving together Sports Medicine and Endocrinology, with a truly Holistic approach that honors the oneness of body-mind-emotions-spirit, we have the opportunity to support ALL our patients, not only those who identify as “athletes”, with optimal health and vitality. For us as practitioners, to support patients in living life fully, with zest and vitality, isn't that the sweetest work we can do?

So if you are seeking an efficient way to supercharge your practice and serve your patients with the most practical Sports Medicine tools, and 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, yet comprehensive Sports Medicine program, not only giving you confidence and mastery in the evaluation & treatment of sports injuries, but also supporting your patients in creating consistent high performance, energy, and vitality. This course is packed with practical gems and tools that truly work. Your patients will be thrilled and blown away by your newly enhanced clinical results.



Thank you for setting a new bar of excellence for our profession!

DETAILED PROGRAM DESCRIPTION:

Our Holistic Sports Medicine & Sport Performance program is organized into 5-Modules (10-days) in Apr, May, (optional practicum in June/July), Sept, Oct, and Nov 2015, 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, bringing smart and well-informed questions to each subsequent module, supporting one another in our learning and exploration together. For the devoted student or practitioner, mastering the tools offered in this program will undoubtedly place you amongst the top most highly effective Sports Medicine practitioners in the community.

Module 1 begins with an overview of “Holistic” Sports Medicine, creating the foundational framework for an elegant East-West integrative approach to Sports Medicine. We discover how to best integrate Eastern & Western diagnostics and consider the strengths, benefits, and limitations of the various modalities of treatment available - including Manual Therapy,

Cupping, GuaSha, Acupuncture, Nutrition/Herbs/Pharmaceutical drugs, Surgery, Physical Therapy, Qigong/Yoga, Psychospiritual work, and Lifestyle practices. From both the diagnostic and treatment perspectives, how do we weave together the East-West approaches synergistically? This framework is repeated and deepened throughout the series, allowing each practitioner to integrate various modalities with greater intelligence and effectiveness, and to develop clarity around when to refer patients to other practitioners, always with patients' best interest at heart.

A significant portion of Module 1 will be devoted to a concise, fun, interactive review of Western orthopedic and neuromuscular *physical exam*, turning many TCM practitioner's "weakness" into our greatest strength & ally as clinicians.

In addition to establishing the East-West integrative framework, key methodologies and systems for Sports Acupuncture (including Wrist/Ankle, Trigger Point, Muscle-Channel Technique, Tung's, etc.) and Manual treatments are introduced. We will use Lower Back Pain as a useful example to demonstrate the practical power of this integrative approach.

Module 2 begins with a more thorough discussion of the eval & tx of Lower Back and Hip injuries, with plenty of time for demonstration and practice. A variety of needling techniques, including precise Trigger Point needling, will be introduced that are most efficacious for LB & Hip injuries. The eval & tx of Neck conditions will be covered in the 2nd part of Module 2 - with plenty of time for demonstration & practice of treatment techniques for Neck conditions.

During the summer break, as student interest dictates, there will be a 1/2 day FREE practicum in June or July to support students in fine-tuning practical skills in the eval & tx of Lower Back and Neck conditions.



Returning in September to Module 3 - we delve into topics that demand further mastery of MSK anatomy and physical exam, as we learn to evaluate, diagnose, and treat Thoracic Outlet Syndrome, as well as common conditions of the Shoulder. Plenty of time will be devoted to precision Trigger Point Needling of the muscles of the neck, shoulder girdle, and the rotator cuff muscles, as well as basic TuiNa tools to weave into the treatment of these conditions.

In Module 4, our focus turns towards the topic of *Sports Performance* - understanding the dynamics of Sports Training (and how these dynamics apply to all arenas of life), and how we may best support athlete-patients within the stress-recovery cycles of athletic training. The use of adaptogenic herbs, nutrition, breathwork, yoga and other self-care tools for activating post-training/competition recovery, and helping patients access sustained levels of High Performance.

As student interest dictates - Module 4 will also cover selected lower body conditions including knee injuries and ankle injuries. With plenty of time for Demo and Practice.

Module 5 provides the valuable opportunity to review and deepen our mastery of key material covered in Module 1-4, and will include an indispensable discussion of special “soft-skills” necessary to work with the athlete population - which are critical for enhancing patient compliance and clinical outcome. As student interest dictates, Module 5 will cover additional topics in upper body conditions - including a more advanced discussion on Shoulder conditions, as well as treatment of elbow and wrist injuries. Our final afternoon will be a clinic theatre, with group evaluation/discussion and treatment of live patient cases, solidifying each practitioners’ confidence in applying the knowledge and skills of this workshop series!

This CEU course series will be the most enjoyable, value-packed, and well-rounded Sports Medicine training program offered in our community - empowering you with the best clinical tools that truly work!

COURSE DATES (5-Modules Apr, May, Sept, Oct, Nov 2015):

(CALIFORNIA ACUPUNCTURE BOARD - 55 CEU PENDING.)

* Module 1 ~ Apr 11 12:30-5pm & Apr 12 2015 10am-5pm (w/ 1/2 hr lunch break) *

* Module 2 ~ May 2 12:30-5pm & May 3 2015 10am-5pm (w/ 1/2hr lunch break) *

Clinic Theatre Day in June/July as student interest & schedule dictates.

* Module 3 ~ Sep 19 12:30-5pm & Sep 20 2015 10am-5pm (w/ 1/2 hr lunch break) *

* Module 4 ~ Oct 10 12:30-5pm & Oct 11 2015 10am-5pm (w/ 1/2 hr lunch break) *

* Module 5 ~ Nov 7 12:30-5pm & Nov 8 2015 10am-5pm (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 and other topics 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.

Module 1 ~ Sat Apr 11 12:30-5pm + Sun Apr 12 2015 10am-5pm (1/2 hr lunch break)

* Sat Apr 11 - 12:30-5pm ~ Student intros. Discussion: what is "**Holistic**" **Sports Medicine? Establishing framework for East-West integrative approach.** Exploring **synergistic relationship of various modalities** - understanding strengths, benefits, limitations of Manual Therapy (including GuaSha & Cupping), Acupuncture, Herbs, Nutrition, PT, self-care practices, surgery, pharmaceutical approaches. "Integrative East-West approach" defined. When to refer. **Physical Exam** - Hands-on practice/review of Neuromuscular Physical Exam basics.

* Sun Apr 12 - 10am-1pm ~ Short meditation and body-training exercises for practitioner self-care and enhancing subtle Qi-awareness. **Discussion: Key principles, strategies, techniques in Sports Acupuncture (wrist-ankle, muscle-channel technique, Trigger Point needling, Tung's style, etc.) & Manual techniques,** Demo & hands-on practice of highlighted "key principles" as time permits.

* Sun Apr 12 - 1:30pm-5pm ~ Evaluation and Tx of common **Lower Back** injuries. Using LB as example for understanding the Holistic East-West integrative approach to the treatment of any sports injury. Hands-on practice of Lower Back treatment techniques. Special demonstration and practice of precision **Trigger Point Needling (& manual release)** of key Lower Back structures.

Module 2 ~ Sat May 2 12:30-5pm + Sun May 3 2015 10am-5pm (1/2 hr lunch break)

* Sat May 2 - 12:30-5pm ~ Short meditation and body-training exercises for practitioner self-care and enhancing subtle Qi-awareness. Review Module 1. Q & A based on student's application & practice of Module 1 principles over past month. Evaluation and Tx of common **Lower Back and Hip** injuries (continuation of Module 1 discussion). Supervised hands-on practice of LB & Hip evaluation & treatment. Special demonstration and practice of **precision Trigger Point Needling (& manual release) of key muscles of the Hip.**

* Sun May 3 - 10am-1pm ~ Discussion - evaluation and Tx of common **Neck** pain and injuries - **Demo** of commonly used Neck treatment techniques. Supervised hands-on practice in evaluation of Neck injuries.

* Sun May 3 - 1:30pm-4pm ~ Demo & Supervised hands-on practice - **sports acupuncture for Neck pain + key manual therapy tools/techniques**. Q & A / case discussion on Neck injuries.

(OPTIONAL - as student interest dictates - a 4hour practicum to be scheduled on a Sat afternoon in June/July 2015 - with focus on tx of LB & Neck conditions)

Module 3 ~ Sat Sept 19 12:30-5pm + Sun Sept 20 2015 10am-5pm (1/2 hr lunch break)

* Sat Sept 19 -12:30-5pm ~ Review of Modules 1 & 2 topics. Q & A based on student interest. Meditation for practitioner self-care and body-training/qi-awareness exercises. Discussion: Evaluation and treatment of **Thoracic Outlet Syndrome w/ demo**.

* Sun Sept 20 - 10am-1pm ~ Demo & Hands-on practice - Evaluation and Treatment of **Thoracic Outlet Syndrome**.

* Sun Sept 20 - 1:30-5pm ~ 1:30-3pm - Evaluation and Treatment of **Shoulder Injuries** - discussion, demo, and hands-on practice. 3-5pm - special focus: supervised practice of **precision Trigger Point Needling of Neck & Shoulder structures**.



Module 4 ~ Sat Oct 10 12:30-5pm & Sun Oct 11, 2015 10am-5pm (1/2 hr lunch break)

* Sat Oct 10 - 12:30-5pm ~ Review of Modules 1-2-3 topics as interest dictates. Q & A. Self-care practices for practitioner to develop Qi and Strength. **Intro to principles of Sports Training, dynamics/psychology/patient counseling skills in working with competitive athletes**.

* Sat Oct 11 - 10am-1pm ~ **Advanced Lower Body topics**. Evaluation & Tx of Complex **Lower Back & Hip** injuries & **Sciatica**. Evaluation & Tx of Knee injuries. w/ Demo & Practice.

* Sun Oct 11 -1:30pm-5pm ~ 1:30-3:30pm: Demo & Practice of **Advanced Lower Body topics**. Evaluation & Tx of Knee continued, overview of **Ankle/Foot** injuries. 3:30-5pm Special discussion on **Adaptogenic herbs, natural/holistic Sports Performance enhancement for athletes**. **Treatment strategies for harmonizing with athletic training cycles**.

Module 5 ~ Sat Nov 7 12:30-5pm & Sun Nov 8 2015 10am-5pm (w/ 1/2 hr lunch break)

* Sat Nov 7 - 12:30-5pm ~ Practitioner self-care and Qi-building exercises. **Special discussion: important “soft-skills” to master when working with athlete-population to enhance patient compliance and increase clinical outcome.**

Advanced Upper Body topics. Neck & Thoracic conditions eval/tx solidified.

* Sun Nov 8 - 10a-1pm ~ Review of **Shoulder injuries - Discussion: Advanced topics in Shoulder Injuries.** Eval & Tx of **Elbow & Wrist** w/ Demo & Hands-on Practice.

* Sun Nov 8 - 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), and/or current CM students seeking specialized training in Sports Medicine and Sports Performance Medicine. At least 1 semester of TuiNa, Shiatsu, 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... will be 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 are 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. In addition, Dr. E brings with her multi-decades’ experience as a competitive athlete, a triathlon/cycling coach, as well as a Certified High Performance Coach®. Her 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, and in The Work of Byron Katie.

Dr. Edith-Ubuntu has been blessed to study with 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 discovering the 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 Sports Medicine 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 most highly effective Sports Medicine 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 - \$1150 *AMAZING VALUE!*

*** ***EARLY BIRD!*** Register for entire course **by March 20 2015** and take advantage of special early bird discount — **only \$890 for all 5 modules of training!** ***

Option B: Register now for Modules 1 & 2 = \$550.

Then register for **Modules 3 + 4 + 5 - by Aug 15 2014: \$730.**

Total for Option B: \$550 + 730 = \$1280

Option C: Register now for Module 1 & 2 = \$550.

Then register for **Module 3 , 4 , 5 - pay as you go for each module: \$275/module**

Total for Option C: \$550 + \$275 + \$275 + \$275 = \$1375

still an incredible value at only \$275/module.

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

As a thank you for spreading the word, you will receive \$90 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 Sports Medicine program are the core *keys* to Dr. E's clinical success (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 tend to flow easily and naturally as a "side-effect" of mastering clinical skills. To serve and witness patients' profound healings, this is our sweetest and greatest 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 clarity and confidence. So let us UPLIFT our profession. Clinical success does not need to be so elusive anymore. 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!

Holistic Sports Medicine & Sports Performance Medicine Series

a 5-module (10-day) program

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

The School of DAN TIAN WELLNESS - CEU Provider # 956

REGISTRATION Apr 11-12 May 2-3 Sep 19-20 Oct 10-11 Nov 7-8 2015 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: \$1150 now for entire series. * \$890 early bird (registration by Mar 20 2015)*

Option B: \$550 now Modules 1+2. (Mod 3+4+5 by August 15 = \$730. Total Tuition **\$1280.**)

Option C: \$550 now Modules 1+2. (Mod 3 4 5 individually **\$275 each.** Total Tuition **\$1375.**)

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: _____