

# PRACTICAL MOXIBUSTION FOR SHIATSU PRACTITIONERS

Two Day

Shiatsu Post-Graduate Workshop

**Date:** Weds 25 & Thurs 26 February  
**Time:** 10.00 - 5.30pm  
**Price:** £120 including lunch  
**Venue:** Devon School of Shiatsu

**Taught by:** Mike Potter *MSc, LicAc, DipCHM, MBacC, MRCHM*  
**Assisted by:** Rachel Mulholland *Dip.Shi, MRSS*

## MIKE'S BIOGRAPHY

*Michael Potter has been practising Acupuncture, Chinese Herbal medicine and Shiatsu for 27 years, having studied in Japan, China and USA. He holds an MSc in Educational Studies and has been teaching for 20 years. He currently lectures at Westminster University on the MSc Chinese Herbal Medicine course and runs a private practice in Devon.*

## RACHEL'S BIOGRAPHY

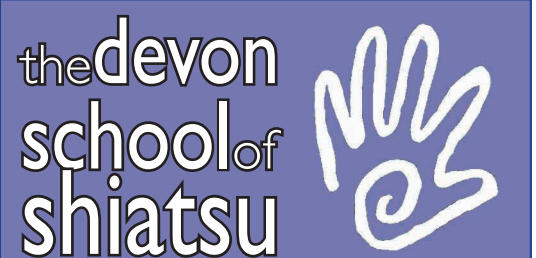
*Rachel Mulholland has been a complementary practitioner in Massage, Aromatherapy, Reflexology and Reiki for the past 17 years. Since 2003 she has undertaken further professional training in Shiatsu. Her special interests include supporting women during pre and post natal pregnancy and birthing, and she has developed this interest further by undertaking post-graduate training in Birth Support with Susanna Yates. She also has a keen interest in sports injuries and western herbs.*

*Rachel was a classroom assistant on the Shiatsu Professional Training at the Devon School of Shiatsu for 3 years and is currently studying for a degree in Adult Teaching to enable her to teach a range of Complementary Therapies.*

## INTRODUCTION

*The word moxa comes from the Portuguese word for matchlock (a type of gun). Portuguese Jesuit missionaries were the first Westerners to make sustained contact with the Japanese during the late 15th and early 16th centuries. When they first saw moxa being lit, it reminded them of matchlocks, so it came to be called moxa.*

*Traditional Japanese medicine has its roots in early Chinese medicine which was brought to Japan by Buddhist monks via Korea around the 3rd century AD, and was firmly established by the 7th century. As 70% of the land in Japan is mountainous, mugwort grows everywhere and moxa has always played an important part of Japanese traditional medicine.*



### COURSE SUMMARY

The purpose of this two day workshop is to provide participants with the tools and skills to use moxa therapy to treat a broad range of conditions. The practical aspect of moxa therapy will be underpinned by the relevant Chinese/Japanese medical theory; drawing on modern TCM theory as well as the Shang Han Lun (Treatise on Cold Induced Disorders), looking at areas such as Qi deficiency, Qi stagnation, Blood deficiency, Blood stagnation, Fluid accumulation and Cold, Damp & Wind invasion.

Over the two days we shall also look at:

**Preparation of moxa cones**  
**Application**  
**Therapeutic effects**  
**Safety & Contraindications**

The four types of moxa application we shall focus on are:

#### **a) Indirect Moxa**

1. **Bo Kyu** (indirect 'stick' moxa), using the standard pre-rolled moxa stick.
2. **Kamaya Kyu**, this is a form of prepared 'stick on' moxa cap, which is used to great effect for dealing with areas of muscular tension, usually on the shoulders and lower back. Kamaya Kyu is a particular speciality of Japanese moxa therapy.

#### **b) Direct Moxa**

1. **To Netsu Kyu**, is a hand rolled form of moxa, using small 'rice grain' sized cones of fine high quality moxa. This is very versatile and can be used for both tonification and dispersion.
2. **Chi Netsu Kyu**, is another form of hand rolled moxa, which uses larger cones made from slightly courser moxa. This is generally used to disperse stagnation of Qi and Blood. It has a number of uses, mainly stiff shoulders and digestive obstruction as well as being effective in the treatment of gynaecological disorders.

In each case, we shall look at the preparation, application and therapeutic usages of each form of moxa, as well as the safety issues surrounding the use of moxa.

# BOOKING FORM



I would like to book .....place(s) for:

**PRACTICAL MOXIBUSTION FOR SHIATSU PRACTITIONERS with Mike Potter**  
**Weds 25th & Thurs 26th February 2008 Price: £120 (deposit £50)**

Name(s) .....

Address: .....

.....

Post Code: ..... Tel. No. ....

Email: .....

I enclose a deposit/full payment of £.....

Please make cheques payable to the Devon School of Shiatsu and send to: Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND.

## Cancellation Policy:

We hope you don't need to cancel your booking, however, deposits are non-refundable. If you cancel your place less than 3 weeks before the start of the course we regret that no refund can be made. If you cancel more than 3 weeks before we will retain your deposit and refund the balance.

Balance of fees are payable three weeks before the start of the course (2nd February 2009).