

# PRACTICAL TCM FOR SHIATSU PRACTITIONERS

Four Day  
Shiatsu Post-Graduate Workshop

**Date:** 28th Oct, 25th Nov,  
13th Jan, 10th Feb 2010  
**Time:** 10.00 - 5.30pm  
**Price:** £280 (4 days) including lunch  
**Venue:** Devon School of Shiatsu

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

## INTRODUCTION

*The purpose of this course will be to introduce the basic principles of TCM in a practical context for graduate practitioners of Shiatsu.*

*Rather than introducing the functions and pathologies of each Zangfu/meridian system in isolation, we propose to group them around common energetic and therapeutic themes, looking at their synergistic relationships. Each day will commence with a presentation (following a review of the previous session) which will be reinforced by case history problem solving exercises. The case histories will contextualise the practical demonstration and practice of moxa, cupping and body work techniques will complete each session.*

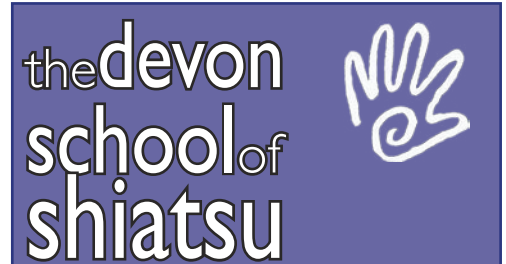
## MIKE'S BIOGRAPHY

*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.*



### **COURSE SUMMARY**

*Over a four day period we propose to introduce:*

#### **1. Spleen, Lungs, Stomach & Large Intestine, & After Heaven Qi**

*This will examine Qi Transformation as well as the processes of respiration, digestion and elimination. The pathological processes of Qi Stagnation, Dampness & Phlegm will be explored.*

#### **2. Lungs (& Spleen) & Kidneys/Bladder, Fluid Metabolism and the relationship between After Heaven Qi (Spleen & Lungs) and Before Heaven Qi (Kidneys)**

*Within this relationship, we shall examine the way in which the body defends itself against external pathological invasion (immune system). In this session, we shall also look at the actions of the points of Command according the 'Classic of Difficult Issues.'*

#### **3. Heart, Liver & Kidneys**

*The focus of this session will be the production and circulation of Xue (blood). As blood is the Fluid of the Heart, the day will also focus around common emotional disorders. The pathological processes involving blood; blood deficiency, blood stagnation and heat in the blood will be looked at in this session.*

#### **4. The Transformation Cycle: Liver, Pericardium, Gall Bladder & San Jiao (Triple Heater)**

*This session will examine the uniqueness of each of these energetic systems, enabling participants to better understand their use in a therapeutic context.*

*We will also provide interim home study assignments; these will be voluntary however will support learning between each presentation day.*

# BOOKING FORM



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

## **PRACTICAL TCM FOR SHIATSU PRACTITIONERS with Mike Potter**

Wednesday 28th October, Wednesday 25th November

Wednesday 13th January & Wednesday 10th February

**Price: £280 (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 (7th October 2009).