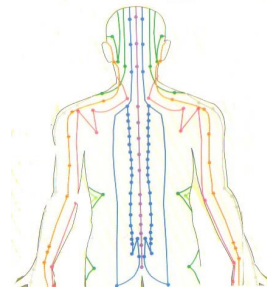
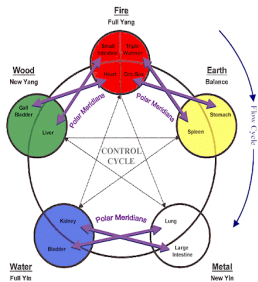


Introduction to Cupping Therapy

Using Traditional Chinese Medicine (TCM) holistic principles as a foundation, this workshop offers safe & clear instruction to help you confidently add and/or refresh cupping techniques for Muscular Skeletal & Myofascial Release based treatment.

with
Nicci Blain BHSc.Acu (4yrs), NDA

Nicci is a experienced Christchurch based teacher/trainer & Registered Acupuncturist offering professional development courses throughout New Zealand see www.acu-specialist.co.nz for more info on other courses and services on offer



Dates:

Christchurch

Saturday 9th January 2021

Venue: TBA

Dunedin

Saturday 6th March 2021

Venue: TBA

Wellington

Saturday 10th April 2021

Venue TBA

Auckland

Saturday 17th April 2021

Venue: TBA

Cost: \$220

Prerequisites:

Available to all registered allied health practitioners. Must have minimum diploma qualification (or study towards). Information covered is at a post grad level in muscular skeletal rehabilitation principles, with a little intro TCM to begin.

Acupuncturists

Please be advised for a registered acupuncturist elements of this course are at a refresher/intro level. Techniques taught have a injury rehab, Myofascial release/meridian focus.

CPD:

Please see your association if you would like to obtain CPD hours. I am happy to supply course information as required to support this process.

Course Outline:

9am Start:

- 9.15: Brief Introduction to Traditional Chinese Medicine
8 principles & Meridian theory
- 10.00: *Break—tea & coffee provided*
- 10.15: Introduction to cupping theory - history & traditional uses
- 11.00: Common reactions, contraindications & safety considerations
- 11.30: Practical - Traditional Fire cupping
- 12.30: *Lunch—Please bring your own*
- 1.15: Cupping in a rehabilitation setting; treatment principles for common disorders
- 1.45: Practical & demonstrations:
Vacuum Cupping techniques for shoulder, limbs, lumbar & neck disorders
- 2.45: *Break—Tea & Coffee provided*
- 3.00: Myofascial connections & latest research findings
- 3.30: Practical: Sliding techniques for MFR
- 4.30 Finish**

Registration & Further Info:

Please register via Timely online booking with your full name, email, and contact phone number then pay within 14 days to secure your place:

Nicola Blain
38-9008-0863100-00

Please use your name & course date as a reference

Receipts will be sent with certificates of completion at the end of the course.

What to Bring:

Massage Table & Linen. Please advise if you do not have a portable table so I can ensure you can be paired up with those that do.

Cupping sets: Glass Fire cups are provided. A variety of different vacuum sets are provided for you to try, however if you have them you are welcome to bring your own.

You will be notified if there are any further venue specific requirements