



Acupressure for Anyone

Acupressure for Anyone provides simple methods that a person can apply on their own to enhance health, body awareness, and well-being. Acupressure formulas are given for common health issues such as headache, insomnia, colds and flu, digestion, etc. as well as powerful balancing formulas for managing stress and calming the mind and spirit. As we bring a clearer stronger field of energy through the body, it is common for other aspects of life to return to harmony as well. These simple Acupressure for Anyone techniques naturally lead to a deepening awareness of the whole-being—body, mind, emotions, and soul. Workshops are offered in 3-hour modules and the training is designed for “regular folks” who want to learn to take care of themselves and their families. People love to give and receive this method because it is easy to learn, pleasant to deliver, and comfortable to receive. Most importantly, it works!

Great Central Channel Alignment | Tuesday, March 7 | 6 to 9 p.m.

\$20

The Great Central Channel is among the first energetic patterns developed in the body in utero. It travels along the spine to the top of the head, and up the midline on the front of the body to the face. Points along this channel are extremely potent, and have been used for thousands of years for balancing and healing. In Chinese Medicine it is said that human beings are the bridge between heaven and earth. This acupressure formula for the Great Central Channel enhances and strengthens this alignment—bringing balance, comfort and ease to the receiver. At this workshop students give and receive the Great Central Channel Release and learn Chakra Tai Chi, a special movement meditation developed by Aminah Raheem, Ph.D., the founder of Soul Lightening Acupressure.

Formulas for Balance and Harmony | Tuesday, April 4 | 6 to 9 p.m.

\$20

The most fundamental principles of Chinese Medicine are based in establishing and maintaining balance and harmony throughout the whole being—body, mind, emotions, and spirit. When this is attained we are vibrant and healthy—all our systems are working together well, and we can live life to the fullest. The acupressure formulas introduced in this module are specially created to help us reclaim this sense of well-being. By holding these special point combinations we provide an opportunity for the system to recalibrate itself—allowing for the extremes of life to balance out, and returning us to our natural state of harmony. Using these formulas regularly creates a steady baseline of well-being. Once we know how to attain balance and harmony on a regular basis, it is much easier to address the occasional symptoms and disruptive patterns that arise in daily living. During this workshop you will practice locating points and reading the formulas. You will also give and receive a full acupressure session.

The classes will be held at Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River. Advance registration is required for each training session. Call 440.356.0670, option 5 to register by phone or register online at fairviewhospital.org/wellnesscenter.