

**Mind Body Acupressure Level 1**  
**Course Outline**  
Salma Ahmad

Course Hours: 33  
9 am - 4 pm

**Course Objectives**

The purpose of this introductory course is to cover the theory and practice of acupressure in general and the Eight Extraordinary Meridians in particular. The application of strategic points on the body's balance and harmony. By the end of the course, students will be able to choose an appropriate extraordinary meridian to use in treatment of a client. This course will also address the underlying emotional causes of illness. IT will also start to solidify some of the diagnostic techniques used in Chinese Energetic Medicine.

**Format**

The classes will be given as 3 hours of lecture in the mornings with review, questions and answers, and 3 hours for hands-on practice in the afternoons. Students will require 3-4 hours study per week, including case studies at home.

**Text**

Teacher's Manual required \$10

**Evaluations**

Final Exam 60%  
Attendance, class participation, punctuality 40%

Passing mark is 75% with 10 cases studies due 4 weeks after the exam

**Student requirements**

Students are required to be in class by 9 am. Chronic lateness will affect the final grade. If a class is missed, the student is responsible for getting and learning the course material and come prepared for the next class. If more than one class is missed, the student fails the course.

Week 1 Basic Theory of Acupressure, Measurements, Neck Release

Week 2 Introduction to Extraordinary Meridians  
Ren Mai and Du Mai (Conception and Governing Vessels)

Week 3 Yin and Yang Qiao Mai (The Great Bridge Channels)

Week 4 Chong Mai and Dai Mai (Penetrating Vessel and Belt Vessel)

Week 5 Yin and Yang Wei Mai (The Linking Vessels)

Week 6 Exam