

**Mind-Body Acupressure  
Course Outline  
Salma Ahmad**

Total course hours: 141  
9 am - 4 pm

**Course Objectives**

This course will cover the 12 organ meridians (pathways, point location, therapeutic use of acupoints) and various types of acupressure treatments: five elements, antique points, tendino-muscular, body armouring, mental-emotional and more. By the end of the course, the students will be able to choose powerful point combinations and prescriptions to treat a wide range of disharmonies and be able to use moxabustion effectively. Students will also be refining the myriad components that will make the art of acupressure their own.

**Format**

The classes will be given as a 3 hour lecture in the morning with review, questions/answers, and a 3 hour hands on practice in the afternoon. Students will need 3-4 hours of study per week, including at home hands on practice.

**Text**

Teacher's manual required, cost \$45

**Evaluation**

Final Exam 40%, Attendance, class participation 30%, Quiz and Assignments 30%

Passing mark is 70% with 12 case studies due 4 weeks after final exam

**Student requirements**

Students are required to be in class by 9 am. Lateness will affect 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 3 classes are missed, the student will have to book time with the teacher to review (at \$60/hr).

Week 1 Kidney meridian  
Week 2 Bladder meridian  
Week 3 Quiz-Water Element  
Liver Meridian  
Week 4 Gallbladder Meridian

Week 5 Quiz-Wood Element  
Heart Meridian  
Week 6 Small Intestine Meridian  
Week 7 Master Heart Meridian  
Gua Sha  
Week 8 Triple Warmer Meridian  
Week 9 Quiz-Fire Element  
Spleen Meridian  
Week 10 Stomach Meridian  
Week 11 Quiz-Earth Element  
Lung Meridian  
Week 12 Large Intestine Meridian  
Week 13 Quiz-Metal Element  
Moxa  
Week 14 Shu-Mu Points  
Windows of the Sky  
Week 15 Antique Points  
Week 16 Tendino-Muscular Meridians  
Week 17 The Emotions  
Week 18 Body Armouring  
Week 19 Review Extraordinary Meridians & Cases  
Week 20 Conditions and Cases  
Week 21 Conditions and Cases  
Week 22 Japanese Abdominal Palpation Exam  
Week 23 Allergy Clearing  
Week 24 Exam (morning only)