14-Day Certificate Course in Tuina Massage

Course Syllabus

Day 1 + 2: Basic Theory of TCM
- Yin and Yang; Five Elements; Vital Substances (Qi, Jing, Blood, Body Fluids, Shen); Zang-Fu organ Theory

Day 3: Diagnostics of TCM (Four Examinations)
- Observation; 10 Questions; Hearing & Smelling; Tongue & Pulse Diagnosis
- Aetiology and Pathogenesis of disease in TCM
- Internal & External Causes; 4 Levels; 8 Principles; Fluids & Zang-Fu Pathology

Day 4: Anatomy and Physiology

Day 5 + 6: Acupuncture Meridians and Points
- 14 Meridians; Common Acupoints; Point Location; Point

Day 7: General introduction to Tuina Massage Therapy

Day 8: Tuina Manipulations Part 1

Day 9: Tuina Manipulations Part 2 + Cautions / Contra-indications of Tuina manipulations.

Day 10: Clinical Applications of Tuina: Part 1

Day 11: Clinical Applications of Tuina: Part 2

Day 12: Clinical Applications of Tuina: Part 3

Day 13: Paediatric (infantile) Tuina + General Introduction to Acupuncture & Cupping

Day 14: Course Review & Examination