

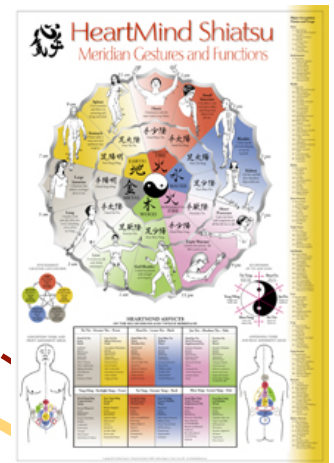
Fall Workshops with Matthew Sweigart

Meridian Gestures and Functions

The Meridian Gestures and Functions

workshop will explore the meridians as depicted in Matthew's HeartMind Shiatsu chart through invigorating Qigong exercises and Shiatsu applications. It will help shiatsu students as well as lay persons to attain a working practical application of meridian theory in improving healthy functioning of body, mind and spirit in all aspects of daily life.

The HeartMind Shiatsu chart represents a distillation of Matthew's clinical and instructional experience; bringing to each meridian an expressive movement and an inner meditation. These gestures bring us to the core of the power that each meridian grants us, and heightens our awareness of the poetic and spiritual significance of our bodies and our movement.



Friday, November 7, 7-10pm
\$100 / \$75 if paid by October 31

Cycles of Seven and Eight: Wei Mai Linking Vessels and Shiatsu

This two day workshop continues the exploration of Jeffrey Yuen's Classical Chinese Medicine interpretations of the Eight Extraordinary Vessels.

The focus will be on the Wei Mai Linking Vessels and their relationship to the developmental cycles of seven and eight. These cycles are critical in health evaluation and in some cases are pivotal aspects of assisting someone to regain equilibrium on their life path.

Additionally, many of the points of the Wei Mai Vessel are analgesic points, and thereby important in pain reduction.

Students will learn:

- * Wei Mai Trajectories, Points and correspondences
- * Interrelationship with other Vessels and Meridians
- * Clinical approaches to working with the Wei Mai Vessels in Shiatsu

Pre-requisites: Zen Shiatsu 3 or equivalent. It is not necessary to have taken Matthew's previous workshops related to Extraordinary Vessels.

Saturday & Sunday, November 8 & 9, 9am-4pm
\$300 / \$240 if paid by October 31

