**A Practical Introduction to Japanese Meridian Therapy**

Organized by the Stichting for the Study of Traditional East Asian Medicine.

This two-weekend workshop will be taught by Stephen Birch and Joke Bik-Nowee both members of the NVA. The workshop will be taught in English and registered with both the NVA and Zhong.

Dates: February 24-25, 2024 + March 16-17, 2024

Times: Saturdays 9.00-17.00, Sundays 9.00-16.00.

Location: the Japanese Acupuncture Center, W.G. Plein 330, 1054 SG Amsterdam.

The program is limited to 20 participants so as to enable as much hands on training as possible. A certificate in Meridian Therapy will be given at the end of the program.

The cost for the program is *600* Euros (inclusief btw).

Keiraku Chiryo - Meridian Therapy, is a traditional form of acupuncture from Japan. It uses very delicate needling techniques to regulate the keiraku [jing-luo] or meridian system following traditional theories of acupuncture. Diagnostic decisions are largely based on palpation methods, especially of the radial pulses and abdominal palpation. The practice methods of this system are checked through continuous feedback of the pulses and other palpatory findings in a very systematic and practical manner.

Meridian Therapy, is a movement to "return to the classics" through modern clinical practice. The movement started in Japan in the 1920s reaching maturity by the early 1940s. Today this movement represents ‘traditional acupuncture’ in Japan.

While there is a range of styles of Meridian Therapy with various ideas, approaches and methods, there are a few basic ideas that these styles have in common. Each places great emphasis on the following: radial pulse diagnosis, especially six position diagnosis; abdominal diagnosis; the basic theories of the Nan Jing, where the meridian circulation model is placed at the center of practice; the goal of treatment is simply to tonify the meridians that are deficient and drain those that are replete; very gentle needling techniques are used to accomplish this.

After a brief discussion of the theories and development of Keiraku Chiryo, the focus will shift to practical skills, in particular: the basic diagnostic approaches of pulse and abdominal diagnosis, primary needling techniques, [barely inserted needling techniques (0.5 - 2 mm)] and a systematic step by step simplified treatment approach. This method is suitable for almost all patients, especially those who prefer not to feel the needles. During the weekends you will learn the basics of a systematic 4-step root treatment so that you can practice the basic root treatment starting as soon as you have the right needles. In the second weekend the instructors will teach basic needle and moxa techniques to help improve symptoms (branch treatments).The weekends will be taught as hands on as possible to facilitate learning the basic system and its various techniques of diagnosis and treatment.

Stephen Birch has practiced Japanese acupuncture for forty-two years and is a well-known teacher around Europe and Australasia. He has authored a number of books and is involved in research. He practices in Amsterdam. After introducing Meridian Therapy and its more advanced form Toyohari in Europe 25 years ago, he has helped organize and teach Toyohari programs in Amsterdam and elsewhere. Joke Bik-Nowee took the first Toyohari program in 1999-2000 and since 2006 has been a Toyohari teacher. She has practiced acupuncture for thirty two years. She practices Toyohari since 2000. She is co-founder/business owner of the Meridiaanschool. She practices in Leidschendam and Den Haag.

If you have questions email Stephen Birch at: dragontailc@aim.com or telephone: 020 6895145

To register for the workshop series

Complete the form and email to Junko Ida at: junkoida1@aim.com, or detach/copy, complete by hand in capital letters and send to Junko Ida, W.G. Plein 330, 1054 SG, Amsterdam

I would like to register for the Meridian Therapy workshop series

Name:

Street Address:

Postcode, City & Country:

Phone number:

e-mail: # years as acupuncturist:

I agree to pay for the workshop within 4 weeks of receiving the confirmation letter with invoice.

Signature Date

*Stichting for the Study of Traditional East Asian Medicine (Stichting for STEAM)*

*W.G. Plein 330, 1054 SG Amsterdam. tel: 31 (0)20 689 5145*

*Website: http://www.foundation-steam.org*