

Acupressure for Anyone

Your Health is in Your Hands

What is Acupressure for Anyone?

- Acupressure for Anyone (A4A) puts the extraordinary healing gifts of acupressure into the hands of ordinary people.
- A4A is the global educational outreach program of Soul Lightening International. It is designed to teach individuals of any age, profession or educational background to take charge of their own health using acupressure.
- A4A provides simple methods that a person can apply on their own to enhance health, body awareness, and well-being. Acupressure formulas are given for common health issues such as headache, insomnia, colds & flu, digestion, etc. as well as powerful balancing formulas for managing stress and calming the mind and spirit.
- As we bring a clearer stronger field of energy through the body, it is common for other aspects of life to return to harmony as well. These simple A4A techniques naturally lead to a deepening awareness of the whole-being—body, mind, emotions, and soul.
- Workshops are offered in 3-hour modules and can be tailored to the needs of specific communities. The training is designed for “regular folks” who want to learn to take care of themselves and their families.
- People love to give and receive this method because it is easy to learn, pleasant to deliver, and comfortable to receive. Most importantly, it works!

3-hour workshop modules

Acupressure for Self-Care
SEVA Stress Release
Central Channel
Balance & Harmony

Head and Neck
Back, Abdomen & Chest
Arms & Legs
Cold & Flu Formulas

After completing Acupressure Self-care and SEVA Stress Release modules you may take any or all of the other individual modules

Each module is \$60. You may repeat any module at half price anytime.

CE's are available for some professions for Acupressure Self-care and SEVA Stress Release modules. Please inquire.

Classes are small to assure an optimal learning environment – Registration and payment is required in advance to hold your space.

For more details and class schedule contact:

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Acupressure for Anyone Module Descriptions

Acupressure for Self-Care –SEVA Stress Release (Part 1) (3 hours)

This three hour class teaches an acupressure protocol (The Seva Stress Release) that can be used for self-care, addressing a wide range of needs, including general relaxation and wellbeing or extreme shock and stress. This workshop does not require previous bodywork experience. Anyone can learn this simple but effective way to help themselves. This dynamic and interactive workshop allows the participant to fully experience the Seva Stress release through demonstration and hands-on practice. Workshop participants learn a unique touch method, various effective acupoints and how to use this protocol for self-care. In this workshop participants learn about the healing and transforming power of acupressure, practice techniques to use for self-care, learn Chakra Tai Chi, and take home skills they can use for the rest of their life.

CE Hours: Massage Therapists (NCBTMB)

SEVA Stress Release (Part 2) (3 hours)

This is part two of our introductory training. Our special form of acupressure touch is reviewed, and students learn to give acupressure to others. The Seva Stress Release is demonstrated and practiced in two new ways: seated in chairs and lying comfortably on massage tables. After taking modules one and two, students have enough information and skill to practice easily on themselves, as well as with family and friends. These two modules (or a complete 6 hour Seva Stress Release workshop) comprise the pre-requisite for taking any of the remaining Acupressure for Anyone workshops.

Pre-requisite: Seva Stress Release: Part One

CE Hours: Massage Therapists (NCBTMB)

Great Central Channel Alignment (3 hours)

The Great Central Channel is among the first energetic patterns developed in the body in utero. It travels along the spine to the top of the head, and up the midline on the front of the body to the face. Points along this channel are extremely potent, and have been used for thousands of years for balancing and healing. In Chinese Medicine it is said that human beings are the bridge between heaven and earth. This acupressure formula for the Great Central Channel enhances and strengthens this alignment—bringing balance, comfort and ease to the receiver. At this workshop students give and receive the Great Central Channel Release and learn Chakra Tai Chi, a special movement meditation developed by Aminah Raheem, Ph.D., the founder of Soul Lightening Acupressure.

Formulas for Balance and Harmony (3 hours)

The most fundamental principles of Chinese Medicine are based in establishing and maintaining

balance and harmony throughout the whole being—body, mind, emotions, and spirit. When this is attained we are vibrant and healthy—all our systems are working together well, and we can live life to the fullest. The acupressure formulas introduced in this module are specially created to help us reclaim this sense of well-being. By holding these special point combinations we provide an opportunity for the system to recalibrate itself—allowing for the extremes of life to balance out, and returning us to our natural state of harmony. Using these formulas regularly creates a steady baseline of well-being. Once we know how to attain balance and harmony on a regular basis, it is much easier to address the occasional symptoms and disruptive patterns that arise in daily living. During this workshop you will practice locating points and reading the formulas. You will also give and receive a full acupressure session.

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Head and Neck Formulas (3 hours)

In our culture a high priority is placed on being able to think and respond quickly and clearly—not just intellectually, but physically, emotionally and spiritually as well. The free flow of energy in the head and neck is crucial for obtaining and maintaining this clarity. In this workshop we introduce three acupressure formulas that will help open the pathways of communication between the head and the rest of the body. Students will learn and practice the Basic Neck Release, the Head Formula, and the Special Headache Release.

Back, Abdomen & Chest Formulas (3 hours)

It is said that the torso of the body, including the back, abdomen and chest, is where we store the records of our lives. In broad terms, the majority of our physical processes are centered here, but on another level the torso completely reflects the core of who we are. The acupressure formulas learned in this module bring a clearer, stronger flow of energy through the torso. Students learn and practice the Back Formula, The Chest Formula, and the Abdominal Formula.

Formulas for the Arms & Legs (3 hours)

Every energy pathway that originates in the core of the body flows outward to the arms, legs, hands and feet. This makes the hundreds of acupoints on the extremities very useful for addressing the “whole being.” In this workshop students learn and experience how these acupressure formulas that benefit the arms and legs also support the emotions and provide a

sense of well-being and stability. A special Muscle Relaxation Formula is included in this module.

Cold and Flu Formulas (3 hours)

Learn how to support the body's natural ability to ward off colds and flu with our Immune/Lymph Booster Formula. This is a wonderful tool for supporting the immune system whether you are just beginning to feel symptoms, or have already come down with something. It is also a wonderful way to address common allergy symptoms. Students will also learn the powerful Sinus/Ear Formula.

For more details, contact
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