

TUINA

CERTIFICATE PROGRAM

August 21, 2009 - March 6, 2010

MODULE 1: AUGUST 21 - SEPTEMBER 12

Friday nights and all day Saturdays



Tuina is the ancient healing art of Chinese massage, originally derived from Traditional Chinese Medicine and is used today throughout Asia. It is rapidly becoming widespread within the United States and Europe. Tuina applies pressure and distinct movements along the acupuncture meridians of the body. It also incorporates stretching and therapeutic stimulation of muscle tissue, tendons and joints to help balance vital Qi energy, relieve pain and incorporate better flexibility. The application of Tuina is done primarily through clothing and no oils are used. During treatment the client sits in a chair or lies on a massage table, depending upon which part of the body is to be treated.

- No college pre-requisites
- 6 modules, each approximately 40 hours a month
- Part time on weekends
- \$500 a module, total cost \$3000
- Full clinical component beginning in the third module
- \$250 to register applied towards first module

Instructors: Jarrod Lash has been practicing Tuina for ten years and teaching for five. He is a certified instructor through the North American Tang Shou Tao Association (NATSTA) and a certified practitioner with the American Organization for Bodywork Therapies of Asia (AOBTA).

Alex Holland, M.Ac., L.Ac., President of the Asian Institute, has been practicing and teaching TCM for 25 years. He will be teaching meridians, points and theory.

**For more information contact Alex
520-322-6330**

Asian Institute of Medical Studies

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The Asian Institute offers:

- Masters programs in Acupuncture & Oriental Medicine (MAOM)
- Masters programs in Acupuncture (MAc)
- Certificate programs in Shiatsu and Tuina
- Community Clinic offering acupuncture, Chinese herbal medicine and Asian bodywork

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