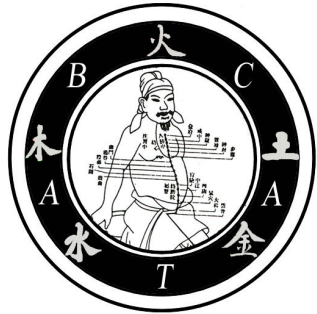


**HOW DO I FIND A
QUALIFIED
PRACTITIONER?**

Members of the British Columbia Acupressure Therapists' Association are certified through the internationally recognized Jin Shin Do® Foundation for Bodymind Acupressure™. Lists of Practitioners and Teachers can be found on the BCATA website at:

www.acupressurebc.org



**The British Columbia Acupressure
Therapists' Association
Box 8143, Victoria
B.C. V8W 3R8
(250) 704-2888
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Jin Shin Do®



**BodyMind
Acupressure™**

***“The Way of the
Compassionate Spirit”***

Jin Shin Do® is a synthesis of:

**Traditional Japanese Finger
Pressure**

**Classical Chinese Five Element
Acupuncture Theory**

Reichian Segmental Theory

**Taoist Philosophy
Qigong Exercises & Breathing
& Western Psychotherapy**

WHAT IS ACUPRESSURE?

Acupressure is a 5000 year old Oriental system of healing which uses finger pressure to integrate the body, mind and spirit.



HOW DOES IT WORK?

According to Traditional Chinese Medicine Theory there is a Life Force called Qi energy. This bio-energy is scientifically measurable.

Qi flows through our body in 12 main channels like an interconnected system of rivers. These channels are called “meridians.”

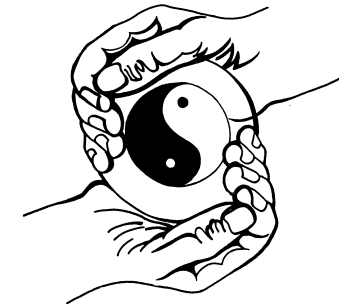
When the energy in our meridians is flowing smoothly we feel balanced and healthy. When certain points are congested, some meridians are blocked and we experience pain, sickness, and/ or emotional distress.

WHAT HAPPENS?

Holding acupressure points frees blocked energy like removing debris in a river. This alleviates the tension and discomfort and the body begins to heal itself.

WHAT IS JIN SHIN DO®?

Jin Shin Do® (the Way of the Compassionate Spirit) is the only acupressure method that works consistently with the special energy channels called the “Strange Flows”. Opening the Strange Flows rebalances the energy flows between all meridians.



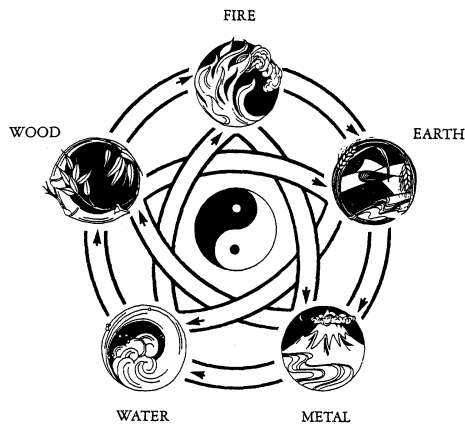
WHAT DOES ONE FEEL?

A tingling sensation is often felt in the arms or legs, sometimes in the entire body. Frequently a feeling of **FLOATING** is experienced. One often feels more **SUPPLE** and **CONTENT** after a session.

HOW CAN YOU PREPARE YOURSELF?

Acupressure points are held firmly but gently. You direct the amount of pressure.

- Please wear loose cotton clothing such as a jogging outfit.
- Allow 90 minutes to 2 hours for the session and some free time for yourself afterwards.

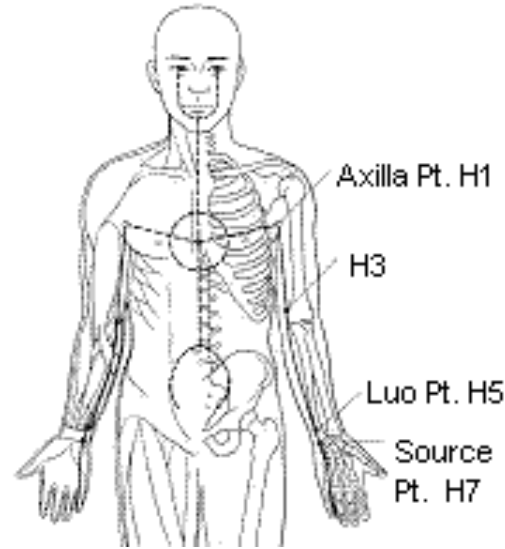


HOW LONG DOES RELIEF LAST?

Relief from pain and tension can be experienced for a few hours, or days or it can be long lasting, depending on the cause and the initial conditions. Insights gained during sessions exploring the cause of the pain can lead to a change in attitude and/or lifestyle. Relief can therefore be permanent.

THE HEART MERIDIAN

(One of the 12 energy channels)



For example, an imbalance in the **HEART MERIDIAN** is often accompanied by depression or anxiety. When it is flowing freely, we are able to experience:

***HAPPINESS
SELF-CONFIDENCE
AND
COMPASSION***

WHAT TO EXPECT

You will be invited to lie on a comfortable massage table.

The session is comprised of 3 parts:

1. ASSESSMENT

- Clarification of requested treatment
- Location of sore and tender areas

2. REBALANCING

- A series of 2 acupressure points will be held consecutively. You may enter a deep state of relaxation quietly or you may also wish to explore emotional issues.
- Deep breathing facilitates the release of energy blockages.



3. NECK RELEASE

- A final neck release will allow all activated energies to circulate freely from head to foot.
- A very calm rebalancing completes your session.

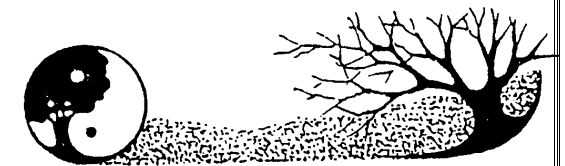
WHY IS EACH SESSION UNIQUE?

Each session is specially designed to accommodate the individual's physical and emotional process. And people come to acupressure treatments for a variety of reasons:

- To find deep relaxation
- To find an alternative to pain killers and other drugs
- To help the body heal naturally
- To have a confidential space and supportive assistance to process emotional confusion

HOW MANY SESSIONS ARE REQUIRED?

A series of sessions (weekly, bi-weekly, or monthly) is recommended. Regular treatment will benefit both those with specific problems and those seeking general relaxation.



Confidentiality is strictly observed.