



## Acupressure Massage

Medium: **English**

Course Fee: **S\$150**

Duration: **10 hours**



Massage, the sense of touch, not just for comfort of pampering: It can provide great relief for people who suffer from chronic pain or a long-term illness, and this effect can be enhanced through the understanding of TCM meridian theory and massaging at or along the acupoints, with the proper application of the acupressure techniques.

Acupressure Massage for chronic illness management help restores mobility by enhancing energy or qi flow as well as loosening trigger points and by lengthening muscles. It also improves circulation by increasing blood flow, as well as promotes relaxation and helps relieve emotional stress and anxiety that can contribute to chronic illnesses.



The course will teach the participants the use of Acupressure techniques in the management of chronic illnesses. Illnesses.

Module	Theme	Learning Outcome – you will...
1	<b>Introduction to the Meridian</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Discover of the web of life and energy pathway</li> <li>2. Understand the application meridian in health maintenance</li> <li>3. Identify the location of the meridian and points</li> </ol>
2	<b>Manipulation techniques and Practices</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Learn the magic of touch</li> <li>2. Know how to administer the flow techniques</li> <li>3. Know to common tools in manipulation such as cups and spoon</li> </ol>
3	<b>Acupressure Massage for a Beautiful you</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the meridian and acupoints for a beautiful you.</li> <li>2. Learn the Manipulation techniques and method on these points for a Beautiful You.</li> <li>3. Learn the Manipulation techniques and method on these points for weight management</li> </ol>
4	<b>Acupressure massage for a Healthier you</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the meridian and acupoints for a healthier you</li> <li>2. Learn the Manipulation Techniques for General Wellbeing</li> <li>3. Learn the Manipulation Techniques for Chronic Illnesses Management</li> </ol>

### Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士



Registered Traditional Chinese medicine (TCM) practitioner  
 PhD in Medicine (TCM) from Nanjing University of Chinese Medicine  
 Former Vice Principal of Singapore College of TCM.  
 Council Member for Singapore Chinese Physicians' Association,  
 Committee Member for Singapore Acupuncture Association  
 Committee Member for ISO/TC 249 (TCM).  
 ACTA Certified



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### 穴位指压按摩课程

授课语言：中文

收费：S\$150

学时：10 小时



按摩，最原始的触觉，除了有呵护安慰效益，它还可以为慢性疼痛或长期患病遭受提供了极大的抚慰，而通过中医经络学说的认识，正确运用指压技巧，按摩时或沿着经络及穴位来操作，效果将会得到提升。

在慢性疾病管理方面，穴位指压按摩通过提高能气血的流通，松散的疼痛点，并通过舒缓肌肉，达到恢复流动性。通过穴位指压按摩增加血流量，促进血液循环，促进放松，有助于缓解慢性疾病所引起的情绪压力和焦虑。

课程将教导学员系统了解缓解慢性疾病管理的穴位指压按摩手法与技术



单元	主题	学习目的，您将会
1	中医经络介绍 (2.5 小时)	<ol style="list-style-type: none"><li>1. 探索经络的重要性</li><li>2. 明白经络在养生保健的应用</li><li>3. 了解经络和穴位的定位</li></ol>
2	操作技术与实践 (2.5 小时)	<ol style="list-style-type: none"><li>1. 了解触摸的魔力</li><li>2. 明白经络顺流逆流的应用</li><li>3. 认识不同操作的工具如罐子和勺子的不同</li></ol>
3	美丽的您 (2.5 小时)	<ol style="list-style-type: none"><li>1. 认识美颜与修身的穴位</li><li>2. 掌握美颜按摩技巧</li><li>3. 掌握体重调节指压按摩方法</li></ol>
4	健康的您 (2.5 小时)	<ol style="list-style-type: none"><li>1. 认识养生与保健穴位</li><li>2. 掌握养生保健按摩技巧</li><li>3. 认识慢性病药穴位按摩调理</li></ol>



#### 导师简介：黄欣杰博士

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