

Saturday, June 5th, 2021

09:00 Introduction to Nagano style acupuncture and its development (Flow of the treatment and self-care)
09:30 **Treatment 1** (Find a patient with Lost pillow neck pain)
10:00 Hands-on time for ST Qi treatment (ST Qi clock, ST line Needling, LR13, Gate Shake)
10:30 Break
10:45 Type 1 vs Type 2 Core muscle utilization
11:15 Hands-on time for Type 1 vs Type 2 Core muscle utilization
12:00 **Treatment 2** (Find a patient with neck/back pain without obvious reasons/etiology)
12:30 Moving Blood through Liver (Lecture and SP8, liver pump)
13:00 Lunch
14:00 Lecture for promoting Water movement via GB25, Sho Hen, UB25,
14:30 **Treatment 3** (MVA neck patient or Liver organ issues, right shoulder pain without injuries)
15:00 Practicum GB25, ShoHen, UB25
15:30 Break
15:45 Moving Water through Tai Chi of Du & Ren (KI and HT issues)
16:15 Hands-on time (UB53, Dao Hui, Sternum lift)
17:00 **Treatment 4** (headache and neck pain) Review of Flow and materials
17:45 Self Care + Distributing Quizzes and questions
18:00 Adjourn

Sunday, June 6th, 2021

09:00 Q and A through returned questionnaires
09:30 Point selection and location hands on with needles 1st
10:00 Point selection and location hands on with needles 2nd
10:30 Point selection and location hands on with needles 3rd
11:00 Break
11:15 **Treatment 5** (lost pillow neck pain or slept wrong back pain)
11:45 Explanation of the treatment
12:15 12 Golden Muscles: Connections of 4 shoulder muscles with 2 core muscles
13:00 Lunch
14:00 **Treatment 6** (Any pain issues)
14:30 Explanations of 6th treatment and practicum of 12 Golden Muscles:
15:15 Break
15:30 Simulation of the flow 1
15:45 Simulation of the flow 2
16:00 Simulation of the flow 3
16:15 Practicum of actual treatment 1
16:45 Practicum of actual treatment 2
17:15 Practicum of actual treatment 3
17:45 Final Thoughts
18:00 Adjourn