



Institute of Natural Medicine

30 hours, 6 days

Certificate in Acupressure Course



Availability Date:- All year around

Acupressure and Acupuncture use the same meridian points. Acupuncture employs needles while acupressure uses firm pressure of the hands. Out of so many therapies acupressure is the best. It is one of the oldest Traditional Chinese Medicine techniques and involves releasing blocked energy/qi by applying fingertip pressure to specific points on the body. This is a holistic approach to reduce related symptoms in the body for optimal health. According to ancient Chinese principles, there are various channels or meridians throughout the body where vital energy flows. Sometimes, due to discomfort the energy flow gets blocked, which can result in illness. When key acu-points of the channels or meridians are pressed/massaged, they release and circulate the blockage, which results in a balanced body and good health. The objective of this course is to train you how to maintain good physical and mental health.



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Daily Schedule of Non Residential Course

11:15 am – 1:30 pm Acupressure training

3:00 pm -5:45 pm Acupressure training

5:45 pm Organic tea time

Daily schedule of Residential Course :- 5 night & 6 days

(Includes Course fee, Room, Yogic Breakfast, Lunch , Dinner , Mineral Water & Organic tea) □

7:30 am – 8:30 am Yogasana

8:45 am – 11:15 am Yogic breakfast & rest time/ self study

11:15 am – 1:30 pm Acupressure training

1:30 pm – 3:00 pm Lunch & Leisure time

3:00 pm -5:45 pm Acupressure training

5:45 pm Organic tea time

7:00 pm Dinner time

Choose your Accommodation□

•Private room with private bathroom ~~USD~~ 480

•Private room with shared bathroom ~~USD~~ 435

Please note:- Sharing bathroom are outside & shared only with two rooms

Price:

Without accommodation US\$ 350

Private room with private bathroom US\$ 480

Private room with shared bathroom US\$ 435

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