

# Equine Acupressure Level One Course

## Diana Thompson, Instructor

**A Six-day Intensive: May 23 – May 29, 2012 Location: London, Ontario, Canada**

**Sponsor: Lyndsey Deutsch, Hoof and Paw Body Workers Ltd,**

**Phone: (403) 556-0716 E-mail: wpcg@telus.net Website: www.hoofnpaws.ca**

The Level One course presented by international instructor and author Diana Thompson provides a thorough, accurate foundation in equine acupressure and the Traditional Chinese Medicine approach to equine health. Students have study requirements to complete before class begins and home study assignments in addition to the six days in class. The course includes a guided, graded externship program that qualifies the student for a certificate program through Equinology®. The Level One course is part of a two-course program.

**Note:** Students need to have basic, safe horse-handling skills in order to take this course. If you are a beginner with horses please contact Diana to make sure you qualify.

### **The Level One Course Content Includes:**

- the location and uses of more than 120 equine acupressure points
- exercises to help the student feel qi energy and develop acupressure techniques
- the locations and uses of twelve organ systems (energy meridians) and two extraordinary flows of energy

Diana will teach students how to apply acupressure and lifestyle management in order to support the correct flows of qi in the horse. From the Traditional Chinese Medicine perspective, strengthening the correct flow of qi creates optimum physical and emotional health of the horse by strengthening the following areas of the body:

- the lungs and other structures of the respiratory system
- overall immune function
- the digestive system
- the heart and blood vessels of the cardiovascular system
- urinary tract system including the kidneys and bladder
- the reproductive system
- the muscles, tendons, ligaments and joints of the horse
- the sense organs such as the eyes, nose and ears
- the mind and spirit; help the horse maintain a calm spirit and the ability to think clearly

With this information, students will know how to select and use acupressure points that prevent and reduce muscle soreness, strengthen back and hindquarter function, improve endurance and lung function, calm the nervous, angry or depressed horse, improve training focus and learning ability, prevent and ease colic, diarrhea and other digestive problems, prevent and relieve respiratory infections and fever, improve overall immune function, support digestive health, help the older horse, address hives and other skin problems and generally improve health.

**Note: Traditional Chinese Medicine (which includes acupressure) is not a substitute for Western medical care. If a horse has a medical issue, a veterinarian should be consulted for treatment.**

### **Level One Course Materials**

During the course, students will work with the following two books and a laminated chart. They will also be provided with a workbook of study sheets and quizzes. The 550-page text manual, described below in (1), and the workbook are provided with payment of the class tuition. The book *Acupressure Point Charts for Horses* and the color laminated chart *Emergency Acupressure Points for Horses*, described below in (2) and (3), must be purchased separately by the student.

#### **1) The 550-page Text Manual:**

##### ***Acupressure for Horses, A Comprehensive Guide to Traditional Chinese Medicine***

This comprehensive text outlines Traditional Chinese Medicine (TCM) theory and vocabulary and gives information on each of the 12 organ channels (meridians) and two of the extraordinary vessels. The material explains the patterns of health and disharmony related to each energy channel. It includes detailed information on the TCM function of 128 equine acupressure points, tells you how each point is used to improve health and address medical issues and guides you in choosing other points to use in combination in order to bring about the best result.

#### **2) The 272-Page Flip Chart Text Book:**

##### ***Acupressure Point Charts for Horses, An Illustrated Guide to 128 Point Locations and Uses***

Diana Thompson, author ISBN #978 0-9816741-0-0

This book details the locations and uses of 14 energy channels and 128 equine acupressure points. It includes more than 400 photographs and 100 illustrations. All of the point pages were reviewed for accuracy by veterinary acupuncturist Dr. Kerry Ridgway. View sample pages and table of contents on Diana's website: [www.dianathompson.com](http://www.dianathompson.com)

The book is available for purchase online ([www.dianathompson.com](http://www.dianathompson.com)) or by calling Diana's office at (707) 542-4646.

#### **3) The Six-Page Color Laminated Chart:**

##### ***Emergency Acupressure Points for Horses***

Diana Thompson, author ISBN #978-0-9816741-1-7

This laminated chart unfolds to give you six 8 ½" by 11 inch pages of life-saving information. Color photos show the acupressure points you can use to help your horse during colic, cardiac arrest, injury, heat stroke, respiratory infection and fever. The pages include a chart of the horse's vital signs and a lesson in how to apply acupressure. The chart is available for order on Diana's website ([www.dianathompson.com](http://www.dianathompson.com)) or by calling Diana's office at (707) 542-4646.

The **Equinology® Equine Acupressure Practitioner Certification EEAP** is issued upon successful completion of the class hours and externship for these courses:

- **EQ800: Equine Acupressure Level One**
- **EQ810: Equine Acupressure Level Two**
- **Equinology® Equine Body Worker Certification**

In addition to taking the two acupressure programs and completing those externship requirements the student needs to hold an **Equinology® Equine Body Worker Certification** or comparable equine massage course with a similar outline and timeframe bringing the total to 3 courses for this **EEAP** certification. Please note: You may take these courses at any time. They are open to individual from all programs. You do not need to be previously certified as an equine massage therapist or similar.

End - Equine Acupressure Level One – Course Description

**For registration information for the May 23 – May 29, 2012 Acupressure Level One course to be held in London, Ontario, Canada contact Lyndsey Deutsch, Hoof and Paws Body Workers Ltd.**

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