



Five Element acupressure to keep your animal happy and healthy

## **Welcome to Elemental Acupressure!**

Elemental Acupressure offers a wide range of classes that show you how to help animals glow with well-being. Whether you are interested in an introductory class to learn shiatsu for pets at home or you want to attend our comprehensive certification program to prepare yourself for a career in acupressure, we have the course for you. Whatever your level of interest, our experienced teachers and lively classes will lead you on a journey to deeper understanding of the animals in your life.

Come join us!

We look forward to hearing from you,

*Susan Tenney, Jonathan Cohn and the Elemental Acupressure crew*

## **Contact information:**

Do you have a question or wish to register for classes? We are happy to help.

### **Organizer for courses in the German speaking region of Switzerland**

Chris Kräutli

**Email:** [chris@elementalacupressure.com](mailto:chris@elementalacupressure.com)

### **Organizer for courses in the French speaking region of Switzerland**

Jacqueline Burgisser

**E-mail:** [jacqueline@elementalacupressure.com](mailto:jacqueline@elementalacupressure.com)

## About the Elemental Acupressure Certification Program

As animal caretakers, we all want our animals to lead long happy, healthy lives. In our certification program we teach you how to gently nourish and sustain your animal's wellbeing. Whether you use acupressure to relieve a sport horse's back pain or shiatsu to help an aging dog move more easily, Elemental Acupressure teaches you practical and effective ways of keeping your animals feeling their best.

We show you *more* than just how to press points to relieve an animal's symptoms. Students say our classes reveal a whole new way of looking at animals and themselves. Our goal is to give you a deeper understanding of health, healing and your connection to animals, as well as giving you the practical skills to make that possible.

### What will I learn in the Elemental Acupressure Certification Program?

- **Acupressure:** our curriculum covers over 70 acupoints, giving you the ability to address a wide range of physical symptoms and behavioral issues in animals.
- **Shiatsu massage:** our full-body Shiatsu massage routine relieves muscle tension and equalizes energy flow in the animal's body.
- **EnergyWork:** our practical energetic techniques strengthen your intuition and help you work effectively with healing energy.
- **Five Element Theory:** our Five Element approach identifies patterns of health, illness and behavior in animals. You also learn how to design animal wellness programs that include bodywork, training and handling approaches based on Five Element theory.
- **Classical Chinese Medical Theory:** our lectures on Chinese Medicine show you how to nurture health and vitality in the twelve inner organs and meridians (energy pathways).
- **Basic Anatomy:** our anatomy classes give you a deeper understanding of the body's structure and movement.

### Our certification program includes:

- **High quality classroom instruction:** Elemental Acupressure theory is covered in a lively classroom setting by knowledgeable and experienced teachers.
- **Thorough class materials:** Our class manuals come complete with detailed text and excellent anatomical illustrations, giving you everything you need for at-home studies. Class materials are available in German, French and English.
- **Guided hands-on practice:** Each class provides the opportunity for hands-on practice so you can take what you have learned in class and bring it with you into the field.
- **Instruction using Elemental Acupressure as a professional:** In our program we teach you everything you need to practice Elemental Acupressure as a career. You will learn to work confidently with clients, their animals and other animal care professionals (vets, trainers, etc...).
- **Experiencing the Healing Process:** Our courses cover practical skills and techniques you will need for understanding the healing process within yourself and the animals you work with. A deeper understanding of yourself and your clients makes you much more effective as a practitioner.
- **Field Work:** As a program participant, you will be given guided fieldwork exercises to practice outside of class. As your hands-on experience grows, so will your confidence.

## **Here is what students say about the Elemental Acupressure certification program:**

“The thing I liked most about the courses was that I found them to be a very positive learning experience. You promote a relaxed and approachable atmosphere which is non-threatening. You also gave us the opportunity to ask as many questions as we wanted, which was great. As you covered the material very thoroughly, we didn't have to ask many! The content was perfect, lots to think about but not so much that it was overwhelming. The charts were a super idea and I probably refer to them the most. We have all of the information we need and the manual is so well laid out. I think I learned as much about myself as I did the horses, very fascinating and I can't wait to spend more time at it. All the best and thanks for a super program!”

*KF Canada*

You said at the end of last week-end's course, we have to practice regularly... So I did! I practiced on Pixie, my "difficult" dog. It lasted nearly 30 minutes, and it was incredible. Pixie fell deeply asleep two times! She was sleeping so deeply that she even started dreaming, moving and shaking her body and legs. I can't wait to try these new skills on the next dog.

*LX Switzerland*

I can't imagine a better teacher.

*MW Switzerland*

I took your acupressure program in Calgary, Canada about 4 years ago. I am still using the knowledge from the course and constantly refer back to my binder as part of my professional work with horses.

*EH Canada*

All classes I have taken so far were very varied, gripping, and terribly interesting! I have never gone home from a class with a negative impression. One doesn't only learn how to help animals, one also learns a lot about oneself. I have already discovered a lot of hidden corners in myself. CK

*SK Switzerland*

Thanks to you for your inspiring lessons! They have helped me a lot in my search for a better understanding of horses, human beings, the world...and myself!!!

I'm really looking forward to joining you for more,

*CG Switzerland*

## **Understanding the Elemental Acupressure Certification Program**

Our certification program is designed to accommodate a wide range of student interests. This section will help you to understand our program format and your study options. If you need any assistance, please don't hesitate to contact us with your questions.

### **Do you want to work toward certification?**

To earn the Elemental Acupressure certification, you are required to attend the classes listed below, pass a final exam and complete the required field work. You may take as long as you wish to complete the requirements – most students finish in about two years. Students working toward certification should expect to devote considerable time to study and fieldwork in order to benefit fully from the program.

### **Only interested in taking a few classes?**

We welcome any interested student to our classes. Classes are designed to be taken separately or as part of the certification program – you do not need to register for the entire program to attend a specific class.

## **Courses Required for Elemental Acupressure Certification**

To qualify for Elemental Acupressure certification you must attend the classes listed below. For detailed course descriptions please visit our website at [www.ElementalAcupressure.com](http://www.ElementalAcupressure.com)

Students may be certified in either horse bodywork, dog bodywork or certified to work with both animals. There are slight differences in course requirements for each certificate. To see flow charts of the exact courses required for each certificate, please refer to the diagrams in the following pages.

### **BASIC CLASSES:**

- **Introduction to Shiatsu for Horses and/or Introduction to Shiatsu for Dogs** (1 day classes)
- **Introduction to Acupressure** (1 day class)
- **Five Element Theory Part 1: the Five Element Profiles** (2 day class)  
These classes teach you the basic skills for working with animals using the Elemental Acupressure approach. These three classes are the foundation of the program and we strongly recommend that you take them before you attend the Element classes listed below.

### **ELEMENT CLASSES:** (Each Element class is a 2 day class.)

- **The Wood Element (Liver and Gallbladder Meridians)**
- **The Fire Element A (Heart and Small Intestine Meridians)**
- **The Fire Element B (Pericardium and Triple Heater Meridians)**
- **The Earth Element (Spleen and Stomach Meridians)**
- **The Metal Element (Lung and Large Intestine Meridians)**
- **The Water Element (Kidney and Urinary Bladder Meridians)**

Each of these Element classes covers one Element and its corresponding organ systems, acupoints, energetic healing techniques and more. The Element courses can be taken in ANY order.

## **ELEMENT CLASSES** (continued)

- **Five Element Theory Part 2: Elemental Acupressure Session Protocol**
- **Five Element Theory Part 3: Elemental Acupressure in Practice**

These two courses prepare you to work effectively with the Five Elements in a professional setting. Many students choose to take these two courses in their second year of study.

*Note:* **Five Element Theory Part 1** is a pre-requisite for these two Five Element Theory courses.

## **ENERGYWORK CLASSES**

- **Introduction to EnergyWork: Part 1 Grounding** (1 day class)
- **Introduction to EnergyWork: Part 2 Energy clearing** (1 day class)

These two courses introduce you to the basic concepts of EnergyWork including intuitive healing, grounding your energy and hands-on energetic techniques. We recommend that you take them in your first year as they will enhance your experience of the Element classes.

## **ANATOMY CLASSES:** (each anatomy class is a 2 day class)

- **Basic Anatomy for Horses or Basic Anatomy for Dogs**
- **Biomechanics for Horses** (not required for students studying dog acupressure)

These classes are fun and loaded with useful information. They make the rest of your studies easier and help you be a better bodyworker. The basic course covers skeletal and muscular anatomy. The biomechanics course goes deeper into functional anatomy, biomechanics and movement.

*Note:* If you have a background in anatomy, you may not be required to take the anatomy classes. See the registration form or contact us for more details.

## **ELECTIVE CLASSES:** (electives are either 1 or 2 day classes)

- **Individual classes in Acupressure, Bodywork or Energetic Healing**

You must complete FOUR Electives to receive your certificate. Our Elective courses are offered on a rotating basis. Listed below are some of the Electives offered:

Acupressure for the Back and Hindquarters  
Acupressure for the Neck and Foreleg  
Nurturing Vitality for Animals of All Ages  
Acupressure for Colic and other Digestive Issues  
Acupressure for the Immune System  
EnergyWork Part 3

Acupressure for Canine Hip Dysplasia  
Acupressure for Canine Epilepsy  
Stretching for Horses  
Shiatsu Level Two for Horses  
Shiatsu Level Two for Dogs.

## **TESTING CLASS:**

The Testing class is open to any student who has attended all of the required classes.

**Further Notes:** For course dates, turn to the schedule at the back of this brochure or visit our web site at [www.ElementalAcupressure.com](http://www.ElementalAcupressure.com) For a suggested course sequence for a typical two year study period, please see the next page.

## **Suggested two year course schedule**

At Elemental Acupressure, you may take as long as you like to complete the courses required for certification. Some students complete the entire program after one year of intensive study. Other students attend courses over several years. The pace is up to you. Below is a suggested schedule for a typical two year study period. Your schedule may vary depending on to your individual needs and interests.

### **Elemental Acupressure Program Year One : a total of 16 class days**

#### **Basic Classes:**

- **Introduction to Shiatsu for Horses or Introduction to Shiatsu for Dogs** (1 day classes)
- **Introduction to Acupressure** (1 day class)
- **Five Element Theory Part 1: the Five Element Profiles** (2 day class)

#### **Element Classes:** (all Element classes are 2 day classes.)

- **Choose any 3 of the 6 Element classes including Wood, Fire 1, Fire 2, Earth, Metal, Water**

#### **EnergyWork Classes**

- **Introduction to EnergyWork: Part 1 Grounding** (1 day class)
- **Introduction to EnergyWork: Part 2 Energy clearing** (1 day class)

#### **Anatomy Classes:** (2 day classes)

- **Basic Anatomy for Horses or Basic Anatomy for Dogs**

#### **Elective Classes:** (each elective class is a one or two day class)

- **Any 2 of the 4 Elective classes in Acupressure, Bodywork, Energetic Healing, etc...**

### **Elemental Acupressure Program Year Two : a total of 16 class days**

#### **Element Classes:** (all Element classes are 2 day classes.)

- **The remaining 3 Element classes (Wood, Fire 1, Fire 2, Earth, Metal, Water)**
- **Five Element Theory Part 2: Elemental Acupressure Session Protocol**
- **Five Element Theory Part 3: Elemental Acupressure in Practice**

#### **Anatomy Classes:**

- **Biomechanics for Horses** (Dog students do not need to take this course) (2 day class)

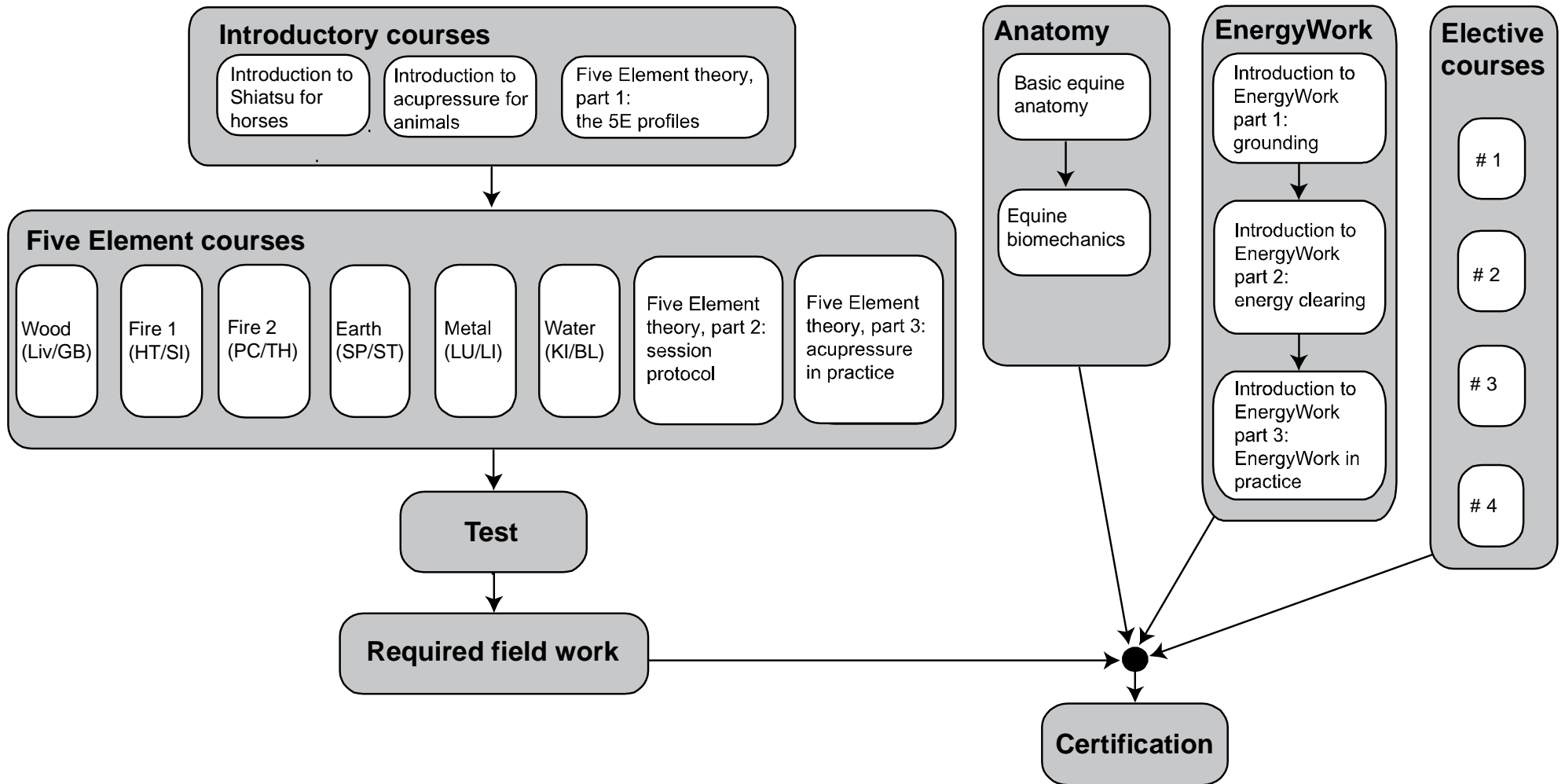
#### **Elective Classes:** (each elective class is a one or two day class)

- **Any 2 Elective classes in Acupressure, Bodywork, Energetic Healing, etc...**

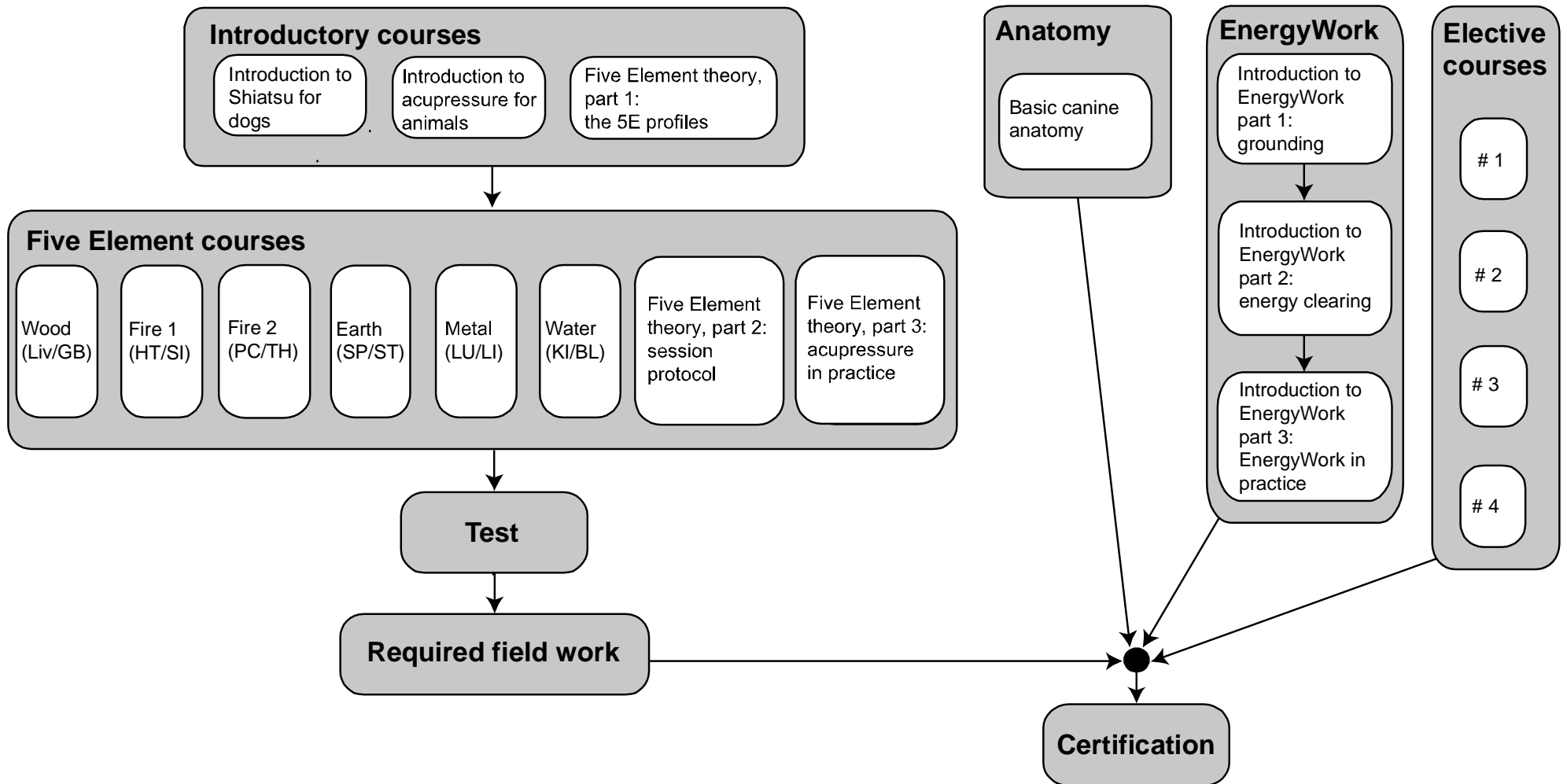
#### **Testing Class** (one or two day class)

**Field work:** Students are required to complete the assigned at-home case studies within four months of their testing class.

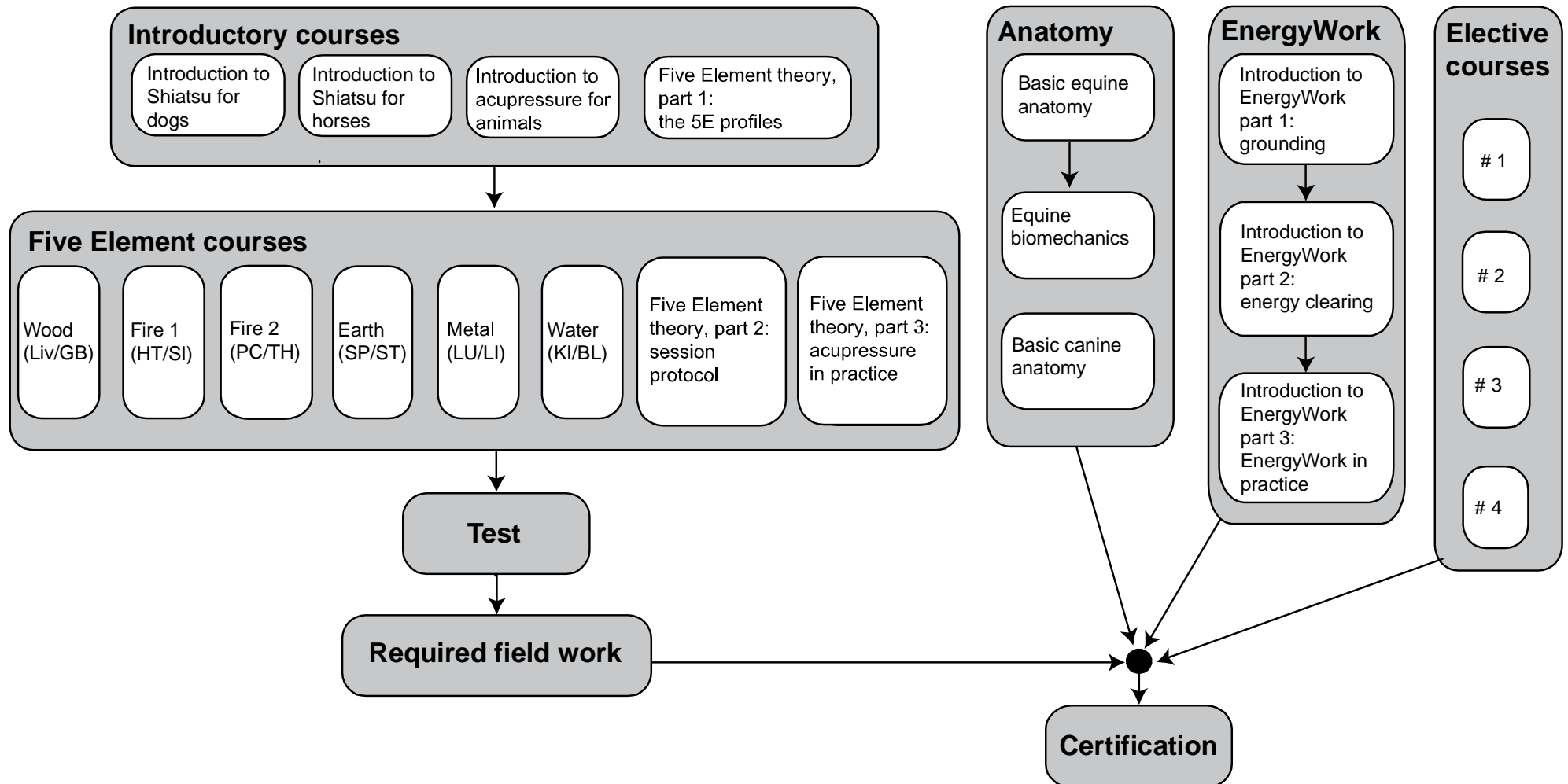
These courses are required for the Elemental Acupressure Certificate for HORSES.



These courses are required for the Elemental Acupressure Certificate for DOGS.



These courses are required for the Elemental Acupressure Certificate for HORSES AND DOGS.



## Elemental Acupressure—What is it?

At Elemental Acupressure we combine several healing methods, including acupressure, Shiatsu massage, Five Element theory and EnergyWork to help animals feel their best. These techniques gently balance *chi* or “life force energy” in the body. When this *chi* is brought into balance, chronic and acute health conditions improve and deep vitality emerges. Using Elemental Acupressure encourages harmonious behavior, making training, performing and basic handling easier and more enjoyable for you and your animal.

## Elemental Acupressure Techniques

**Five Element Theory:** Five Element theory has been practiced in China for thousands of years and forms the foundation of Elemental Acupressure. To the trained Elemental Acupressure practitioner, all animals display consistent and coherent patterns of health and of imbalance. For example, a horse with a tendency toward aggressive behavior, red scratchy eyes and tendon injuries is seen by Western medicine as having three separate conditions. Elemental Acupressure practitioners see these issues as belonging to a single Elemental pattern or “profile.” Once this profile is identified, the practitioner chooses an appropriate technique such as acupressure, shiatsu and EnergyWork to harmonize the animal’s Elemental balance. The Five Element approach successfully addresses health conditions, human/animal relationships, herd/pack dynamics, training difficulties, performance, nutritional needs and more, bringing optimum vitality to animals. By understanding the Five Element profile, animal caretakers gain a deeper understanding of their animal’s nature and unique needs, encouraging a more harmonious and successful life together.

**Acupressure:** Acupressure is an ancient form of bodywork from China and the Orient. Practitioners apply gentle hands-on pressure to balance the energy of specific points on the body to activate vitality and well-being. These hands-on techniques are simple and very effective, making acupressure a powerful tool for addressing a wide range of health and behavioral symptoms in animals. And most animals love it.

**EnergyWork:** EnergyWork is an intuitive technique for sharpening one’s natural sense of intuition and for identifying physical and energetic imbalances in an animal’s body. Using EnergyWork sheds light on the root cause of tricky issues like difficult-to-diagnose lameness or unresponsive chronic skin conditions. EnergyWork also identifies the source of troublesome behaviors such as aggression or fear. Meditative and hands-on techniques further enhance well-being by directing gentle, non-invasive healing energy to the animal. Students report that EnergyWork is a practical way to strengthen their intuitive ability and improve their understanding of the healing process.

**Shiatsu:** Shiatsu is a centuries-old form of bodywork from Japan that combines massage, acupressure and stretching to bring health to the body. Its deep gentle strokes are profoundly soothing and deeply transformative. Elemental Acupressure practitioners use Shiatsu to release muscular tension, improve range of motion, reduce emotional stress and balance the body’s energy. It is a wonderful compliment to Five Element theory, acupressure and EnergyWork.

Elemental Acupressure draws on the strengths of each of these four methods to encourage health, vitality and balance for any species of animal—including humans.

## **Who studies Elemental Acupressure and how they use it**

We have a diverse group of people studying with us at Elemental Acupressure. Some students come to us with little or no animal health care experience. Others are seasoned professionals – trainers, vets, barn/kennel managers, breeders and animal shelter workers. Regardless of your previous background or level of experience, our program has a place for you.

Elemental Acupressure works well with other healing approaches. Our students and graduates tell us they've used Elemental Acupressure successfully with Cranio-sacral therapy, Tteam, Stress-point therapy, animal communication, herbal therapy, chiropractics, acupuncture, osteopathy, homeopathy, flower essence healing, sportsmassage, Reiki and many other techniques. No matter how you use Elemental Acupressure, it will bring pleasure and well-being to the animals in your life.

Elemental Acupressure practitioners even get their clients involved in the healing process by designing individualized wellness programs for them to use with their animals. These wellness programs are safe and effective for beginners to do and include do-it-yourself acupressure, insightful training approaches and simple lifestyle changes. This “you-can-do-it” attitude helps animal caretakers take part in the healing process and makes you a welcome part of your clients' health care team.

## **Registration and more details for students:**

**Cost:** All regular classes cost **195 CHF PER DAY**. Class size is limited. In order to reserve a place in class, you need to pay in full at the time of registration. **All payments are non-refundable** except if your class is cancelled by Elemental Acupressure.

**Discount Pricing:** Students who **register and pay in full for five or more courses (not class days) at one time**, will receive a 20 CHF per day discount off the usual course price. This means that courses will cost **175 CHF PER DAY** instead of the usual price of **195 PER DAY**. You must fix both your courses AND course dates at the time of payment to receive the discount.

**Class Cancellation:** Should you need to cancel a pre-paid registration, you may substitute another course of the same value any time during the 12 months following the course date. We reserve the right to charge a 25% administrative fee for the substitution. If any pre-paid course is cancelled by Elemental Acupressure, you will have the choice to receive a full refund or to register for another class of the same value in the next 12 months.

**Location:** German classes are held in Solothurn, Belp/BE, Dällikon/ZH and Bern.  
French classes are held at La Paloma in Yens/VD.

**Times:** All classes begin at 10 AM and end between 4 and 5 PM.

**Language:** All classes taught by Susan Tenney or Jonathan Cohn will be taught in English and translated into either German or French depending on the region of the class.

Class materials (manuals etc...) are offered in English, German or French. Please indicate your language preference when registering so that we can provide you with the correct study materials.

**Certification:** A certificate of completion will be awarded to students who attend all of the required courses, pass the final exam and satisfactorily complete the required field work. Students who complete the work at below-standard level may be required to repeat the necessary courses. Our standard fee for repeating a course is 75 CHF per day.

**Previous Study:** Have you already taken equivalent courses elsewhere? You may be able to use those courses toward your certificate. Please list your previous course of study, in-field experience etc... on your registration. Class waivers will be considered on a case-by-case basis.