



simple touch to bring health and happiness to your animals

### **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.

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

## About the Elemental Acupressure Certification Program

As animal caretakers, we all want our animals to lead long happy, healthy lives. In the Elemental Acupressure 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 you use shiatsu to help an dog with hip dysplasia 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 healing 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:

- **In-depth online instruction:** Elemental Acupressure theory is covered in lively online video lectures by knowledgeable and experienced teachers. Topics covered include: Five Element theory and its application in animals, point location and application on horses and small animals, bodywork demonstrations on live animals and more.
- **Class materials:** Our thorough class manuals come complete with detailed text and beautiful anatomical illustrations, giving you everything you need for at-home studies. Class materials are available in German, French and English. Upon registration you receive manuals in a digital format for printout on your home computer.
- **Guided hands-on practice:** Each class includes an on-site session led by an experienced instructor to give students the opportunity for hands-on guidance and practice. These classes allow you to take what you have learned in class and apply it with real animals. For students who are unable to attend these classes, extra homework is assigned so that we can monitor your progress.
- **Homework and Field Work:** As a program participant, you will be given written exercises and guided fieldwork to practice outside of class. As your hands-on skills grow, so will your confidence and experience. All written work is submitted and evaluated by our instructors.
- **Experiencing the Healing Process:** Our courses cover the practical skills and techniques you will need for understanding the healing process within yourself and the animals you work with.

Cultivating a deeper understanding of yourself and your clients makes you a more effective practitioner.

- **Instruction in using Elemental Acupressure professional protocol:** 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...).

## **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*

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*

## **Here is what students say about the our new online class format:**

Its GREAT how these classes work – just a dream! It's fun learning this way. *CG Switzerland*

I really enjoyed participating in your online class. I prefer this new class format – it's very nice to have the videos with the acupoints. Thank you for the new experience. *NM Switzerland*

Thank you for your online class last week-end. I am soooo impressed! The quality of the videos is very good. It is easy to see and understand what [the teacher] demonstrates on the animals and it is easy to follow her comments. *AT Switzerland*

The way you prepared the manual and the videos for our online class was really great. I look forward to the next class. *BL Switzerland*

Regarding the new online format, I was very happy to be able to participate in the course from my computer at home. It gave me more freedom and allowed me to avoid lots of traveling. What I like about the new classes is having the videos so I can watch them again. When I am unsure about something or when I have a question I can go back - its great for review. It is a pleasure to take part in this new experience and I am looking forward to more! *NB Switzerland*

You can read more about our online class format [here](#).

## Understanding the Elemental Acupressure Certification Program

Our certification program is designed to accommodate a wide range of student interests. This section will help you 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.

### Which type of certification are you interested in?

We offer three types of certification.

- Acupressure for Horses
- Acupressure for Dogs and Small Animals
- Combined Certification in Acupressure for Horses, Dogs and Small Animals

Most of our courses cover acupressure for all animals. A small number of courses are species specific, for example horse anatomy or acupressure for canine hip dysplasia.

Most of our students choose to earn the Combined Certification for Horses, Dogs and Small Animals. For exact requirements for each certificate, refer to pages 6-8.

### 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 flow charts illustrating the exact requirements for each of the three certificates, refer to pages 6-8.

### BASIC CLASSES:

- **Basic Shiatsu for Horses and/or Basic Shiatsu for Dogs**
- **Introduction to Acupressure**
- **Five Element Theory Part 1: the Five Element Profiles**

These classes teach you the basic skills for working with animals using the Elemental Acupressure approach. The acupressure and Five Element classes are the foundation of the program and we strongly recommend that you take them before you attend the Element classes listed below. The Shiatsu courses can be taken at any time during your studies.

### THE ELEMENT CLASSES:

- **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.

#### **FIVE ELEMENT THEORY CLASSES:**

- **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.

**Note:** **Five Element Theory Part 1: the Five Element Profiles** (listed in “Basic Classes” above) is a pre-requisite for these two Five Element Theory courses. These courses should be taken in sequence.

#### **ENERGYWORK CLASSES**

- **EnergyWork: Part 1 Grounding**
- **EnergyWork: Part 2 Energy clearing**

These two courses introduce you to the basic concepts of EnergyWork including intuitive healing, grounding your energy and hands-on energetic techniques.

#### **ANATOMY CLASSES:**

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

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:**

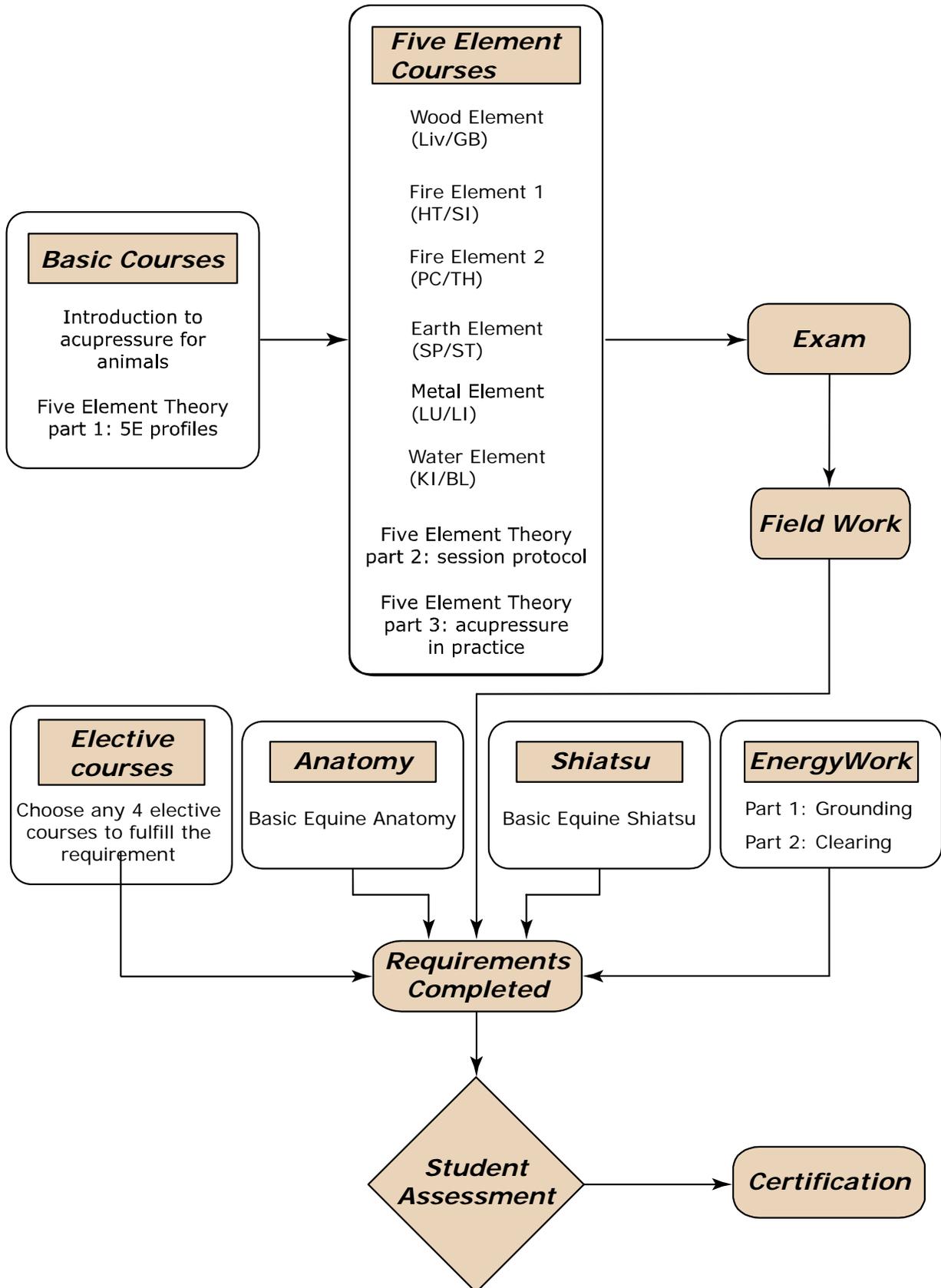
You must complete FOUR Electives to receive your certificate. Our Elective courses are offered on a rotating basis. Listed below are some of the Electives offered:

Acupressure for the Back and Hindquarters	Acupressure for Canine Hip Dysplasia
Acupressure for the Neck and Foreleg	Acupressure for Canine Epilepsy
Nurturing Vitality for Animals of All Ages	Stretching for Horses
Acupressure for Colic and other Digestive Issues	Shiatsu Level Two for Horses
Acupressure for the Immune System	Shiatsu Level Two for Dogs.
EnergyWork Part 3	

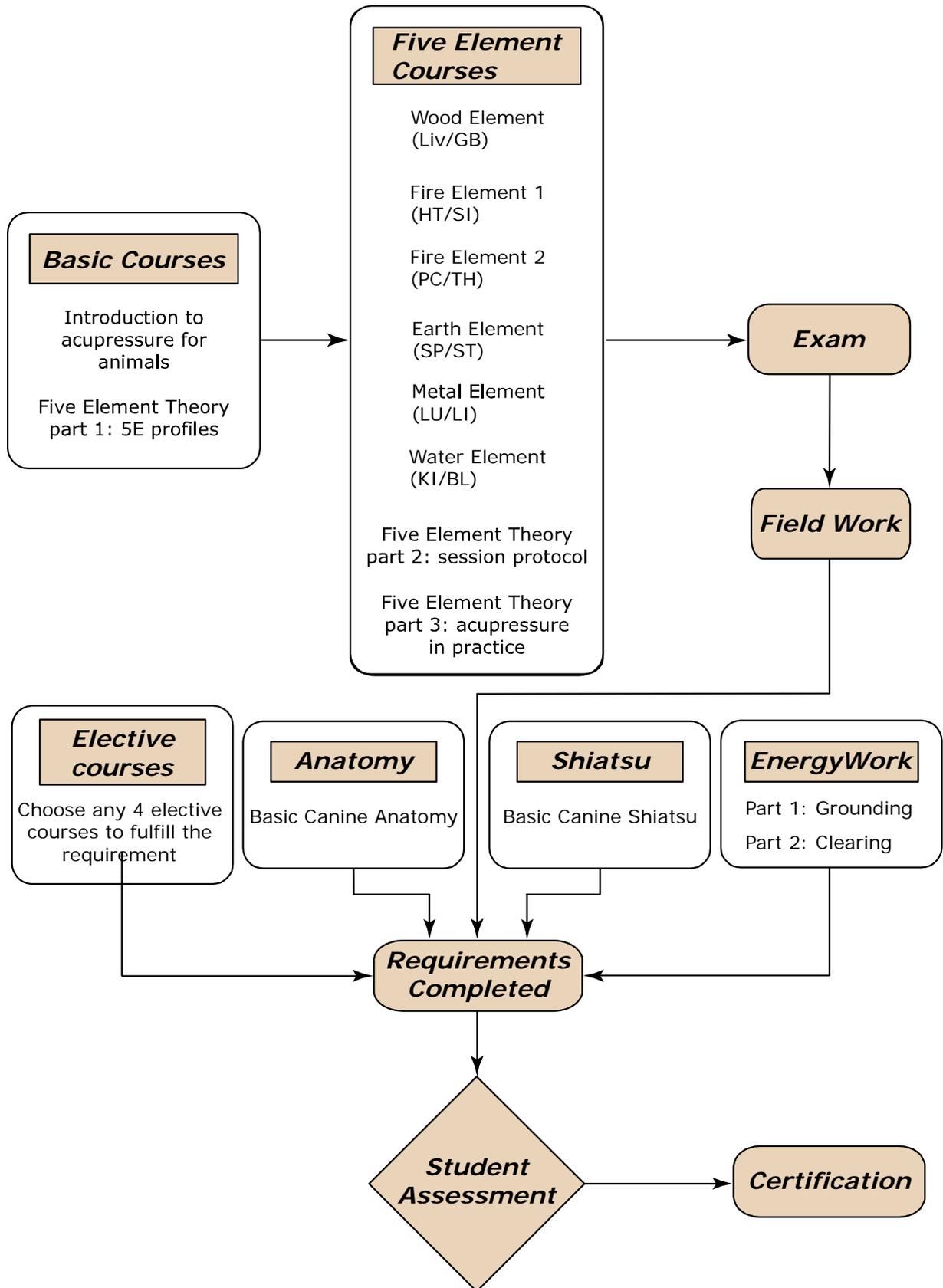
#### **CERTIFICATION EXAM:**

This exam is open to any student who has attended all of the required classes.

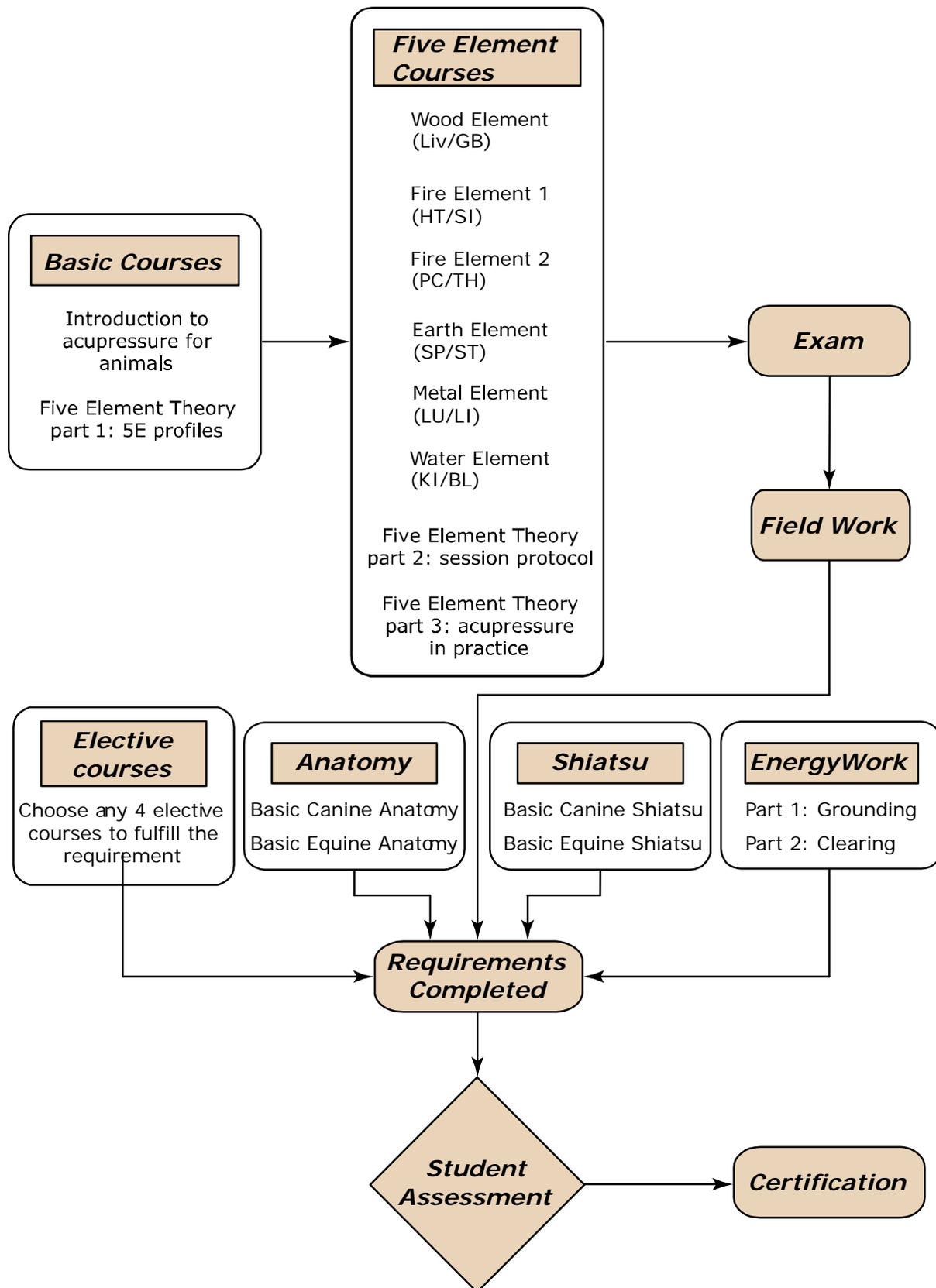
These courses are required for the **Certificate for Horses**



These courses are required for the **Certificate for Dogs**



These courses are required for the **Combined 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 their training

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.