



## Kung Hei Fat Choy 恭喜發財



中環及旺角診所將於二零一五年二月十九日(年初一)至二零一五年二月廿二日(年初四)休息。並於二零一五年二月廿三日(年初五)開診。

Central and Mongkok clinic will be closed from 19<sup>th</sup> Feb 2015 to 22<sup>nd</sup> Feb 2015 during the Lunar New Year and will resume service from 23<sup>rd</sup> Feb 2015.



### Upcoming Programs

**動態貼布 (「肌內效」) 工作坊 (I-KT-1502)**  
日期: 2015 年 2 月 10、13 日 (星期二、五)  
時間: 下午 7 時至 10 時

**Myofascial Release Technique 肌筋膜鬆弛法 (I-MFR-1503)**  
Date: 21-22, 28-29 March 2015  
Time: Saturdays 3pm - 7pm ; Sundays 10am - 7pm

**Scoliosis Intensive Rehabilitation Class 脊柱側彎復康訓練課程 (I-SIRSC-1503)**  
日期: 第 1-7 堂: 5/3/2015- 16/4/2015 逢星期四  
第 8-10 堂: 14/5, 11/6, 20/8/2015 逢星期四  
時間: 晚上 7 時至 8 時半 (名額: 6 個)

**Craniosacral Therapy 顱骶治療 (I-CST-1505)**  
Date: 16-17, 23-24 May 2015  
Time: Saturdays 3pm - 7pm ; Sundays 10am - 7pm

**Muscle Energy Technique For Spine and Pelvis with Dr. Kerry D'Ambrogio (I-MET-1505)**  
Date: 8-11 May 2015  
Time: Friday and Monday 7:00pm - 10:00pm  
Saturday and Sunday 10:00am - 6:00pm

**Basic Traditional Chinese Medicine & Acupuncture (I-TCM-1503)**  
Date: 3, 24 March & 21 April 2015  
Time: 7:00 pm - 10:00 pm

**Nambudripad's Allergy Elimination Techniques (NAET)- Basic Seminar (I-NAETB-1504)**  
Date: 25-26 April 2015  
Time: 9:00am - 6:00pm

**Nambudripad's Allergy Elimination Techniques (NAET) - Advanced Level 1 Seminar (I-NAETA-1505)**  
Date: 30-31 May 2015  
Time: 9:00am - 6:00pm

### Course Information

#### ❖ 動態貼布工作坊



動態貼布 (Kinesiology Taping) 是近年在體育界很流行的一種貼紮法, 可以用於預防運動創傷、改善人體力學、促進創傷康復 (特別是消滅腫脹) 等各方面, 而且使用方法簡單、多元, 故深受運動員、教練和物理治療師愛好。

課程內容包括動態貼布的介紹、應用原則、使用方法和大量實習, 務求參加者能於短時間內掌握動態貼布的使用技巧, 對於自己運動時或照顧其他

運動員時, 都可應用動態貼布來防治傷患、保護身體、促進表現。

#### ❖ Muscle Energy Technique For Spine and Pelvis with Dr. Kerry D'Ambrogio



#### Instructor:

**Dr. Kerry D'Ambrogio**

D.O.M., A.P., P.T., D.O.- M.T.P.

Physical Therapist  
Acupuncture Physician  
Osteopath (Canada)  
International Lecturer & Author

This course will teach you how to evaluate the Pelvis/ Sacrum/ spine for somatic dysfunctions. MET will help reduce protective muscle spasm, fascial tension, pain, increase joint mobility, restore proper joint biomechanics and postural alignment. You will see immediate changes in your patient's pain and functional level.

#### Nambudripad's Allergy Elimination Techniques

This technique is non-invasive, drug free & a natural solution to eliminate food, chemical, environmental, emotional allergies and allergy based disorders with lasting results.

Instructor: Dr. Lynn Lim, Naturopathic Physician

\*\*\*NAET can only be taught to Health Practitioners with some training in Acupuncture. For those without any background in acupuncture, you can take our "Basic Traditional Chinese Medicine (TCM) & Acupuncture guided self-study program before NAET.\*\*\*

Basic Traditional Chinese Medicine (TCM) & Acupuncture  
Instructor: Dr. Kerry Fung Registered Physiotherapist & Chinese Medicine Practitioner

For more courses, please visit our website [www.iholistic.org](http://www.iholistic.org). Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.