

Upcoming Programs

The Viscera: Visceral Manipulation

Date: 15-17 February 2019
 Time: Friday 7pm-10pm ; Saturday 9:30pm-7:30pm;
 Sunday 9:30am-7:30pm

Joint Balancing: Pelvis and Sacrum (Muscle Energy Technique)

Date: 13-14 February 2019
 Time: Friday 7pm-10pm

Applied Anatomy and Physiology for Yoga teachers, coaches, trainers and bodyworkers 應用解剖學及生理學

Date: 2-3, 9-10 March 2019
 Time: Saturdays 2:30pm-10pm ; Sundays 9am-7pm

Lymphatic Drainage Therapy 淋巴引流治療

Date: 16-17, 23-24 March 2019
 Time: Saturdays 3pm-7pm ; Sundays 10am-7pm

健康資訊:

三九天冬灸

冬灸是天灸的一種，是在一年中最寒冷的日子進行灸治，「三九」是冬至後的第三個九天，在三九天前後是一年中最寒冷的時候，很適宜用辛熱的藥物敷貼於穴位上，維護身體的正氣來抵禦疾病，或治療各種寒性疾病如咳喘、泄瀉、風濕骨痛等病。曾接受三伏天天灸的人士，尤其適合於三九天作加強治療。

冬灸日期

初九: 2018 年 12 月 22 日(六)
 二九: 2018 年 12 月 31 日(一)
 三九: 2019 年 1 月 9 日(三)

整個療程費用為六百二十元正。
 如需諮詢中醫師意見，需另加一百二十元正。

Certificate in Acupuncture For Physiotherapists

This course is designed to meet the standards of the International Acupuncture Association for Physical Therapists in the basic requirement for acupuncture education for physiotherapists to use the technique. Physiotherapists undertaken the course should be able to perform acupuncture and related techniques based on a contemporary approach safely and effectively in the treatment of common musculoskeletal and neurological conditions.

Date:

19-20/1/19, 23-24/2/19, 30-31/3/19,
4-5/5/19, 2 Days Clinical Placement (16hrs)
Saturdays 2:30 pm–10:00 pm
Sundays 10:00 am – 7:30 pm

Course Fees: HK\$19,800

***5% Students/New Graduates Discount (Proof required)**

Read more, <http://www.iholistic.org/programs/program-information>

Osteopathic Treatment Seminars

Migraines and Headaches

GENERAL PURPOSES AND GOALS:

Providing anatomical and neurophysiological basic knowledge intimately related to migraines and headaches, as well as physiopathological and pathomechanical clinical scope. Allowing attendees to identify osteopathic dysfunctions through manual clinical assessment and their interrelationship with clinical findings.

Speaker: Mr. Jaime Camarasa

Date: 22 January 2019 (Tuesday)

Time: 7:30pm-9:30pm

Venue: EOM-HK, 9/F, 788-790 Nathan Road, Kowloon, HK

Free Admission

For more courses, please visit our website www.iholistic.org.

Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.



Health is a continuum of physical, mental & spiritual well being.

整全健康道 至善身心靈