

CORE HEALING

An Integrative Approach to Conscious Practice

Overview

CoreHealing is a one-year apprenticeship training designed to deliver you advanced skills in breathwork and abdominal bodywork to complement and progress your 5-Element acupuncture practice. Learning to combine these modalities enhances your capacity for self-cultivation and expression as a practitioner, deepens healing presence, and expands your patient assessment and treatment options. Plus, you gain essential expertise to engage and empower patients in their own healing process.

CoreHealing is the only program to combine these traditions, each of which enjoys a rich and efficacious history in many cultures. You will gain potent treatment skills that provide safe, effective alternatives to address physical, emotional and spiritual needs.

Learning Outcomes

At the conclusion of the training, you will be able to:

- Practice safe, effective abdominal bodywork and meridian palpation with 5-Element acupuncture
- Assess and treat through a deep knowledge of the breath
- Use palpation techniques to address a patient's physical, emotional and spiritual symptoms
- Embody a profound healing presence with ease and confidence
- Trust yourself fully in the treatment room
- Practice conscious self cultivation
- Gain confidence with tactile senses, especially touch, and integrate with intuitive sensing

Curriculum Objectives

- Expand clinical skills to include abdominal diagnosis, abdominal bodywork and breathwork.
- Gain astute knowledge of organs, physiology and the relationship between viscera and the energetic meridians they correspond to.
- Practice safe, effective meridian palpation and visceral manipulation as diagnostic tools.
- Learn and practice advanced self-care and cultivate your unique healing presence.

CORE HEALING: An Integrative Approach to Conscious Practice
Register Today! Call Marty Perkins, 410-507-1821

Format

- Class size limited to 16
- Opening Weekend: May 22-24, 2010
- 10 Group Classes: One weekend day per month, from June 2010 through April 2011. Dates when possible to be agreed upon by the group
- 10 Personal Treatments: By appointment with Marty Perkins (included in fee)
- 2 Observations: Shadow Marty in the treatment room with your patients or his.
- Closing Weekend: April 2011
- Location: [Blueberry Gardens](#), Ashton, MD

Fees & Payment Options

Fee: \$2975

- \$475 non-refundable, non-transferrable deposit due with registration by April 10.
- Payment Option 1: Pay in full by May 22 and pay only \$2675 (\$300 savings!)
- Payment Option 2: After initial deposit, pay balance in 10 monthly installments of \$250, due on the first of every month, beginning June 1.
- Cash, personal checks, Pay Pal, and major credit cards via Pay Pal accepted

Lead Instructor: Marty E. Perkins, MAC, LAC



Marty is a Master Healer with 15 years experience in:

- Acupuncture
- Maya Abdominal Massage
- Medical Qi Gong
- Shiatsu
- Chi Nei Tsang Abdominal Massage
- Breathwork

He trained in Central America with Roseta Arvigo, and in the US with Jessica Dibb and the Inspiration Community. He earned a Masters of Acupuncture at Tai Sophia Institute, where he serves as an associate faculty member and clinical supervisor. He operates a successful practice in Metro DC and Easton, MD.

An enthusiastic and engaging instructor, he is devoted to growth and development for all. He teaches health workshops for consumers, and advanced skills education programs for practitioners. [Learn more at www.MartyPerkins.net](http://www.MartyPerkins.net)

Registration Deadline: April 10, 2010

To register, call 407-507-1821 or [email Marty Perkins](#)

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