

**Traditional Japanese Medicine Seminars of Portland  
presents:**

**Koshi Balancing:  
Japanese Manual Medicine and Acupuncture  
for Balancing the Lumbar Sacral Center  
with Dr. Jeffrey Dan, PhD, LAc**

March 6-7, 2010

9:00am - 5:00pm

Bamboo Grove 134 SE Taylor, Portland, OR 97214

\$335 - Professionals

\$235 - Students (*Masters or Doctoral*)

*Approved for 13 NCCAOM PDAs*

This course provides an integrated Japanese manual medicine approach to the “*Koshi*” – the lumbar pelvic center. Learn a balanced effective approach of *Seitai shiatsu* pelvic mobilization and stretching, *Dai Mai* Gall Bladder pelvic acupuncture protocol, and *Sotai* movement therapy.

Release, Energize, Align.

This workshop is designed for both novice and experienced practitioners, no experience in Traditional Japanese Medicine is necessary. You will learn new skills that can be immediately applied into your clinical practice. Our focus throughout will be on practical skill development.

To find out more and register for this exciting opportunity please visit

[www.pdxTJMseminars.com](http://www.pdxTJMseminars.com)

## *Seminar at a Glance...*

### *Day 1*

This seminar begins with an introduction to *Koshi* Balancing with focus on the concept of *Koshi*- both cultural and energetic considerations. *Setai shiatsu* will be discussed, demonstrated and practiced, including palpation, muscle testing techniques, protocol and specific *Koshi* chair exercises. Ample time will be given for Q&A.

### *Day 2*

We begin with a review of concepts and techniques learned from Day 1, then discuss specific acupuncture techniques. Demonstration and practice of superficial techniques and *Oshide* palpation are applied to *Koshi* and the *Hara*. Theory and discussion of *Seitai Shinpo* Structural Acupuncture, with focus on *Dai mai* and Meridian Therapy needling techniques, lead to structured practice sessions. Focus on *Seitai Shinpo* lumbar-pelvic anatomy, sacral ligaments and deep needle techniques are also discussed and practiced. Discussion and demonstration of integrating *Sotai Ho* moves for *Koshi* balancing is provided. The seminar concludes with ample time provided for Q&A.

### *Bio*

Originally a medical anthropologist who studied Japanese BodyMind training in the art of Kendo, Jeffrey has been a practitioner and educator of Seitai Shiatsu, Acupuncture, and Sotai movement therapy for many years. His classes are dynamic and in demand. He has presented at national Bodywork conventions and at State Acupuncture conventions and has taught frequently to medical associations in Istanbul Turkey. He has taught at leading acupuncture schools such as Tri-State Acupuncture college (NYC), AIMC (Berkeley) and Southwest Acupuncture college (Boulder). He has co-presented with Shudo Denmei,(2001) and was Stephen Brown's assistant group leader for Tokyo '08 & '09 Meridian Therapy Association and Goto Medical college training seminars.

Jeffrey has broad academic interests (Co-presented at the University of Texas with Dan Bensky, Chip Chace, and Nigel Dawes 2006), and has published numerous articles on Japanese acupuncture. He is the editor for the North American Journal of Oriental Medicine (NAJOM). He was the president of the Traditional Japanese Acupuncture foundation (Hawaii) for 12 years and was instrumental in bringing leading Japanese masters to the US. He achieved the kendo rank of yondan, iaido nidan, and naginata-do shodan. His current interest in BodyMind work is contact improv and osteopathic visceral manipulation.