

# **Koshi Balancing A Structural Approach: Japanese Manual Medicine and Acupuncture for Balancing the Lumbar Sacral Center**

-Dr. Jeffrey Dann, PhD, LAc

January 21-22, 2017

9am-5pm

OCOM

75 NW Couch St

Portland, OR 97209

\$335 Professionals

\$255 Students

13 NCCAOM PDAs (*Pending*)

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.

### ***Seminar at a Glance...***

**Day 1:** This seminar begins with an introduction to *Koshi* Balancing with focus on the concept of *Koshi* 腰- both cultural and energetic considerations. Emphasis is placed on palpation – structural and channel assessments. *Seitai shiatsu* will be discussed, demonstrated and practiced, including body handling, muscle testing techniques, protocol and specific *Koshi* chair exercises. Integration of *Seitai* and *Sotai* movement techniques add a dynamic movement piece to the acupuncture session. Ample time will be given for Q&A.

**Day 2:** We begin with a review of concepts and techniques, then discuss specific acupuncture techniques. Demonstration and practice of superficial needle techniques and Osteopathic “Listening” palpation and needle approaches are applied to *Koshi* and the *Hara*. *Hara* palpation integrates Osteopathic Visceral Manipulation approaches to the sphincter system, the Gall Bladder and common bile duct structures. Theory and discussion of *Seitai Shinpo* Structural Acupuncture, with focus on *Dai mai* and Meridian Therapy needling techniques, lead to structured practice sessions. *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.

### ***About Jeffrey Dann, PhD, LAc***

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. Most recently he has been lecturing on his approach to the Beijing University of Chinese Medicine graduate acupuncture programs. 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 SWAC (Boulder). He has co-presented with Shudo Denmei, (2001) and has been Stephen Brown’s assistant group leader for 7 years for the Japan trainings with the Meridian Therapy Association and the Goto Medical Arts College. 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 has been the editor for NAJOM, 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.