



Join Jung Tao School for exciting  
*continuing education opportunities*  
this spring and summer!

# Help us celebrate 20 years of outstanding education in Classical Chinese Medicine!

**April 27-28, 2019**

## **Classical Tui Na Level 4: Internal Conditions—Jen Resnick, DAHM, L.Ac.**

In some internal conditions, Tui Na is the first and best treatment, acting more quickly than either acupuncture or herbs. This unique class focuses on those conditions such as asthma, dysmenorrhea and headaches, where tui na hand techniques and practical protocols can produce amazing effects. This class also introduces students to more subtle hand techniques to balance the organ system and three burners of the body. There are no prerequisites for this class.

**June 29-30, 2019**

## **Qi Gong for Rehabilitation—Jen Resnick, DAHM, L.Ac.**

Treatment of common orthopedic conditions are far more effective when the patient is educated on proper alignment, gait and use of limbs. Qi Gong exercises are rich in material for the practitioner to instruct patients to correct habits and postures that can lead to repetitive stress injuries and other problems. This class will provide the practitioner with exercises for all parts of the body, as well as the context for using them in clinical practice. There are no prerequisites for this class.

**July 27-28, 2019**

## **Early Daoist Dietary Practices: Pathways to Health and Longevity—Shawn Arthur, Ph.D.**

Shawn will explore the classical text, Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure), a fifth-century manual of herbal-based, immortality-oriented recipes, to explore Daoist ideas of the body's composition and mutability, health and disease, interactions with the spirit realm, and immortality. Much as the modern Western world is concerned with diets, health, and anti-aging remedies, early medieval Chinese Daoists also actively sought to improve health and increase longevity through dietary practices. Students will explore how these early practices do and do not fit for our modern world and patient populations. Appropriate for the student of Chinese medicine and the experienced clinician. Persons interested in Taoist studies or nutrition without a Chinese Medicine background may also find the content useful. There are no prerequisites for this class.

All classes begin at 9am on the Jung Tao School campus at 207 Dale Adams Road, Sugar Grove, NC 28679 in the second floor classrooms and are approved for 15 units NCCAOM PDAs.

- Registration per class: \$350
- Early bird discount: \$300 per session if registered 1 week prior to class date
- JTS Student/Faculty/Alumni: \$275

To register, contact the Jung Tao School at 828-297-4181 or email [barry@jungtao.edu](mailto:barry@jungtao.edu).



**JUNG TAO SCHOOL**  
OF CLASSICAL CHINESE MEDICINE

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