

2025 SCHEDULE

Acupuncture Workshops

Massage Workshops

Online Lectures

March

- 29th-Practical Advance Cupping course (Dr. Henry)
- 18th - Acupuncture for polycystic ovary syndrome: insights from a recent RCT and current research (Dr. Sun - ONLINE) first tuesday

April

- 5th - Yoga anatomy course (Chad Friel, RMT)
- 12th-13 Japanese Facial Acupuncture and Tuina facial massage (Dr. Henry Tarazona)

May

- 10th-11th - Fire needle (Dr. Henry Tarazona)

June

- 14th & 15th- IASTM Level 2, ExRx & Joint Mobilizations (Dr. Nikita Vizniak)
- 28th & 29th - Advanced Thai Massage Part 1 (June Round, RMT)
- Prof.Guan Yuan Jin: Anti inflammation acupuncture (protocol and strategy)

July

August

September

- 13th-14th Acupuncture and fascia (James Spears)
- 20th & 21th - Advanced Thai Massage Part 2 (June Round, RMT)

October

November

- 4th - Mud Therapy Course (Dr. Henry)
- 18th & 19th - Advanced Thai Massage Part 2 (June Round, RMT)
- 28th - Spasmodic Torticuls And Current Research with Abdominal Massage (Dr. H. Tarazona - ONLINE)

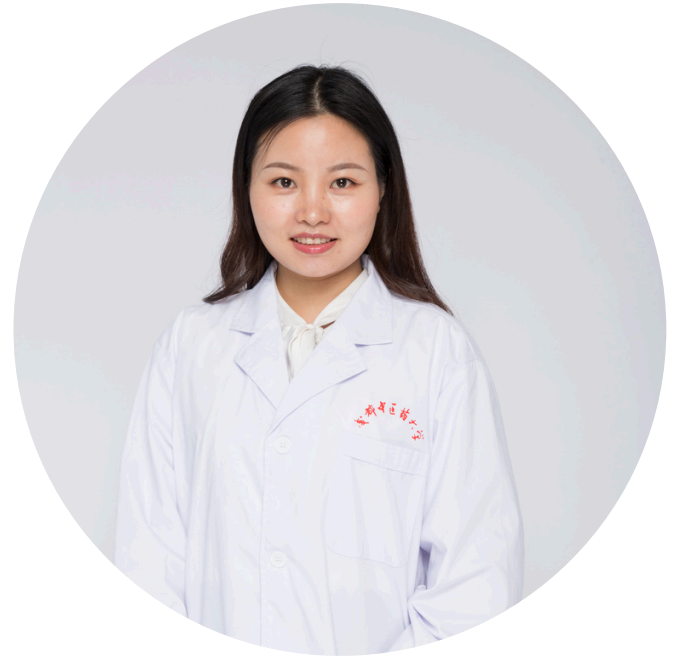
- 8th-9th - Master Tung Acupuncture Techniques (Dr. Henry Tarazona)

- ONLINE - TBA

REGISTER NOW



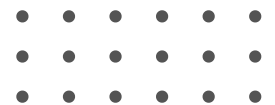
ONLINE CEP LECTURE



ACUPUNCTURE FOR POLYCYSTIC OVARIAN SYNDROME: INSIGHTS FROM A RECENT RCT AND CURRENT RESEARCH

Fees:

- FREE for CITCM CEP Members
- \$35 for Non Members/Public



TUESDAY, MARCH 18TH, 2025

7:00 – 9:00 PM MST

Dr. Rui Rui Sun

REGISTER NOW





Ruirui Sun's Biography

(M.D. China, L.Ac., Ph.D.)

Dr. Sun is an associate professor at Chengdu University of TCM (CDUTCM), an instructor at CITCM, and a licensed acupuncturist in New York, USA. She completed a 7-year Bachelor's & Master's program and a Ph.D. in Acupuncture & Tuina at CDUTCM, with 20 months of research at Harvard Medical School/Massachusetts General Hospital focusing on acupuncture's neurological mechanisms. She has secured 6 research grants, published 48 SCI-indexed papers, contributed to 4 acupuncture textbooks, and participated in award-winning research projects. Clinically, she has 6+ years of experience in China, specializing in women's health, pain syndromes, and advanced acupuncture techniques such as acupoint thread embedding, seven-star needling, and fire-dragon moxibustion.

About the lecture

This lecture reviews two decades of research on acupuncture for Polycystic Ovary Syndrome (PCOS), highlighting its potential benefits in hormonal regulation, metabolic improvements, and combination therapies. Studies suggest acupuncture helps regulate ovulation and menstrual cycles, reduce LH, LH/FSH ratio, and testosterone levels, and improve insulin resistance and glucose metabolism. Combining acupuncture with medications like clomiphene or metformin may enhance treatment outcomes, particularly for ovulation induction and metabolic balance. Emerging research also explores acupuncture's role in modulating gut microbiota and its link to PCOS symptom improvement. While findings are promising, more large-scale RCTs are needed to confirm efficacy and mechanisms. This lecture will provide clinical insights and future research directions.



Learn, Practice, See Results
CEP at CITCM



Advanced Cupping Course

拔罐培训

Take your cupping skills to the next level!
Techniques include moving / stationery /
bamboo / glass cupping AND complementary
medicinal pack for bamboo cupping!



Fees:

- \$50 for CITCM CEP students
- \$60 for CITCM students/alumni
- \$70 for Public / Practitioner

SATURDAY

March 29th, 2025

8:30 AM – 11:30 AM

On-site at CITCM

Only 40 spots available!

DR. HENRY TARAZONA

Ph.D in Acupuncture & TCM



Organizer:

CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com

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Advanced Cupping Course

Advanced Cupping Therapy Workshop – Take Your Skills to the Next Level!!

Join us for a 3-hour workshop designed to enhance your cupping skills and introduce advanced techniques to improve patient outcomes. Whether you're a beginner or an experienced practitioner, this hands-on training will help you refine your technique and expand your knowledge of cupping therapy.

What You'll Learn:

- ✓ Applications & Benefits of Cupping Therapy – When and how to use each method for maximum effectiveness.
- ✓ Different Cupping Techniques & Their Uses:
 - Moving Cupping (滑罐): Gliding the cups along meridians to promote circulation.
 - San Cupping (闪罐): Flash cupping for stimulation and detoxification.
 - Stationary Cupping (留罐): Retaining cups in place for deep tissue treatment.
 - Glass Cupping: Technique refinement and best practices.
 - Bamboo Cupping (竹罐): Learn how to prepare medicinal bamboo cups and integrate them into treatments.
- ✓ Bonus: Students will receive a medicinal pack for bamboo cupping to prepare their own bamboo cupping at their practice.

This is a 100% hands-on training where you will practice directly with cups and gain real-world experience.



**Learn, Practice, See Results
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Yoga Anatomy for the RMT

**Join us this great opportunity
to introduce yoga into your
practice**



Fees:

- \$250 for CITCM CEP Members
- \$280 for CITCM students/alumni
- \$300 for Practitioners / Public

Saturday

April 5th, 2025

9:00 AM – 5:00 PM

**Chad Friel
RMT, Yoga Therapist**



Organizer:

**CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com**

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Yoga Anatomy for RMT

Chad Friel has been teaching yoga for ten years, and practicing massage therapy for fifteen years, in the past he was also a personal trainer. He created this course in order to integrate the benefits of yoga into each massage therapy treatment. Chad specializes in treating orthopedic conditions, shoulder injuries and stress. Chad currently works at the Canadian Institute of Traditional Chinese medicine where he teaches orthopedic assessment and advanced massage therapy courses.

This continuing education workshop introduces the Registered Massage Therapist to Yoga Asana's for therapeutic use in their massage practice. You will learn how to teach Yoga poses and Yoga inspired stretches to your clients for homecare and rehabilitation. The workshop teaches the RMT specific stretching techniques for the entire body. Emphasis will be on dynamic, isometric and static stretching techniques. You will learn how to stretch each major muscle group in three different ways depending on your patient's stage of healing and needs. PNF stretches will also be taught so that you can safely administer home care for your clients.

The course will provide you with the skills needed to teach your clients how to apply yoga stretches for the most common areas that are treated by the Registered Massage Therapist.

Recommended Reading: The Key Poses of Yoga: Scientific Keys, Volume II, Ray Long.
Recommended Website: <https://www.bandhayoga.com>

Course Booklet included at beginning of course.





By participating in this 8 hour workshop the therapist will:

- Be able to provide a variety of yoga stretches that target specific hypertonic or short muscles that are found during range of motion or palpation assessments and massage treatment.
- Improve their clinical skills by being able to provide exercises to their patients in order to regain mobility, stability and flexibility.
- Review anatomy of the body and how it relates to yoga asanas.
- Learn isometric, static, and dynamic stretches.
- Learn unique yoga pose inspired stretching and the difference between yin and yang in relation to the bodies tissues.
- Learn clinical considerations that can affect the shoulder. i.e. neck, core, hip.
- Design a sequence that can be used as a treatment plan for their clients.
- Acquire efficient and more effective ways to treat the body.
- Obtain a deeper understanding of yoga and how it can enhance their massage practice.

Schedule

8:30 – 9:00 Introductions, purpose of course. Yoga Introduction to course and course material. Discuss contraindications. (Theory)

9:00- 9:30 – Fundamentals of Stretching, Review Stretch Reflex, Isometric Vs Static and Dynamic. Yin and Yang Tissues. Adding the Breath DDB. (Theory and Practice)

9:30 – 10:00 Finding your Foundation: Yoga for the feet and Lower Limbs. Tadasana and standing poses; warrior 1, warrior 2, triangle pose (Theory and Practice)

10:15 – 11:30 Building Stability: Yoga for Hips, Thighs and knees. Chair pose, Low lunge, pigeon, deer pose (Theory and Practice)

11:30 – 12:00 Creating Mobility: Yoga for the Shoulder. The Chinese Tea Cup, Triangle Pose (Theory and Practice)

1:00 – 2:30 Proximal Stability for Distal Mobility: Yoga for the Spine, Sacrum Pelvis and Core, Navasana, and Planks. (Theory and Practice)

2:45 – 3:30 – Letting go of Stress: Yoga for Neck and Forearms. Heart openers and restorative yoga (Theory and Practice)

3:30 – 4:30 Sequencing the Asana's: creating healthy poses and home care. Case Studies. (Theory and Practice)

4:30 – 5:00 Quiz

5:00 – End of Course

**Learn, Practice, See Results
CEP at CITCM**



Japanese Facial Acupuncture and Tuina Facial Massage 日式美容针灸培训班



Join us in the 2-day workshop and learn how to integrate acupuncture, herbs, bloodletting, Tuina and star needle for best cosmetic results!

Fees:

- \$500 for CITCM CEP Members
- \$600 for CITCM students/alumni
- \$700 for Acupuncture Practitioners

**Saturday & Sunday
April 12th & 13th, 2025
9:00 AM – 5:00 PM**

DR. HENRY TARAZONA

Ph.D in Acupuncture & TCM



REGISTER NOW



Organizer:
CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com



Introduction

Japanese Cosmetic Acupuncture is a refined and highly effective technique that enhances facial rejuvenation, improves skin quality, and promotes overall facial harmony. Over the years, I have had the privilege of learning directly from Dr. Yasuo Ono (小野泰生), one of Japan's foremost experts in cosmetic acupuncture. Dr. Ono, with a PhD from Tianjin University of Traditional Chinese Medicine, has developed an advanced methodology for facial acupuncture that yields remarkable results. Through dedicated practice and clinical application, I have refined and perfected his techniques, ensuring optimal results for patients seeking to enhance their natural beauty and slow the aging process.

In this course, I am excited to share my knowledge and expertise in Japanese Cosmetic Acupuncture, integrating multiple modalities to maximize clinical effectiveness. With a PhD in Tuina, I incorporate Tuina massage techniques into facial acupuncture treatments, enhancing circulation and muscle tone for better, longer-lasting results. Additionally, we will explore common herbal formulas for cosmetic applications, bloodletting techniques for facial conditions, acupuncture differentiation strategies, and scalp needling techniques for hair loss.

This course is designed for acupuncturists and TCM practitioners who want to elevate their practice with advanced cosmetic acupuncture techniques. The training is highly practical, providing hands-on experience to ensure that participants gain confidence in applying these methods in clinical settings. By the end of the course, you will have a deep understanding of facial acupuncture, herbal integration, and complementary techniques that will set you apart in the field of cosmetic acupuncture.



Course Content

1. Japanese Cosmetic Acupuncture Principles

- Understanding the fundamental concepts behind Japanese cosmetic acupuncture.
- The role of acupuncture in facial rejuvenation and anti-aging.

2. Advanced Acupuncture Techniques for Facial Rejuvenation

- Key acupuncture points and their functions in improving facial tone and elasticity.
- Needling techniques for lifting, firming, and reducing wrinkles.

3. Tuina Massage for Facial Enhancement

- Incorporating Tuina techniques to enhance acupuncture results.
- Hands-on practice of facial Tuina for circulation and muscle toning.

4. Scalp Needling for Hair Regrowth

- Targeting specific scalp acupuncture points for hair loss and thinning.
- Combining scalp needling with herbal therapy for optimal results.

5. Bloodletting for Facial Conditions

- Using bloodletting techniques to treat acne, rosacea, and stagnant Qi.
- Proper safety measures and application methods.

6. Herbal Formulas for Cosmetic Applications

- Common TCM herbal prescriptions for skin rejuvenation.
- Internal and topical applications for enhancing complexion and texture.

7. Acupuncture Differentiation in Facial Treatments

- Diagnosis and treatment planning based on TCM differentiation.
- Tailoring treatment protocols for individual patient needs.

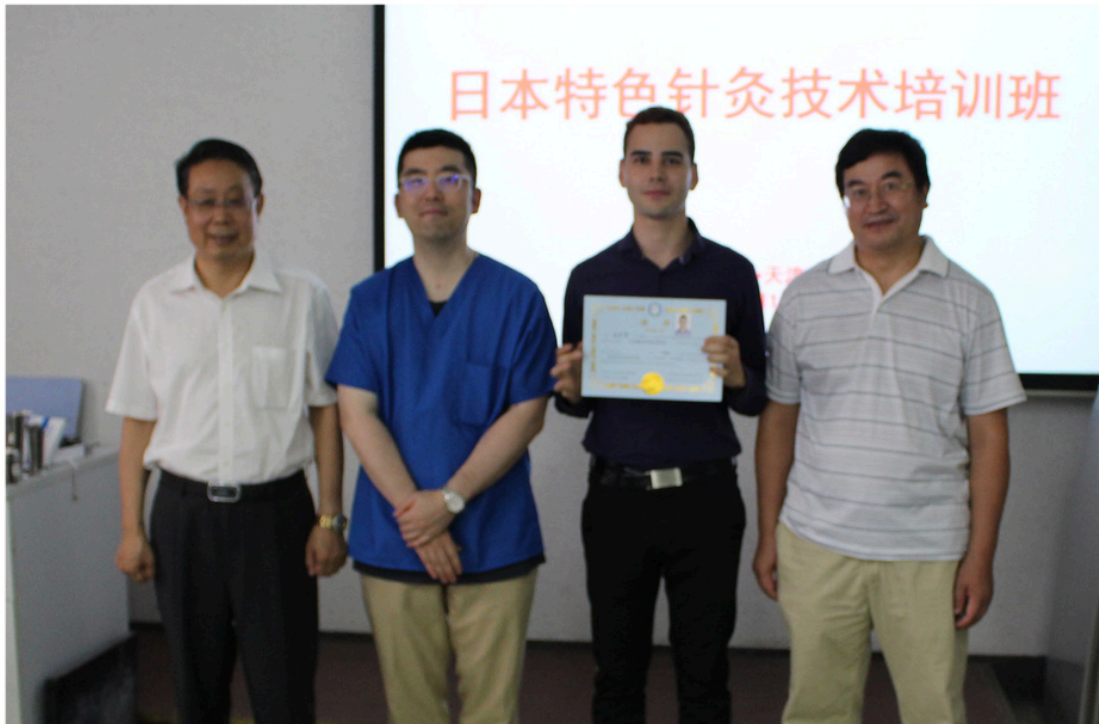
Course Schedule

Day One		Day Two	
Time	Agenda	Time	Agenda
9:00 – 12:00	Topic 1 Theory & practical application	9:00 – 12:00	Topic 4 Theory & practical application
12:00 – 13:00	Lunch Break	12:00 – 13:00	Lunch Break
13:00 – 17:00	Topic 2-3 Theory & practical application	13:00 – 17:00	Topic 5-6 Theory & practical application

Hands-on Learning

- ✓ All topics are explained in detail, including the location, function, and clinical applications of techniques.
- ✓ In-depth case studies will be discussed.
- ✓ This is a hands-on course where students will practice techniques with one another.





"In 2016, I had the honor of receiving a certification from the Japanese Advanced Techniques in Cosmetic Acupuncture course, alongside my Japanese teacher, Yasuo Ono (小野泰生), a leading figure in cosmetic acupuncture.

Also present in the photo are: Director Guo Yi of the Acupuncture and Tuina Department at Tianjin University of Traditional Chinese Medicine and Prof. Chen Ze Lin, a respected mentor of mine. This moment marked a significant milestone in my journey, as I honed my skills under Ono's expert guidance. The photograph captures the culmination of years of dedication and collaboration in advancing Japanese cosmetic acupuncture techniques, alongside some of the most influential figures in the field.

Dr. H. Tarazona

Learn, Practice, See Results
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Fire Needle Workshop

火针培训班

🔥 Join us for an intensive 2-day Fire Needle Workshop! 🔥

Learn how to effectively treat dermatological conditions, pain disorders, and cold/Yang deficiency disorders with this powerful technique. Elevate your clinical practice with hands-on training and expert guidance!

Fees:

- \$500 for CITCM CEP Members
- \$600 for CITCM students/alumni
- \$700 for Acupuncture Practitioners

Saturday & Sunday
May 10th and 11th, 2025
9:00 AM – 5:00 PM

DR. HENRY TARAZONA

Ph.D in Acupuncture & TCM



Organizer:

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Introduction

Fire Needle Therapy is one of the most ancient acupuncture techniques, originating from the Nine Needles described in the Yellow Emperor's Inner Classic. This technique was rarely used after the Ming Dynasty until He Pu Ren, one of the most celebrated acupuncturists in modern Chinese medicine, revitalized it in 1956.

He Pu Ren combined traditional wisdom with extensive clinical experience to develop an effective methodology for Fire Needle Therapy, sharing it with his protégés, including Professor Zhou Zhen and Li Yan, who continued to advance the practice.

I had the privilege of learning this ancient technique directly from Professor Zhou Zhen, a distinguished TCM expert and mentor. Professor Zhou is a chief physician, professor, and doctoral supervisor at Tianjin University of Traditional Chinese Medicine. He specializes in brain disease acupuncture treatments and is an esteemed scholar recognized for his contributions to innovative TCM practices.

This course brings together the wisdom of Fire Needle Therapy and practical knowledge, allowing practitioners to master a technique that effectively treats a range of conditions, including dermatological disorders, neurological conditions, pain management, gynecological issues, and more.



Course Content

1. Historical Background

- Origins of Fire Needle Therapy in the Yellow Emperor's Inner Classic.
- Revival of the technique by He Pu Ren and its evolution in modern clinical practice.
- Contributions of Professor Zhou Zhen and Li Yan to advancing Fire Needle Therapy.

2. Fundamental Principles of Fire Needle Therapy

- Tonifying Yang and Qi.
- Warming meridians and dispelling cold and dampness.
- Stimulating meridians and harmonizing Qi flow.

3. Techniques and Applications

- Safe handling and application of Fire Needle Therapy.
- Contraindications and safety considerations.

4. Clinical Applications

- Internal Medicine Conditions: Cough, dizziness, hypertension, facial paralysis.
- Pain Management: Examples include low back pain, cervical spondylosis, and joint pain.
- Skin Disorders: Eczema, acne, psoriasis, and more.
- Gynecological and Urological Conditions: Dysmenorrhea, PCOS, infertility, erectile dysfunction.

5. Practical Training

- Step-by-step guidance in applying Fire Needle Therapy.
- Hands-on sessions to master precision and efficacy.

6. Integration into Clinical Practice

- Combining Fire Needle Therapy with other TCM modalities for enhanced results.
- Developing personalized treatment protocols for common clinical complaints.

Course Schedule

Day One		Day Two	
Time	Agenda	Time	Agenda
9:00 - 12:00	Topic 1 Theory & practical application	9:00 - 12:00	Topic 4 Theory & practical application
12:00 - 13:00	Lunch Break	12:00 - 13:00	Lunch Break
13:00 - 17:00	Topic 2-3 Theory & practical application	13:00 - 17:00	Topic 5-6 Theory & practical application

Hands-on Learning

This course offers a unique opportunity to learn the art of Fire Needle Therapy, blending tradition with modern clinical excellence.

Guided by insights from the lineage of He Pu Ren and Professor Zhou Zhen, participants will gain the tools and confidence to integrate this powerful technique into their practices.





The photo was taken in 2020 during a dinner in Tianjin, China, with Prof. Zhou Zhen, my mentor and friend, along with his students. Under his guidance, we learned fire needle technique, and this gathering was a moment of appreciation and connection with him. We're seated around a table, sharing a meal and reflecting on the valuable lessons we've received from Prof. Zhou.

Dr. H. Tarazona

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IASTM Level 2 ExRx & Joint Mobilizations

Join us with Dr. Nik to Learn IASTM techniques and use the tools to save your hands and prolong your career! Gain an understanding of the research, how to select the right instrument, use the tools for optimal performance, effective dosing and strokes, and basic treatments!



**Fees:
TBA**

**Saturday & Sunday
June 14th and 15th, 2025
9:00 AM - 5:00 PM**

Dr. Nikita Vizniak, D.C



Organizer:

**CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com**

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Introduction

Evidence Informed Introduction to Instrument-Assisted Soft Tissue Mobilization (IASTM) includes everything you need to get started. Learn IASTM techniques and use the tools to save your hands and prolong your career!

In this introduction to IASTM, gain an understanding of the research, how to select the right instrument, use the tools for optimal performance, effective dosing and strokes, and basic treatments. This introductory text also provides select condition case studies — a great pocket reference to help you progress in IASTM.

Evidence Informed Introduction to Instrument-Assisted Soft Tissue Mobilization (IASTM) includes everything you need to get started. Learn IASTM techniques and use the tools to save your hands and prolong your career!

In this introduction to IASTM, gain an understanding of the research, how to select the right instrument, use the tools for optimal performance, effective dosing and strokes, and basic treatments. This introductory text also provides select condition case studies — a great pocket reference to help you progress in IASTM.

- Research evidence
- Choosing the right instrument
- Sample hand holds proSTM1 and proSTM2
- Indications and CIs
- Common errors
- Dosing and strokes
- Basic treatments
- Selected condition case studies



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Advanced Thai Massage by June Round, RMT

Insert descriptions here

Fees for 4-day workshop

- \$900 for CITCM CEP Members
- \$950 for CITCM students/alumni
- \$1100 for Massage Practitioners

**Saturdays & Sundays
June 28th & 29th, 2025
July 5th & 6th, 2025
9:00 AM – 5:00 PM
at CITCM**

June Round, RMT



Organizer:

**CITCM Acupuncture & TCM College
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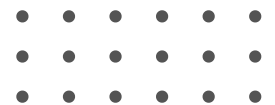
ONLINE CEP LECTURE



ANTI-INFLAMMATORY ACUPUNCTURE: THE NEW CONCEPT AND STRATEGIES FOR ANALGESIA

Fees:

- FREE for CITCM CEP Members
- \$35 for Non Members/Public



TUESDAY, JUNE 3RD, 2025

7:00 – 9:00 PM MST

Dr. Guan Yuan Jin

REGISTER NOW





Dr. Guanyuan Jin's Biography

Director of International Institute of Systems Medicine, USA; Professor of DAOM Programs at the Atlantic Institute of Oriental Medicine (ATOM); Honorary Professor of Guangzhou University of TCM; Special Clinical Expert of Beijing University of Chinese medicine, China. Prof. Jin has established "Systems Medical Acupuncture / Acu-reflex Point Acupuncture (ARPA)" and completed the reflexive reconstruction of meridian system. He is a "Grandfather herbalist" (one of the first 18 herbal master practitioners recognized by NCCAOM), and has authored /co-authored 27 medical books. He has been practicing acupuncture and TCM for over 58 years (24 in China, 34 in USA) while treating over 200,000 patients (Including many world-class sports athletes) with excellent results.

Introduction of the Lecture

Introducing the concept and basic strategies of Anti-Inflammatory Acupuncture (AIA), that aims to enhance the analgesic effect of acupuncture; while clarifying the neural mechanisms of AIA based on its micro-trauma and/or inflammatory reflex arcs; as well as exploring its significance in treating painful diseases, no matter acute or chronic, and demonstrating certain skills of AIA, including selections of acupoint, stimulation means and parameters that can be simply and effectively applied in the clinic.

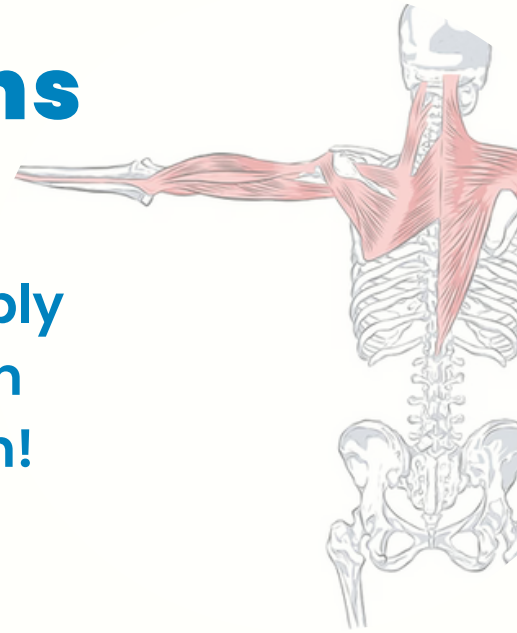


**Learn, Practice, See Results
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Acupuncture Meridians & Myofascial Lines

**Join us in this 2-day workshop to deeply
understand the relationship between
Fascia and Acupuncture to treat pain!**



Fees

- **\$500 for CITCM CEP Members**
- **\$600 for CITCM students/alumni**
- **\$700 for Acupuncture Practitioners**

**Saturday & Sunday
September 13-14, 2025
9:00 AM – 5:00 PM**

Dr. James Spears, R.Ac



REGISTER NOW



Organizer:
CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
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Introduction

James Spears is a highly sought-after acupuncturist and teacher in health and wellness. He draws from 24 years of clinical practice integrating traditional acupuncture methods with research in anatomy, psychology, and movement therapies. What makes him an exemplary clinician and teacher is his natural ability to share and connect with people. He is able to clarify a variety of clinical and classroom topics so his clients gain insights, health, and transformation.

His career focus has been to ease pain and suffering while inspiring people through acupuncture and mind-body practices. With more than 16 years of experience in Asia and other international locations his expertise has benefited people from all over the world. James gets frequent invitations to speak at wellness conferences and for various organizations including eLotus, the Canadian Physical Therapy Association, the Texas Acupuncture Association, and more. He has led tours, retreats, workshops, and other trainings in China, Thailand, Bali, and the US teaching acupuncture, yoga, and meditation.

Integrating Myofascial Anatomy with Acupuncture, Movement, and Acupressure

This course is an advanced level training in the relation between myofascial anatomy and acupuncture. The class will reveal how to integrate acupuncture with the use of movements and manual therapies including acupressure and touch for superior results. Combining movement and touch with acupuncture accesses the myofascial system, has many benefits, and can help with diverse disorders. The course will cover both internal medicine and musculoskeletal conditions.





Schedule

Saturday Morning

- Myofascial Anatomy Introduction.
- The Superficial Front Line, Foot Yang Ming Channel, Points, Palpation, Movements, and Treatment.
- The Deep Front Line, Leg Yin Lines, Points, Palpation, Movements, and Treatment.

Saturday Afternoon

- The Lateral Line, Leg Shao Yang Meridian, Points, Palpation, Movements, and Treatment.
- The Superficial and Deep Front Lines, Arm Yin Lines, Points, Palpation, Movements, and Treatment.

Sunday Morning

- The Superficial Back Arm Line, LI & SJ Meridians, Points, Palpation, Movements, and Treatment.
- The Deep Back Arm Line, SI Meridian, Points, Palpation, Movements, and Treatment.

Sunday Afternoon

- The SBL, Bladder Meridian, Points, Palpation, Movements, and Treatment.
- Internal Medicine and ANS Applications.

REGISTER NOW



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TCM Mud Therapy Workshop

中药泥膏培训

**Join Us to Learn a New Effective
Way to Reduce Pain!**



Fees:

- \$50 for CITCM CEP Members
- \$60 for CITCM students/alumni
- \$70 for participants outside the school



Date: October 4th, 2025



Time: 8:30 AM – 11:30 AM



Location: On-site at CITCM



Only 40 spots available!

DR. HENRY TARAZONA

Ph.D in Acupuncture & TCM



Organizer:

CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com

REGISTER NOW





What is TCM Mud Therapy?

Discover the therapeutic power of TCM Mud Therapy, a practice rooted in centuries of Chinese medicine. This unique therapy combines volcanic minerals with traditional Chinese herbs, including moxa, Chuan Xiong, Dang Gui, and Rou Gui. These potent ingredients work synergistically to improve blood circulation, reduce pain, and provide lasting relief.

TCM Mud Therapy is an effective natural treatment for various pain conditions such as arthritis, chronic and acute pain, sciatica, painful menstrual cycles, neck pain, and cold extremities. Traditionally used in China for generations, it offers a proven alternative for managing pain and enhancing recovery.

This therapy pairs seamlessly with massage therapy or acupuncture, boosting the effectiveness of your treatments and delivering longer-lasting results for your patients. Its simplicity makes it an easy and accessible technique to learn, empowering practitioners to expand their skill set and enhance their practice. Whether you're looking to deepen your expertise or provide a new, holistic option for your patients, TCM Mud Therapy is a valuable addition to your therapeutic repertoire.

What You'll Learn:

- **Therapeutic Properties:** Understand the healing properties of volcanic minerals, moxa, and other Chinese herbs used in this therapy.
- **Clinical Applications:** Learn how to use mud therapy for pain management, dysmenorrhea, arthritis, and other conditions.
- **Condition-Specific Use:** Explore the types of pain conditions that benefit from mud therapy and how it complements other techniques for enhanced results.
- **Practical Skills:** Master the proper application methods and safety procedures for effective treatment.
- **Hands-On Practice:** Practice on each other and experience the instant and long-lasting results firsthand.

Bonus:

Participants will receive a complimentary box of therapeutic mud.

Why Join?

Expand your skill set with TCM Mud Therapy, a unique and effective approach to pain management that will enhance your practice and benefit your patients.

Who should join this workshop?

Anyone who is in health practice including acupuncture, TCM, massage practitioner and students or other health practitioners such as chiropractor, naturopath or any manual therapy practitioner.



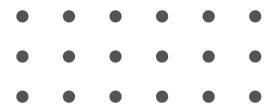
ONLINE CEP LECTURE



SPASMODIC TORTICOLLIS & GUT-MIND CONNECTION: INSIGHTS FROM TIANJIN UNIVERSITY OF TCM

Fees:

- FREE for CITCM CEP Members
- \$35 for Non Members/Public



TUESDAY, OCTOBER 28TH, 2025

7:00 – 9:00 PM MST

Dr. Henry Tarazona

REGISTER NOW





Henry Tarazona's bio profile

M.D. China, L.Ac., Ph.D. Studied directly under Prof. Wang Jin Gui, one of China's most renowned Tuina experts, at Tianjin University of Traditional Chinese Medicine. His expertise in acupuncture and Tuina therapy is backed by years of clinical practice and academic research. Currently, he is engaged in the most significant research led by the Tuina Department at Tianjin University, focusing on the gut-mind connection and abdominal massage. Dr. Tarazona is dedicated to advancing traditional techniques through modern research, bridging ancient wisdom with contemporary medical understanding.

Brief introduction of the lecture/course

Spasmodic torticollis, or cervical dystonia, is a neurological condition causing involuntary neck muscle contractions, leading to abnormal head posture and pain. In Traditional Chinese Medicine (TCM), this disorder is linked to imbalances in the Liver, Spleen, and Kidney systems, as well as disrupted Qi and Blood circulation. In this lecture, students will explore:

- ✓ TCM Diagnosis of spasmodic torticollis and its root imbalances
- ✓ Acupuncture protocols for relieving muscle spasms and restoring movement
- ✓ Herbal formulas to support nerve function and reduce stiffness
- ✓ Jin Gu Tuina (Abdominal Massage) principles, emphasizing the gut-mind connection in neurological disorders



**Learn, Practice, See Results
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Master Tung's Acupuncture Workshop

董氏奇穴培训班

**Join us in the 2-day Master
Tung's Acupuncture workshop**



Fees:

- \$500 for CITCM CEP Members
- \$600 for CITCM students/alumni
- \$700 for Acupuncture Practitioners

**Saturday & Sunday
November 8th-9th 2025
9:00 AM – 5:00 PM**

DR. HENRY TARAZONA

Ph.D in Acupuncture & TCM



Organizer:

CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
Calgary, AB T2M 3Y7
403.520.5258
cliniccoordinator@citcm.com

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Introduction

Tung Style Acupuncture, developed by Master Tung Ching-Chang in Taiwan, is a technique I've found to be incredibly effective and powerful in clinical practice. I've seen firsthand how it delivers immediate results, making it one of the most versatile methods for treating a wide variety of conditions—from pain management and gynecological issues to neurological disorders and diabetes. What makes Tung Style so remarkable is its simplicity and its ability to achieve better and faster results in a short period of time. This is why it has gained global recognition and praise from acupuncturists around the world.

In this course, I'm excited to share the techniques that have significantly enhanced my own practice and helped my patients experience rapid improvement. This practical course is designed for acupuncturists and TCM practitioners who want to refine their acupuncture skills and achieve immediate results in their clinical practice.

I have over 13 years of experience in Traditional Chinese Medicine, and during my time in China, I had the privilege of studying Tung's acupuncture under Dr. Miao, a student of Yang Wei Jie and Dr. Tung himself. With a deep understanding of this powerful technique, I'm passionate about helping practitioners elevate their skills and achieve better clinical outcomes.



Course Content

1. Tung's Acupuncture Diagnosis and Treatment Principles

- Understanding the hand diagnosis system in Tung's Acupuncture to assess patient conditions.
- Core treatment principles of Tung's Acupuncture, focusing on the balancing method, movement of Qi, and the theories of the Meridians.

2. Tung's Acupuncture Techniques

- Exploring various acupuncture techniques used in Tung's system, including balancing methods and Qi movement principles.

3. Points of the Finger and Soles of the Hand Regions

- Key acupuncture points located on the fingers and palms of the hands and their clinical applications.

4. Points of the Dorsum of the Hand, Forearm, and Arm Regions

- Identifying and applying points on the back of the hands, forearms, and arms for treatment.

5. Points of the Soles of the Foot, Dorsum of the Foot, Lower and Upper Leg Regions

- Understanding and applying acupuncture points on the soles, top of the feet, lower legs, and upper legs for clinical treatment.

6. Hand Bleeding Technique Region

- The specific regions used for hand bleeding techniques in Tong's Acupuncture and their clinical benefits.

Course Schedule

Day One		Day Two	
Time	Agenda	Time	Agenda
9:00 - 12:00	Topic 1 Theory & practical application	9:00 - 12:00	Topic 4 Theory & practical application
12:00 - 13:00	Lunch Break	12:00 - 13:00	Lunch Break
13:00 - 17:00	Topic 2-3 Theory & practical application	13:00 - 17:00	Topic 5-6 Theory & practical application

Hands-on Learning

- ✓ All topics are explained in detail, including the location, function, and clinical applications of techniques.
- ✓ In-depth case studies will be discussed.
- ✓ This is a hands-on course where students will practice techniques with one another.





This photo was taken in 2015 in Tianjin, China, after a class at Tianjin University of Traditional Chinese Medicine. My classmates and I were studying with Dr. Miao, who had studied under Dr. Yang Wei Jie and Master Tong. This moment captures us together, reflecting on the lessons we learned during our time at the university, with Dr. Miao's guidance shaping our understanding of Master Tong acupuncture style.

Dr. H. Tarazona



Learn, Practice, See Results CEP at CITCM



Elevate Your Practice with CITCM's Advanced TCM Education

At CITCM, we are dedicated to providing high-quality, advanced education to students and acupuncturists across Canada. Our carefully curated courses are designed to expand your knowledge, refine your skills, and deepen your understanding of Traditional Chinese Medicine (TCM). Whether you seek to master specialized techniques, enhance clinical effectiveness, or stay at the forefront of TCM advancements, these courses offer a unique opportunity for growth and excellence.

✨ Learn, Practice, See Results!. ✨

Cancellation & Refund Policy

Courses may be subject to cancellation if minimum enrollment is not met and refund will be issue within 5 business days, CITCM reserves the right to make necessary adjustments.

Withdraw Policy

Participant can request for a refund if a withdraw notice is email to info@citcm.com. Allow 10 business day to process refund. Withdraw less than 15 days from the start date is not eligible for refund

All course materials are intended exclusively for registered participants and may not be distributed or shared beyond the program.

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