

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

- 28th & 29th- IASTM Level 2, ExRx & Joint Mobilizations (Dr. Nikita Vizniak)

July

August

September

- 13th-14th Acupuncture and fascia (James Spears)

October

November

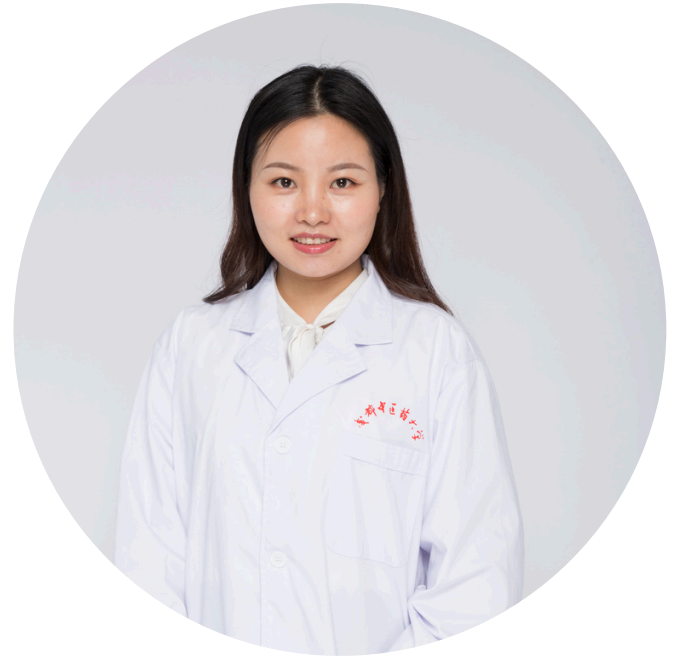
- 28th - Spasmodic Torticuls And Current Research with Abdominal Massage (Dr. H. Tarazona - ONLINE)

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

REGISTER NOW



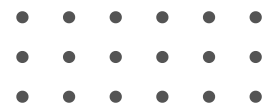
ONLINE CEP LECTURE



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

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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
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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
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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.



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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



Organizer:

CITCM Acupuncture & TCM College
300, 1824 Crowchild Tr NW
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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.



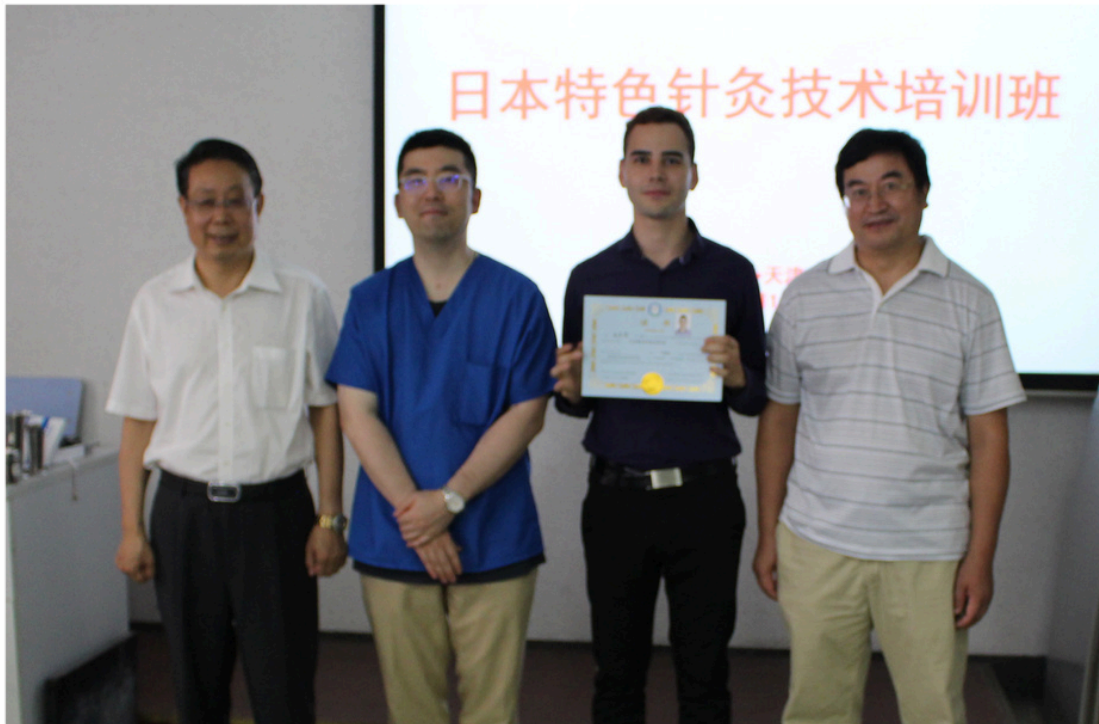
Course Schedule

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

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Joint Mobilizations & IASTM Level 2

Join us with Dr. Nik to Learn IASTM techniques and use the tools to save your hands and prolong your career! Build on your manual therapy skills with this hands-on seminar focused on Grades 1–4.5 spinal and extremity mobilizations. Learn to assess joint function, apply safe and effective techniques, and understand key precautions and contraindications—all within your scope of practice. Ideal for practitioners who have completed the Intro Level course.



Fees: \$385

CITCM Students: \$350

CITCM CEP Members: \$300

Saturday & Sunday

June 28th and 29th, 2025

9:00 AM – 4:00 PM

Dr. Nikita Vizniak, D.C



Organizer:

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DAY 1: Foundations of Joint Play

Mobilization: Spine and Extremities

Course Description

Enhance your clinical skills with this hands-on seminar focused on spinal and extremity joint mobilizations. Designed for practitioners building on introductory manual therapy techniques, this course covers Grades 1–4.5 mobilizations within your scope of practice. Through a combination of theory and practical application, you'll refine your ability to assess joint function, apply mobilization techniques, and understand the biomechanical principles behind them.

This seminar is ideal for manual therapists seeking to deepen their understanding and expand their therapeutic options with evidence-informed joint play techniques.

Foundations of Joint Play Mobilization: Spine and Extremities

Course Outline:

Morning Session

- Review of anatomy and biomechanics (1 hour)
- Spinal mobilizations: Grades 1–3 (1 hour)
- Extremity mobilizations: shoulder, elbow, wrist, hip, knee, ankle (1 hour)

Afternoon Session

- Hands-on practice: spinal and extremity techniques (2 hours)
- Feedback, Q&A, and case discussion (1 hour)
- Learning Objectives:
 - Safely and effectively perform Grades 1–4.5 joint mobilizations
 - Conduct joint assessments using palpation and orthopedic tests
 - Recognize contraindications and apply mobilizations appropriately





DAY 2: IASTM Level 2 – Advanced

IASTM: Condition-Specific Techniques

Course Description

Elevate your Instrument-Assisted Soft Tissue Mobilization (IASTM) practice with this advanced, hands-on seminar focused on condition-specific techniques. Building on foundational skills, this course emphasizes dynamic strokes, scar tissue management, and functional movement integration.

Through expert instruction and practical application, you'll refine your ability to assess and treat complex soft tissue conditions, improve mobility, and support tissue healing with precision and confidence.

Perfect for clinicians ready to expand their IASTM toolset and treat with greater intention and skill.

IASTM Level 2 – 602 Advanced IASTM: Condition-Specific Techniques

Course Outline:

- Hour 1: Advanced anatomy review & scar tissue biomechanics
- Hour 2: Dynamic treatment techniques & movement-assisted strokes
- Hour 3: Hands-on application for complex cases
- Hour 4: Instructor feedback, patient adaptations & group discussion

Learning Objectives:

- Apply advanced palpation and IASTM techniques effectively
- Integrate IASTM with movement-based rehab strategies
- Adapt treatment for tissue-specific and patient-specific needs

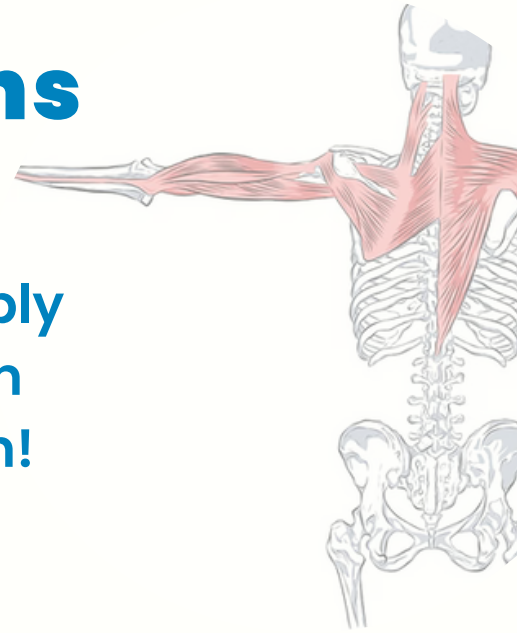


**Learn, Practice, See Results
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Acupuncture Meridians & Myofascial Lines

**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



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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.

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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:

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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.



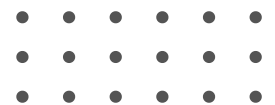
ONLINE CEP LECTURE



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

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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



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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



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300, 1824 Crowchild Tr NW
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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

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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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