



TOYOHARI: non-invasive Japanese acupuncture method

The European Branch of the Toyohari Association, EBTA and the Zentrum für Integrative Medizin, ZIM, St. Gallen are pleased to announce the twenty-sixth International Toyohari training program in Europe, the first in Switzerland, St. Gallen:

TOYOHARI - JAPANESE NEEDLE THERAPY **A NINE-MONTH, TWENTY-DAY POSTGRADUATE PROGRAM**

2024: Sept 7-8; Oct 5-6; Nov 2-3

2025: Jan 4-5; Feb 1-2; Mar 1-2; Mar 29-30; May 3-4; May 31-June 1; June 28-29
(changes possible)

Instructors: EBTA faculty led by Stephen Birch, Junko Ida, with others from Holland, UK, Germany, Spain, Switzerland

Toyohari is a form of Keiraku Chiryō - Japanese Meridian Therapy. It is a theoretically simple but technically sophisticated complete system of acupuncture. It is different from most other forms of acupuncture in that it uses more delicate treatment methods, placing greater emphasis on the use of pulse diagnosis and palpation skills. The Toyohari Association has developed quite unique training and teaching methods that can accelerate the learning of skills that usually take many years of practice to develop. Many who have studied the Toyohari style of acupuncture have reported that it is more like what they thought they were going to be studying in acupuncture school.

Toyohari is taught **in Japan** as a post-graduate training of 20 days over two years. Instruction in Japan is given through the highly organized, academic and hands-on clinical training methods of the senior members of the Association, utilizing the 'Kozato-study method'. The European Branch of the Toyohari Association has developed a **training program** that follows the Tokyo based program. The late past President of the Association, Kodo Fukushima, wrote a **book available in English** translation: 'Meridian Therapy', which is required reading for this program.

Graduation from this 120-hour program entitles the graduate **to join the Toyohari Association** through one of its European branches and become a registered Toyohari practitioner. Graduates will receive a certificate signed by the EBTA and the Tokyo headquarters and then be able to join the Toyohari Association through one of the EBTA branches.

Principle amongst the techniques used in the Toyohari system are:

- **Diagnosis:** focusing especially on pulse diagnosis and touch diagnosis;

• **Treatment:** very delicate tonification technique; various draining techniques; harmonizing technique (waho); "contact" needling techniques (sanshin); warming moxa (chinetsukyu), direct moxa (okyu), cupping (kyukaku), bloodletting (shiraku), specialized treatment of the neck and inguinal regions to relieve symptoms (naso & muno), specialized use of the extraordinary vessels (kikei), specialized use of midday-midnight method (shigo).

- Graduates will considerably **improve their pulse and tactile diagnostic** and assessment skills.
- Graduates will also **develop a greater sense of qi sensitivity** through applying the needling techniques of the Association.
- Graduates will learn a range of methods specifically aimed at **relieving symptoms**.
- Graduates will be able to participate in **ongoing study groups** through joining the Toyohari Association.

Location: This Swiss based Toyohari program will be taught in St. Gallen at the ZIM- Zentrum für Integrative Medizin, and is the first such program in Switzerland. It will be taught by EBTA instructors led by the two founding instructors, also assisted by graduates from previous programs.

The program will be taught in English. For each day of class there will be a minimum of two instructors to supervise the practical training, helped by recent graduates as teaching assistants. Over 60% of the program will involve hands-on practice of the various methods and techniques.

To ensure maximum hands-on training, the number of participants will be limited to around 20. We expect the program to fill quickly, so it is advised not to delay application, as applications will be taken on a first-come-first-served basis.

Requirements: You must have completed a training program in acupuncture or finish it by 2025.

Program costs: further information will follow

Further information and application: sekretariat@toyohari.ch

For more information or to indicate your interest in this program please contact us. We will send out the application form for the program as soon as it is ready.



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