

Events Listing

Upcoming Events

“A Name but No
Form” – Capturing the Spirit of the Elusive Triple Heater

Residential Course in Wales
8-10 October

The Triple
Heater

is a fascinating and mysterious function unrecognised by Western science, but which nonetheless influences the health of the whole body. The texts tell us that “it has a name but no form”.

What can this function be that circulates our vital substances around the body, regulates our metabolism and body temperature and protects our whole being?

What is the reason for the differing interpretations of the Triple Heater? In the Zen Shiatsu system the diaphragm and the thyroid are both related to the Triple Heater. Why is this, and how can we access the power of the Triple Heater to help our clients?

The diaphragm is an extraordinary structure which enables us to breathe deeply and fully, massages our internal organs and keeps our circulation of Ki and blood flowing. It is also linked with the root systems of our body and mind and thus deeply connected to our ability to process emotions and life experiences. Yet for most of us the diaphragm is not working at its full potential, and in consequence we experience a wide range of health issues. Why is this, and how can we work to release the diaphragm in our receivers?

The thyroid is essential to the health of our metabolism. If it functions below par we are cold, sluggish and overweight. Many of our female receivers have been diagnosed with an underactive thyroid and are on permanent medication which suppresses thyroid activity further. How does this condition arise, why are women particularly susceptible and is there anything we can do to help?

This workshop will contain a blend of Shiatsu practice and theory delivered in a fresh and insightful way. Subjects covered will include:

Practical

Contacting our own Triple Heater Ki and techniques for stoking up the body's internal power source
Rediscovering the Triple Heater meridian and other related meridians in the different areas of the body
Contacting the Triple Heater as its role as "communicator" throughout the body, (outside the traditional Triple Heater location)
Diagnosing and working with the Three Burning Spaces and their particular qualities
Working with the energies of the Three Dantian
Techniques for releasing the diaphragm

Techniques for working with the thyroid area

Theoretical

The Three Burning Spaces and their relevance to our Shiatsu practice
The Triple Heater as Protector and its adaptogenic function
The diaphragm as centre of the connective tissue network throughout the body
Possible interpretations of the thyroid in TCM
The Triple Heater and the chakras

The theoretical aspect of the workshop will be delivered in short, easy-to-follow modules and fully supported by notes and handouts.

The workshop will be fully residential at the Ceridwen Centre (www.ceridwencentre.co.uk) over the weekend of 9/10 October 2010, arriving on the evening of Friday 8th to start on the morning of 9th.
Total cost, inclusive of accommodation and board, £200.

