

TOPIC:
**Unwinding the Diaphragm:
Core Treatment for Balancing
the Three Centers**

The diaphragm is much more than a muscle of respiration. It is a key access area for balancing posture, releasing stuck trauma and strongly moving Qi and Blood. It is also a main mover of lymphatic system.

In this workshop, attendees will learn how diaphragm evaluation can be useful for differential diagnosis. They will learn how to access and treat the diaphragm from multiple vectors. We will review functional anatomy, relevant acupuncture locations and needle techniques, soft tissue techniques, and therapeutic exercises to release, balance and strengthen the diaphragm and its associated tissues.

SCHEDULE

10:00 - 11:00 Introduction: Why treating the diaphragm is so important
11:00 - 12:00 Fascial and channel anatomy of the diaphragm
12:00 - 12:30 Lunch
12:30 - 1:30 Diagnosis: Assessment of diaphragm dysfunctions
1:30 - 2:30 Acupuncture for re-balancing the diaphragm
2:30 - 3:30 Manual therapy technique and therapeutic exercises for the diaphragm
3:30 - 4:30 Closing Q&A

CEU Credits can only be awarded for full attendance.

Ryan Lee, L. Ac, C.SMA

Date/Time: Sunday, January 19th
10:00 a.m. to 4:30 p.m.

Location: R.B. Swim and Tennis Club,
@ 16955 Bernardo Oaks Drive,
SD, CA 92128-2166

Directions: From Freeway 15, exit onto Rancho Bernardo Road, going East. The Club is on the left hand side at the (North-East) corner of Rancho Bernardo Road and Bernardo Oaks Drive.

ABOUT THE SPEAKER

Ryan Lee, L.Ac., C.SMA

Ryan began his practice in 1999 as a holistic health practitioner working with post op patients and the general population at a medical Spa in La Jolla. He has been practicing Acupuncture since 2011. Holding both a long term private practice and supervising at the PCOM SD Clinic. Ryan enjoys combining meridian therapy, sports acupuncture techniques and manual therapy to increase clinical efficacy in his practice and empower his students in their's.

Please join us for this unique and useful seminar with Ryan Lee!

SEMINAR SCHEDULE

For 2020

- FIVE SEMINARS •
- 6 CEU'S PER SEMINAR •

#1: January 19

(#2: March 15)

(#3: May 17)

(#4: September 20)

(#5: November 15)

PLEASE NOTE

THE SEMINAR TIME:

10 AM - 4:30 PM

FREE LUNCH IS PROVIDED!!!

SEMINAR FEES:

- **One-Year Membership Fee: \$300.00**

Our Membership Fee is \$300. for the year (5, 6-hour Seminars). It is pro-rated by \$50. per each Seminar that has already taken place this year. **[Note: The Annual Membership Fee always includes a \$50. political action donation to CAOMA.]**

- **Single Seminar Fee: \$85.00**
- **Single Student Seminar Fee: \$50.00**
- **Student Membership Fee: \$150.00**

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