



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 TEN-MONTH, TWENTY-DAY POSTGRADUATE PROGRAM**

**Instructors:** Stephen Birch, Junko Ida, Joke Bik-Nowee, Marian Fixler, Sue Pready, Anja Stiehle, Miguel Angel Cabrer Mir, Ramin Khaknegar-Moghaddam, Nicolas Hüppelshäuser, Sascha Gröbe, Lars Schuster, Naoko König

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 a more delicate treatment method, 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.

The Toyohari Association was founded in 1959, evolving out of earlier developments in Meridian Therapy in the 1930s and 1940s. The Toyohari Association began as an Association devoted to Japanese Meridian Therapy for blind students and practitioners. Today it includes both sighted and blind practitioners. Many of the senior instructors in the Association are blind, and have considerable clinical experience. 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 ("EBTA" for short) 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. The book along with various supplies are included in the cost of the program.

Graduation from this 135-hour program entitles the graduate to join the Toyohari Association through one of its European branches and become a registered Toyohari practitioner. At present there are seven branches: Dutch, British, German, Swiss, Spanish, Portuguese and Israeli, with members in nine other countries. The principle purpose of the branches is to foster and improve clinical skills by providing ongoing study opportunities both in Branch study groups and study sessions with senior instructors in Japan and Europe. The European Branch of the Toyohari Association (EBTA) has been established to provide the structure for these educational opportunities. Graduates will receive a certificate signed by the EBTA and the Tokyo headquarters of the Association, and then be able to become full members of the Toyohari Association through one of the EBTA branches.

**Program details:** Principle amongst the techniques used in the Toyohari system are:

- *Diagnosis:* focusing especially on pulse diagnosis and touch diagnosis;
- *Treatment:* very delicate supplementation 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 and will 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.

**EUROPEAN BRANCH OF THE TOYOHARI ASSOCIATION**

Lumaneri House, Blythe Gate, Blythe Valley Park, Solihull B90 8AH, UK

**Location and teachers:** This Toyohari program will be taught at the Kantonsspital St.Gallen - Zentrum für Integrative Medizin in St Gallen, Switzerland (Greithstrasse 20, Haus 33A, 9007 St. Gallen). It will be taught by two founding EBTA instructors and up to ten other instructors, also assisted by graduates from previous programs. The founding instructors are: Stephen Birch (Academic Dean of the EBTA and first recipient of the Kodo Fukushima Prize), and Junko Ida (President of the EBTA, past-president of the first US branches and recipient of the Kozato prize). Both have studied extensively in Japan, Europe and the US. The other instructors are Joke Bik-Nowee, Marian Fixler, Sue Pready, Miguel Cabrer Mir, Anja Stiehle, Ramin Khaknegar-Moghaddam, Sascha Gröbe, Nicolas Hüppelshäuser, Lars Schuster and Naoko König who have all studied extensively in Europe and Japan. The Toyohari faculty recently upgraded the program by removing around 15 hours of lecturing from the program and recording them for viewing on line before each relevant weekend. This extends the program from the original 120 hours to 135 hours and allows the 120 hours of classroom study to include more discussion, demonstrations and more hands-on practice than previous programs.

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

**Dates and Times:** The dates for this St Gallen ten-weekend 135 hour program (12 classroom hours per weekend + 15 recorded online lectures) are (Saturday 9.30-17.30, Sundays 9.00-16.00):

**2024:** *September 7-8; October 5-6; November 2-3;*

**2025:** *January 4-5; February 1-2; March 1-2; March 29-30; May 3-4; May 31-June 1; June 28-29;*

To ensure maximum hands-on training, the number of participants will be limited to 24. 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. You must have completed a training program in acupuncture or finish it by 2025.

**Program costs (including supplies and written materials): 3,000 Swiss Francs as a one-time payment (including 300 as a non-refundable deposit)**

**To apply and register for the program please click on this link and complete the application form on line.**

<https://tebotta.wildapricot.org/Application-form-to-study-Toyohari-in-Europe>

**Once the application has been received you will receive an email confirming your application and place in the program with payment details.**

**If you have any questions about the program please email [sekretariat@toyohari.ch](mailto:sekretariat@toyohari.ch)**

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