

The Acupuncture Now Foundation New Zealand

presents

An Introduction to Classical Chinese Medicine

with

Sabine Wilms (USA)

Saturday 21 April 2018

9am – 4pm

Wellington City Council

Committee Room 2 – Korimako

Ground floor 101 Wakefield Street

Wellington

This day will serve as an introduction to the world of classical Chinese medicine. Following the lead in the medical literature of the Han to Tang dynasties (ca. second century BCE to tenth century CE), we will focus particularly on practices and theories of “**yangsheng**” 養生.

Literally translated as “**nurturing life**,” this term describes ways of supporting and nurturing the body’s natural processes, promoting health, and preventing disease from occurring, taking hold, or deepening, which are also sometimes referred to as “treating disease before it arises.”

Inspired by Sun Simiao’s vision of the “eminent physician,” Sabine hopes to encourage participants to rethink and expand the meaning of “practicing Chinese medicine,” clinical and otherwise, to conceptualize your practice in the spirit of the ancient sages as going far beyond treating disease, with the ultimate goal of harmonizing Heaven and Earth.

*Approved by Acupuncture NZ and NZASA
for 6 hours CPD*

Participant Learning

- The “Classics”: Foundational Texts and Key Ideas
- Contemporary Clinical Relevance and Relationship with TCM
- Yangsheng: Classical “Nurturing Life” Practices and Ideals for Physicians and Patients
- Similarities and Differences Between Medicine and Alchemy
- Discussion: Cultivating Self or Other, Body or Spirit, Heavenly Nature or Destiny?

Sabine Wilms is the author and translator of more than a dozen books on Chinese medicine. With a PhD in East Asian Studies and Medical Anthropology, she specializes in bringing ancient Chinese wisdom to life.



In addition to writing, translating, and publishing her work through her company Happy Goat Productions, she lectures at conferences and schools around the world and is on the faculty at the College of Classical Chinese Medicine at the National University of Natural Medicine. Some of her favorite topics are gynecology, pediatrics, medical ethics, and “nurturing life,” as envisioned by the great medieval “King of Medicinals” Sun Simiao, in addition to such Han dynasty classics as the Yellow Emperor’s Inner Classic (Huang Di Nei Jing) and the Divine Farmer’s Classic of Materia Medica (Shen Nong Ben Cao Jing).

With a strong academic background in early Chinese philosophy, science, cosmology, and language, Sabine is known for her historically and culturally sensitive approach to Chinese Medicine but she also sees it as a living, effective, ever-changing, and much needed response to the issues of our modern times. She lives happy as a clam on Mutiny Bay on Whidbey Island near Seattle.

Name.....

Postal Address.....

Phone B/H (.....)..... A/H (.....).....

Mob..... Email.....

Please register me for the following:

- Very Early Bird** **\$130.00**
Very Early Bird payment required by 31/12/17

- Early Bird** **\$150.00**
Early Bird payment required by 28/02/18

- Full registration** **\$175.00**

- Student Registration** **\$90.00**
(Full time students at a recognised acupuncture/TCM school or college. Photocopy of student ID must be included with registration. No student Early Bird)

Strictly limited numbers (max 25) – book early so that you don’t miss out.

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Morning and afternoon tea will be provided but attendees will need to bring their own lunch or go out to one of the local cafes for lunch.

Payment:

- Direct Credit

Bank Account details:

Acupuncture Now Foundation New Zealand (ANF-NZ)

Account # 06 0241 0732093 00

Scan and send completed registration form to anfnewzealand@gmail.com

For further information email the **Acupuncture Now Foundation New Zealand** anfnewzealand@gmail.com or **Paddy McBride** acurichmond@gmail.com