



Move to the next level with Health Traditions

Master Class in Traditional East/West Cupping

New York City May 7, 8 & 9

Groton, CT May 10, 11 & 12

Cupping is a specialized method of treatment that requires expert instruction, backed by the kind of deep interest and decades of research and practice that inspired us to present the **World's First cupping workshops**. In this Master Class, you will discover a whole world of cupping - from the wonderfully therapeutic and relaxing Russian cupping massage to the diverse ways the Chinese and Vietnamese use cups to promote health and alleviate many forms of discomfort. These are only a part of what you will learn and confidently take from this very hands-on practical class into your practice. You will also learn how cupping:

- Takes the hard work away from practice
- Saves your hands from strain, injury and fatigue
- Feels great to receive and gets excellent results

Some of the highlights of the Traditional East/West Cupping Master Class are:

- A history of cupping.
- The most refined ways of applying stationary and sliding cups.
- The five vacuum levels of cupping.
- Diagnosis based on cupping colorations.
- Russian Cupping Massage.
- Eastern and Western cupping for colds/pulmonary ailments.
- Warming & tonification cupping for lower back weakness.
- Chinese & Vietnamese stationary and sliding cup applications.
- Flash cupping method to restore flaccid and weak soft tissue.
- Myofascial release methods for the hips and deep seated injury.
- Cupping for tight shoulders and back combined with massage & stretching in prone & side-lying positions.
- External Chinese herbal liniments to use with cupping for fast injury repair and quick pain relief.



Presenter: Bruce Bentley. Bruce is acknowledged as the foremost international expert on the history and practice of cupping. He first learned cupping during his five-year doctors program in Traditional Chinese Medicine in Taiwan (1976 – 81) and completed his Masters Degree in Health Studies with his thesis titled *Cupping as Therapeutic Technology*. In 1996, he was invited to China, where a special course on cupping was presented to him by chief physicians at the Shanghai University of Traditional Chinese Medicine. The following year he visited the Australian Institute of Sport to observe how the massage therapists there employ cupping to treat sports injuries and enhance performance. Bruce has also extensively researched cupping throughout Asia, Europe and North Africa. He practices in Melbourne, Australia.

Continuing Education Points • National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) for 22 points • National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) – pending
• Completion of this Master Class will also allow membership with the International Cupping Therapy Association.

Cost: \$450 (or \$475 if enrollment is made 3 weeks or less before course starts).

For further information and to enroll please visit www.healthtraditions.com.au

For other queries email Bruce at healthtr@iinet.net.au

or call Andrea Elliott at 860-501-3112