



BETTER HEALTH THROUGH FREE FLOW OF MERIDIANS

Introductory to the meridians theory and the composition of the meridians systems. Hands-on scrapping or *guasha* techniques. Seniors will apply such practical knowledge to take charge of their physical health and be mindful of their physical wellness.

Course Description

Interesting highlights of the programme include:

- Introduction of Meridians Theory
- Physiological functions of the body's Meridian System
- Running routes of the Fourteen Meridians
- Brief introduction of Scrapping or Guasha 刮痧 techniques
- Allocating the positions of the body's key acupoints
- The dos and don'ts of applying Guasha technique
- Application of Guasha technique to manage common body discomfort

(Not suitable for those who are familiar with the description mentioned above. Please note that this is a basic course.)
 Back to National Silver Academy Course Listing – [Click here](#)

Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 8123 7802 (Full name + NRIC + Course Title)
- 3) Email to Stella Ng at stellang@fycs.org

Payment Procedure

Payment can be made via cheque, cash or NETS.
(Payment is required for confirmation of place)

Class Details

16, 23, 30 August,
 6, 13, 20, 27 September,
 4 October 2019

Timing:

Fridays, 10am – 12.30pm

Closing Date for Registration:

Till class is full

Venue:

298 Tiong Bahru Road, Level
 10 Tiong Bahru Central Plaza,
 Singapore 168730

Duration:

20 hours over 8 sessions

Course Fees:

\$108 (inclusive of GST &
 after NSA subsidy)

Now you pay: \$80

**(Can be paid with
 SkillsFuture Credit.)**

Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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