



**Upcoming Continuing Education Seminar**  
**Course Topic: Mindful Stretching Therapy**  
**with Dwight Chien, Ph.D., Dipl. O.M., L.Ac.**

**Program Description:** According to Chinese Medicine, Jing (Essence), Qi (Lifeforce Energy), and Shen (Spirit) are the Three Treasures within us. If the Three Treasures are wholesome, the person will be wholesome. Shen is the most subtle and non-material type of Qi. By practicing Mindful Stretching Therapy, the practitioner can improve wholesomeness of Shen, which in turn, will help keeping Jing and Qi wholesome. In the meantime, the Mindful Stretching Therapy also improves the body health directly by stretching the muscles, tendons, fascias, and ligaments. Mindful Stretching Therapy developed by Dwight Chien is a revolutionary technique in the world. It allows us to safely and comfortably stretch beyond our Stretch Reflex while the rest of the world is still stretching within it. This unique feature affords the direct therapeutic effect for Mindful Stretching Therapy.

- A system has been developed for participants to do stretching of the whole body. The Mindful Stretching Therapy has been approved for 8 PDA points and will be taught in an 8-hour session. Upon completion of this course, the participants will learn
- \* the relationship of the Three Treasures, and how to cultivate mindfulness through stretching to support their Three Treasures.
  - \* to improve body health by learning how to safely and comfortably stretch beyond the Stretch Reflex of the body.
  - \* to stretch and help healing some of their own muscle/tendon/ligament pain.
  - \* to teach their patients how to do a few specific stretching to speed up recovery.
  - \* to slow down or even reverse aging of their muscle/tendon/ligament to stay healthy and age gracefully.

**Presenter:** Dwight has more than 20 years of experience in Meditation, Taichi, Six Healing Sounds, Shake Arm exercises. He also has more than 5 years of experience in Mindful Stretching Therapy.

**Note:** Please dress loosely for stretching with the instructor, and also bring an exercise mat to the class.

**Date & Time:** March 17, 2019 (Sunday, 9-6pm)

**Registration Course Fee:** \$125 for practitioners      \$100 for ESATM Alumni & NJAAOM Current Members  
 \$75.00 for students not attending ESATM with valid ID      \$75 for ESATM students

**Licensed Acupuncturists must provide their license number when registering for this event.**

**Location:** Eastern School of Acupuncture, 440 Franklin Street, 5th Floor, Bloomfield, NJ 07003

\*\*\*\*\*ALL REGISTRATIONS ARE FINAL AND NON-REFUNDABLE\*\*\*\*\*

Current practitioners will receive eight (8) continuing education units (PDA points) for completion of the class. A CEU certificate of completion will be given at the end of the CEU. Attendees must attend the class in its entirety to receive the certificate.

Sign-up now and take advantage of this invaluable opportunity to learn a revolutionary technique. To register, please fill out this registration form and email it to [administration@esatm.edu](mailto:administration@esatm.edu) or fax your registration form to 973-746-8714. You can also mail in your check with your completed registration form to Eastern School of Acupuncture, 440 Franklin Street, Suite 500, Bloomfield, NJ 07003.

**Register early! Class sizes are limited.**

**Please detach the form below and send with a check or credit card information to:**

**Eastern School of Acupuncture and Traditional Medicine, 440 Franklin Street, Suite 500, Bloomfield, NJ 07003**

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**Name** **License Number**

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**Address** **City** **State** **Zip Code**

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**Phone** **Email Address**

Are you a:     Acupuncture Practitioner     Eastern School Alumni     NJAAOM Current Member  
                    Eastern School Student             Acupuncture student (not attending ESATM)

Please select payment:    \_\_\_ Visa Card    \_\_\_ Master Card    \_\_\_ Amex Card

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**Card Number** **Exp. Date** **Security Code**

**Signature:** \_\_\_\_\_

**My signature is confirmation that I have read all policies pertaining to CEUs and submission of this registration form means I agree and understand these policies will be strictly enforced. \*Please visit [www.esatm.edu](http://www.esatm.edu) under Events, then Continuing Education, to read our policies. Thank you.**  
**Event-Dwight Chien 2019**