

**MIND BODY DIAGNOSIS AND HEALING**  
**a training given by**  
**Yair Sagy Licensed Acupuncturist**  
**and**  
**Ziza Fernandes Sagy Licensed Reflexologist**

**Teaching concepts:**

The teaching combines theoretical knowledge with first hand internal experience. It is directed for therapist who would like to enrich their perspective on the origin of illness and the ways to cure it.

The theoretical part will be offered to all participants. For the second stage, we will divide into two groups:

1. Those who want to understand more about Mind-Body Acupuncture
2. Those who want to understand more about Mind-Body Reflexology and foot reading

**Teaching topics:**

**Theory of mind-body (for all participants)**

- Anatomy of the human energy body – 1 hour
  - Aura
  - Chakras
  - Meridian system
- Mind body interaction – 1 hour
  - The mind as the tool of creation
  - The feeding cycle: thoughts – emotions – energy/ physical reaction
- The illusion of the ego – 1 hour
  - Unity and the illusion of duality
  - Duality and "stories"
  - (I am .....) identity as basis for suffering
- The power of BEING – 30 minutes
- Healing the mind – 1 hour

**Moving from slavery to freedom**

- Identifying our own "story"
- Learning to separate thoughts from emotion
- Working with the fear to let go of our addiction for self destruction

- Healing the energy / physical body – 1 hour

The energy body as reflection of our mind

- Energy language (learning what to look for)
- Identify energy imbalances within the energy body
- Being present with the imbalance as a means for transformation

- Special presentation by Ziza – 2 hours
  - Paint the story of your foot
  - Visualizing different walking manners and its effect on the posture and mental, emotional state
  - Body language- how the client enters takes shoes off, gets on the table

## **The Practice of Mind-Body**

**(choice between acupuncture or reflexology/foot reading)**

### **Mind-body Acupuncture with Yair**

- Using Acupuncture to balance the energy system – 1hr
  - General concept
  - Using Ren and Du mai
  - Using Yang ming
  - Using Dai mai
  - Using Ear acupuncture
  - Using Tong Ren model
- Point location by seeing and feeling the points energy. - 1hr
- Learning to see energy – 1hr
- Learning to translate the energy image perceived to client mind body imbalance. – 1hr

### **Mind-body Reflexology and foot reading with Ziza**

- 4 elements - 1/2 hour
- Feet and toes reading - 1 hour
- Demonstration and Practice – 2 sessions of 2 hours
- Integration of intuition into therapy