



Anpuku

*Abdominal Japanese bodywork
The heart of our core of being...*

Live seminar



In Japan, touch therapy is multi-skilled and especially in the abdominal area.

Already in 1700 it was written:

"The abdomen is the source of life and therefore the source of diseases and their roots in it."

(YOSHIMATSU MUBANSAI, free translation)

Touch work on the abdomen can be a mirror to the root and foundations of the mind and a wonderful tool for in-depth processes ancient writings and new studies talk about it.

But above all the clinic and what I have encountered in the last two decades (and still counting.) proves it more than all.

The Anma and the Anpuku are traditional bodywork healing arts, originating in traditional Chinese medicine, some 5,000 years ago. Their current format was developed in Japan about 500 years ago and has been given separate definitions (Anma and Anpuku) by master Goto and Ota sensei.

ANMA - SHIATSU ANPUKU BACH FLOWERS SOMATIC EXPERIENCING®

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***The Anma** (An = pressing, ma = rubbing) is known in the world as the mother of touch therapy, from which Shiatsu, Tuina and more developed in later stages.*

***Anpuku** is a miraculous healing art that is part of the key building blocks in Japanese touch medicine. Evidence for the use of touch therapy and abdominal diagnosis in Japan has existed for over a thousand years.*

*Most of the information was passed on by heart between the masters and family members. The legendary Ota Sensei published an interesting handful of writings and called it "**Anpuku zukai**" (Anpuku, Illustration for the Masses).*

*The book "**Anma Tabiki**" was written in 1799 And published in 1835 documents some of the methods of diagnosis and treatment using the abdomen. It was published during the Edo period in Japan about 400 years ago.*

***Anpuku Zukai** was written by Ota sensei, published in the Edo period, first in 1827 and a later edition in 1887, is the book we are going to focus on the workshop and more.*



Subjects:

- 1. Ota sensei abdominal diagnosis and how to add it to your ongoing practice.*
- 2. Hands on techniques by master Goto and Ota sensei. ***

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3. Anpuku for pregnant women.

4. Emotional Aid based on the Somatic Experiencing somatic work

***The minimum 13 from the Anpuku Zukai will be studied and I'm aiming to the maximum 30 hands on techniques including in it from the work of master Goto, as much as the time and group will be able to contain on the best practical side).*



Where and when:

25.1.2025-26.1.2025

Saturday-Sunday

Saturday 10:00am - 6pm

Sunday 10:00am - 6pm

(including lunch break for one hour plus 2 short ones for refreshment)

Location:

*Skylight Centere. 49 Corsica Street Highbury and, 49 Corsica st.
London N5 1 JT*

Registration conditions:

Invited all bodyworkers from multi hands on fields of practice

including Shiatsu, physiotherapy, reflexology, osteopathic, Chinese medicine practitioners etc.

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Prices:

Exclusive early bird offer for the Goolnora's team

(until 30.8.2024):360 Pounds

Regular price 440 pounds.

Signing will be available only until the end of October 2024.

Food and drink:

you are welcome to bring your own beverage The prices don't include accommodation of any kind.

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***The number of participances is limited to 12 and
minimum 8.***

Save your spot today!!**

About the lecturer Iris Abarbanel



Iris Abarbanel is an AOBTA®- RI (Registered Instructor for Ampuku and Shiatsu-Anma) AOBTA= American Organization for Bodywork Therapies of Asia) Senior therapist in Anpuku, Anma-Shiatsu, Bach Flowers, and a SEP. (=somatic experiencing practitioner) in Israel.

***Specializes in working with children and adults somatically,
integrative western and Japanese methods for multi-range***

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holistic processes as possible, in a major range of healing processes including trauma, fertility, pregnancy, depression and more.

Her work has an emotional emphasis in the processes of all various symptoms of the body and mind.

Additionally, teaches continuing studies for bodywork therapists of Emotional Anpuku.

The heart of the seminar is the ancient manual techniques and diagnose by Ota sensei and master Goto from the Edo period in Japan, Koda-hu and shuren tapping techniques, do-in and Ki-ko self practise, modern background around the “second brain, the abdominal and the vagus nerve, emotional first aid based on the SE, Somatic experiencing therapy.

Iris also created and instructed a workshop for youth in the schools and in private centers, called:

”Listening to the body “. The program teaches mindfulness techniques for self-help, based on Anpuku and professional experience in the clinic, working with youth and their needs these days.

In 2020 she published after 3 years of work the first translating to Hebrew of the Japanese version from 1977 of the the original “Anpuku Zukai”, the book from 1827 written In Japan by Ota sensei and is one of the only ancient texts left to our days about the Anpuku.

From 2019 saturated as a co-founder and a partner with Yael Sasslove Shani the “Pelvicademy” project, a place for investigating, sharing, learning and conversing all about the pelvis.

For Iriss’ privet website: www.irisabarbanel.com

For the 'Pelvicademy' website: www.pelvicademy.com



Important message before sending the registration form.

By sending the registration form you are deemed to have read, understood, and accepted the data on this relevant training webpage and the following conditions:

Course and payment terms & conditions

1. The student: the course fee will remain fully acquired as soon as the lessons start, even if the student would cease the lessons or for some reason wouldn't be able to attend the course.
2. The invoice is indivisible and must be settled in its entirety.
3. The course/training should be followed as a whole, as announced, and indicated on the website. Splitting up a course/training in various hours or days, is not possible.
4. The student: classes are only accessible for those who have paid the required course fee.
5. The student: cancellation of the course within 14 days before the start of the course: the cancellation costs are always 50% of the course fee.
6. The course material provided by Iris Abarbanel and handed over to the student will be the students' property for so far, such transfer of ownership is included in the course fee and the course fee has been paid in full. However, copyright will always remain the property of Iris Abarbanel. Any reproduction of teaching materials (including audiovisual recordings and/or other media techniques) without the prior written permission of Iris Abarbanel is strictly forbidden and will be prosecuted.
7. Targeted filming of training / courses is not allowed due to the privacy of fellow students. The filming of the lessons - courses is about the own intellectual creation of the teacher and cannot be distributed online or digitally by the student. Only the lecturer itself can and may use targeted digitization of the relevant course / study program.
8. Accidents from, to and during the lessons organized by Iris Abarbanel are entirely at the expense of the student.



9. The practice of a medicine and/or therapy and/or technique, taught by Iris Abarbanel, is the sole responsibility of the practitioner. Iris and her assistant cannot be held liable under any circumstances.
10. Iris Abarbanel reserves the right to make any changes to the program and schedule due to security and traveling unexpected events.

Link to the Registration form:

****If you can't open it directly from here, copy the link to the google chrome searching box and open from there*.***

<https://forms.gle/8YCsHH59HF7CDmdh8>