

ACUPRESSURE WITH EVERYDAY ESSENTIAL OILS



Become empowered with the skills and confidence to improve your wellness!

Re-discover ancient secrets about acupressure and essential oil!

Learn how to take care of yourself and your family!

The ancient Chinese sees life as a flow of energy. When energies are blocked, the flow is interrupted. At the physical body, this manifest as Dis-ease. In this hands-on workshop, you will understand how common health challenges may manifest. You will learn and practice with healing tools, Young Living Therapeutic Grade Essential Oils and holistic techniques to support yourself, family, friends and even paying customers!

What is Acupressure?

Acupressure is an ancient healing art using the fingers and other parts of the body to skillfully press key points on the body, which stimulate the body's natural self-curative abilities. When these acupoints are stimulated, they release muscular tension, and

promote circulation of blood, and the body's life force energy to aid healing. Acupuncture and acupressure use the same pressure points and meridians, but acupuncture employs needles, while acupressure uses gentle to firm pressure to facilitate the healing response.

Advantages of Using Acupressure

Relieves pain, balances the body and maintains good health. Acupressure's healing touch reduces tension, increases circulation and enables the body to relax deeply. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Therapeutic Grade Essential Oils

Learn to use the highest grade Therapeutic Grade essential oils directly on your body!

NO PRIOR EXPERIENCE NEEDED.

**WORKSHOP WILL BE CONDUCTED IN
ENGLISH.**

Hong CHUA

Holistic Educator And Raindrop Therapist



An international holistic teacher and healer with over 30 years experience in spirituality, Hong started **Meditation** / QiGong at 5 and is trained in **Acupressure** since his early teens.

At 13, after touching his first computer in school, he knew that the first part of his life would involve computer related work. At 16, while in deep meditation, he was told by the Masters to focus on experiencing life issues and challenges before he would start teaching in the later part of his life.

Hence, after graduating from University as a computer engineer, Hong worked for 15 years as a corporate consultant implementing complex financial applications. By 2008, he had completed 2 diploma programs in holistic health and therapy in Australia. He is currently pursuing a PhD in complementary medicine.

Hong integrates both the analytical and the intuitive. He works on the physical and subtle bodies of emotion, mind, energy and spirit. He is passionate in reminding people that they hold the power of their destiny in their own hands. Through his meditation classes, workshops, retreats and empowerments, he facilitates healing through self awareness.

As a **Nyingma Shaman**, he is sensitive to subtle energies. He specialises in the **Transformation** of the duality of Yin and Yang into Oneness through the framework of the 5 Elements on the Multi Dimensional Body. This is further enhanced with **Raindrop** therapy where appropriate aromatic plants are chosen intuitively for optimal healing.

Working with energy, he takes a systematic approach to Cleanse, Purify, Release, Align, Attune, Activate, Awaken, Integrate & Mastery.

Hong considers himself a Door Opener. He holds the Sacred Space to allow you to unlock the door of your heart and enable you to walk out on your own for your personal healing and transformation.

Hong is especially inspired by the words of Mahatma Gandhi – “Be the change you want to see in the world”