

# Diploma Certificate in Acupressure

“The deep healing of mind and body”





**Acupressure**  
DEEP HEALING

# Diploma Certificate in Acupressure

Acupressure is a form of touch therapy that utilizes the same principles as acupuncture. In acupressure, the same points on the body are used as in acupuncture, but are stimulated with finger pressure. Acupressure is used as an alternative form of treatment to get relief from a variety of symptoms and pain.

## Course Objective

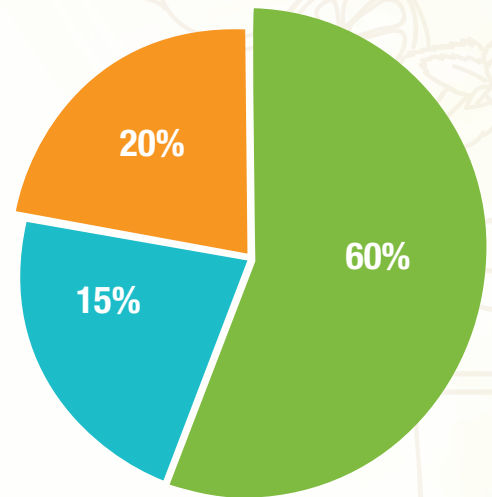
Discover Wellness Acupressure course is aimed to create qualified acupressure therapists who can diagnose and treat common and acute ailments like joints pain, cervical spondylitis, headache, low backache, etc. You get hands-on training on all pressure points and how to apply it perfectly.

## Course Ideally Suited For

- 01** Students / Homemakers looking forward to start their own practice
- 02** Individuals looking for full time / part time career as acupressure therapists at acupressure centers / naturopathy centers / mind-body centers etc.
- 03** Professionals who want to upgrade their skills

## Key Areas of This course

- Master the pressure points Metabolism & Body Composition Assessment
- Understand human body structure, and function of body systems related to pressure points
- Extensive hands-on training
- Develop scientific and technical knowledge behind Acupressure
- Efficiency to work with an interdisciplinary health care team / physician



You can start your career as :

- Acupressure therapist (freelance)
- Acupressure technician in spa
- Acupressure clinic



**Acupressure**  
DEEP HEALING

Length

**40**  
HOURS

Delivery Method



**+** Practical

## Part 1

### Introduction to Acupressure

- Origin, History and Philosophy of Acupressure

Theory

## Part 2

### Meridians

- Introduction to Meridians, Yin and Yang Meridians, Partner Meridians, Acupressure points etc.

Theory

## Part 3

### Laws of Acupressure

- Acupressure Treatment in Diseases, Diet in Acupressure

Theory

## Part 4

### Practical Acupressure

- Symptomatic points, Pain relief, Water Therapy, and instruments in Acupressure

Theory/ Practical

## Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books, DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats



Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



### Nutrition & Dietetics

MINDFUL EATING

**Discover Wellness Nutrition and Dietetics** Course is an amalgamation of traditional and contemporary food science, developed after a thorough research. It offers the right knowledge of diet, and nutrition, and its usage for therapeutical or general health purposes.



### Sports Nutrition

POWER EATING

**Discover Wellness Sports Nutrition** Course is specially designed to acquaint individuals, nutritionists, personal trainers, or fitness experts with knowledge required to prescribe diets for active, exercising individuals and sportsmen.



### Obesity Control & Weight Management

BLISSFUL BODY

**Discover Wellness Obesity Control and Weight Management** is a one-off course that enables you to lead the clients to a successful long-term weight management. This comprehensive course also prepares you to start your own Weight Management Center.



### Practical Massage Therapy

AGELESS KNOWLEDGE

**Discover Wellness Practical Massage Therapy** is the only comprehensive training program that provides hands-on training on widely followed massage practices in the world. India is the fastest growing spa market in the world and a certified massage therapist is hugely sought after to meet the demand created in this segment.



### Wellness Coach

CONSTRUCTIVE ATTITUDE

A Certified Wellness Coach is a unique profession fast catching up with the demands of the health-conscious masses. **Discover Wellness-Wellness Coach** Course trains you to help your client attain a fit body, healthy lifestyle and positive attitude.



### Wellness Center Management

MANAGE & GROW

The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness-Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.

**DISCOVER**  
Wellness Pvt. Ltd.

## Discover Wellness Pvt Ltd

Flat No. 9, 2<sup>nd</sup> Floor, Parth Apartments Ghodke Chowk,  
Prabhat Rd, Opp. Hotel Royalty, Near Prabhat Police Chowk,  
Erandwane, Pune, Maharashtra - 411004.  
Ph No 020 - 25674070 / 8390908629 / 8007128213 / 8390908643  
inquiry@discoverwellness.in Web: www.discoverwellness.in



Subscribe, Follow, Like and Share

[/official.discover.wellness](https://www.facebook.com/official.discover.wellness)

[/discover.wellness.official](https://www.instagram.com/discover.wellness.official)

[/discoverwellne1](https://www.twitter.com/discoverwellne1)

<https://bit.ly/3NmXlu4>