

Annual APSE Workshop - 2024

(organized by the Asociación de profesionales en España)

“Chronic diseases, anxiety and hope: the role of the “Po” in Shiatsu”

with Mike Mandl

13th - 16th June 2024

at the rural area

*“Espacio rural AZALA” -
Lasierra, Álava. Basque
Country*



Course description:

Each one of the Five Elements has an associated spirit. Those spirits are a mixture of psychological functions and emotional qualities, that should help us to walk our path of life in a healthy and fulfilling way. The spirit of the Metal Element is the Po and the role of the Po is to keep are body strong and vital and to enabled us to have a positive outlook in the future.

The Po plays a crucial role in Traditional Chinese Medicine when it comes to the treatment of chronic diseases and anxieties, since it is precisely in these conditions that an inviting perspective of the future is needed in order to be able to initiate the healing process in the first place. Small ailments can become long-lasting problems with a weakened Po, while with a strong Po even the most serious and severe illnesses can be mastered. We can use the Po as a Jolly Joker in almost every treatment session.

But especially the last three years have contributed to weaken this important instance in us. A great fatigue is widespread. Burn out conditions are multiplying. Post CoVid conditions are dragging on. So where do we go from here? With this question and with all these symptoms, access through the Po is the most important key. But how do we actually do that in Shiatsu? And why do we need to understand the relation between the rising dragon and the crouching tiger? Besides working on hands on solutions, we will explore some aspects of the Daoist inner alchemy to build a bridge between the Metal and the Wood Element. Because there is always a spring after the winter. And spring is the time of hope.

KEY POINTS:

- ❖ The role of the Po in chronic diseases
- ❖ The role of the Po in burn out and anxiety
- ❖ The relation to the lungs to the kidneys and common energetic disharmonies
- ❖ How to approach the Po in Shiatsu
- ❖ Different strategies to strengthen the Po
- ❖ The art of breathing

Start: Thursday, 13th June 2024 at 20:00h (dinner)

End: Sunday, 16th June 2024 (lunch at 14:00h)

Mike Mandl

Mike Mandl has been practising Shiatsu full time for 30 years, specialising in more complex issues and the healing arts aspect of Shiatsu. This includes the study of TCM and clinical practice in China. In addition to his Shiatsu practice, he is the director of the International Hara Shiatsu Academy in Vienna, which has been collaborating with clinical institutions for 25 years to create a synthesis between Western and Eastern medicine. Mike was also the director of the 5th European Shiatsu Congress. He is the author of several successful books on Shiatsu and TCM, an international lecturer with courses all over the world. He can often be found in Asia in search of authentic knowledge and the roots of Daoism, as, in his own words: "Every form of medicine requires a spiritual component". Mike is the father of three children, and a passionate gardener and snowboarder.



<https://www.mikemandl.at/englisch-version/>

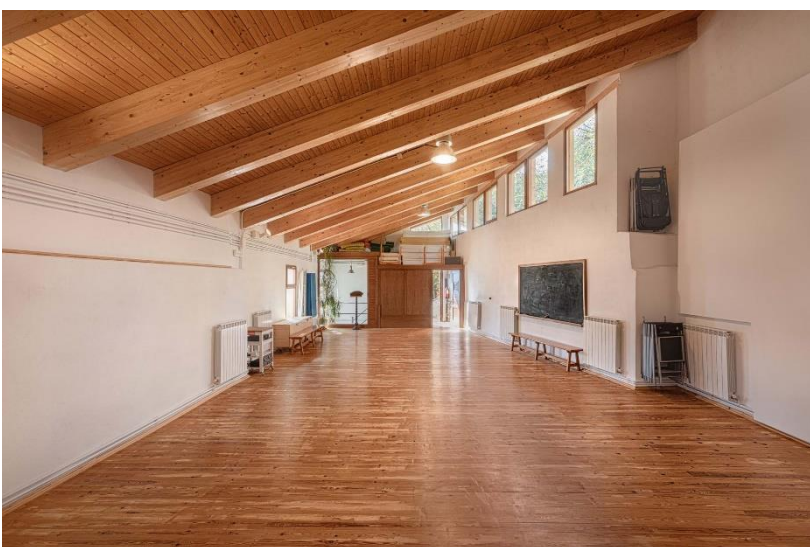


Gill Hall

Gill will be the translator for the workshop.

She is currently the director of the Amoeba School of Shiatsu. She is a former disciple of Kishi and also practices and teaches Sei-ki.

The location:



The workshop takes place in the “Espacio rural AZALA” (rural area) in an energetic and beautiful natural environment in the Basque Country.

For more information [click on](#)

[Alojamiento rural AZALA](#)

PRICES

The price includes:

- ❖ 3 complete course days
- ❖ accommodation in lodges of 5 persons



Each lodge offers:

- 2 equipped bedrooms
 - one full bathroom
 - equipped kitchen and living room
 - towels and bedlinen
 - ceramic hob and fridge
 - warm water and heating
- ❖ full board, vegetarian kitchen
 - ❖ translation (English → Spanish)



APSE/ESF members		Non-members	
Reserve before 28/02/24	Reserve after 28/02/24	Reserve before 28/02/24	Reserve after 28/02/24
280 €	315 €	380 €	415 €

Limited places available!

To sign up, please contact

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