



COURSE ON ZON SU

PROGRAMME OF THE 16 THEORY LESSONS, 1 HOUR EACH, PUBLISHED ON THE WEB, 4 LESSONS EVERY WEEK.

LESSON 1

Taoism 1 : history, tai chi, trigrams, pakua

LESSON 2

Foot massage : history, differences between on zon su and modern foot reflexology

LESSON 3

Taoism 2 : the 5 elements, the 9 layers of man and his 7 stages, Chi Kung

LESSON 4

Foot massage 2 : why it works, the sistem of 4 levels of depth, the tools and positions

LESSON 5

Taoism 3 : introduction to the 14 main meridians

LESSON 6

Foot massage 3 : the 3 stages of the taoist foot massage in detail

LESSON 7

Phytotherapy 1: why it works, different ways of taking herbs, 5 basic remedies

LESSON 8

Foot massage 4 : interaction with the patient, circulatory system

LESSON 9

Foot massage 5 : genitourinary system

LESSON 10

Diet 1 : do and don't, the 5 tastes, ph balance

LESSON 11

Foot massage 6 : digestive system

LESSON 12

Foot massage 7 : nervous system

LESSON 13

Foot massage 8 : osteoarticular system

LESSON 14

Foot massage 9 : endocrine system

LESSON 15

Foot massage 10 : respiratory system

LESSON 16

Foot massage 11 : sense organs

N.B. Every lesson concerning a specific system, will start with an introduction to its anatomy, its physiology and its main disorders.



PROGRAM OF THE PRACTICAL LESSONS OF THE FINAL WEEK END

FRIDAY:

20:30-21:00 hours : presentation dinner and rooms distribution.

SATURDAY:

06:50-07:00 hours : optional practice of Chi Kung.

07:00-09:00 hours : breakfast.

09:00-12:00 hours : On Zon Su guided practice between students.

12:00-13:00 hours : lunch.

15:00-18:00 hours : guided simulation in pairs of a complete consultation (interview of the patient, treatment and prescription.) Every student will have the opportunity to play the role of the therapist and of common patients, supervised and guided by the teachers.

20:30-21:00 hours : dinner.

SUNDAY:

06:50-07:00 hours : optional practice of Chi Kung.

07:00-09:00 hours : breakfast.

09:00-11:30 hours : guided simulation in pairs of a complete consultation (interview of the patient, treatment and prescription.) Every student will have the opportunity to play the role of the therapist and of common patients, supervised and guided by the teachers.

11:30-12:00 hours : written test of 20 question (multiple choice), about the theoretical program of the web lessons. Given time: 30 minutes.

12:00-13:00 hours : lunch.

15:00-18:00 hours : for those who pass the written test, there will be a practical test. They will perform a complete consultation

(interview of the patient, treatment and prescription) on one of the teachers.

Then the students will receive the certificate.

Greetings.