

EXPAND YOUR PRACTICE. DEEPEN YOUR MEDICINE.

Phoenix Rising

An Inaugural Seminar with Heiner Fruehauf and Bob Quinn, assisted by Emily Ryan

August 22–23 in Corbett, OR or virtual



Program Schedule

Day 1

9:00–9:20	Introductions and overview of the two-day plan
9:20–10:00	Heiner: Classical sources on the Teishin and Enshin — from Han Dynasty texts through Sun Simiao; the an-pressing technique for the Teishin; Enshin described as massage-like
10:00–11:00	Heiner: Resonance (ganying) in Chinese medicine — beyond macro-microcosm, including resonance between two points
11:00–11:15	Tea/snack break
11:15–12:30	Heiner: The concept of zhong in Chinese medicine; Quinn contributes from the work of Mircea Eliade
12:30–1:00	Discussion: The new THO tools and the symbols involved

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1:00–1:45	Lunch
1:45–2:45	Heiner: CV 12 and CV 6 point names
2:45–3:45	Quinn: Yanagiya Sorei's technique for CV 12 and CV 6 as an opening move — taught as yin-yang regulatory (not tonifying or sedating); practice at the table with feedback, then small groups
3:45–4:15	Dr. Bear's sedating sanshin technique for the back and abdomen
4:15–4:45	Same technique applied to the SCM and scalenes
4:45–5:00	Q&A

Day 2

9:00–9:15	Review of Day 1 techniques
9:15–10:00	Basic left-hand and right-hand technique with the Teishin
10:00–11:00	Tonifying a single point — how to do it and how to know when to remove the tool
11:00–11:15	Tea/snack break
11:15–12:00	Stroking with the Enshin — Lung channel as demonstration, then use in the neck
12:00–1:00	Enshin tapping in the abdomen — demo and practice
1:00–1:45	Lunch
1:45–3:00	The importance of the midline — scanning for blockages in groups of three; treating two blocked areas simultaneously with Teishin and finger (connects to Day 1 resonance discussion)
3:00–4:00	A closer look at resonance with ST 36
4:00–4:45	Scalp resonance and CV per Dr. Zhu Ming-Qing
4:45–5:00	Q&A and closing

For Virtual Attendees

A Zoom link will be shared each day, and we'll stream the training live. Recordings will be available afterward for anyone who'd like to re-watch or couldn't join us live.

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