

Syllabus

Mu-Xing Introduction (1st ppt)

What is Mu-Xing?
What are tools made from?
Care and Maintenance of Tools
Sanitizing Tools
Oils for Mu-Xing
Heating Units –
Contraindications
Indications
Benefits

Developing Sensitivity (2nd ppt)

Working with the Tools
Practice with Wave
Practice with Half Moon
Practice with Large Moon
Finding areas of restriction

Starting Out – Mu-Xing Tools (3rd ppt)

Using the Large Moon
Using the Small Moon
Using the Half Moons
Using the Wave
Using the Wheel
Using the Pointer
Using the Tapotement Tools
Setting up a Mu-Xing Session

Mu-Xing Techniques (4th ppt)

Effleurage and Pettrissage
Circular Friction
Rolling
Deep Tissue and Stripping
Trigger Point Work
Fanning
Tapotement / Tapping

Full Body Session (5th ppt)

Face
Neck and Shoulders
Arms and Hands
Anterior Legs and Feet
Posterior Legs and Feet
Back