

# THE THREE TYPES OF TSUBO



**SATURDAY ~ APR 6 ~ 9:00AM-6:00PM**  
**SHIATUS SCHOOL OF VERMONT ~ 24 HIGH ST ~ BRATTLEBORO**  
Instructor: WinterJade Forest (aka Lindy Ferrigno)

*“Tsubo” means “vase” or acupoint. In shiatsu, we need to touch the acupoint on top of the neck of the vase at the correct angle so as to enter fully into the meridian. That’s where the change and healing take place. But all of us have had the experience of not being able to gain access when we touch that acupoint.*

- ❖ **Is there a reason? Yes.** The acupoint may be a “spot” or “point” that should be a tsubo, but isn’t yet.
- ❖ **Can we change a spot or point into a tsubo? Yes!** In fact, we want to do that. We want to guide the energy to change toward health & harmony.

*So that you ALWAYS gain access to the Meridian, you will learn:*

- **Tsubo – gives entry into the meridian**
- **Spot – stimulates only the border of the meridian**
- **Point – keeps you out like a Spot, but can become a tsubo**
  - **The form and function of each**
- **Treatment skills that turn Spots and Points into Tsubos**

9 CEUs (NCBTMB)

**\$245.00** (or \$175.00 if you took The REAL Kyo/Jitsu Diagnosis)

To register with PayPal, go to <https://shiatsuvt.org/classes-workshops/>

To register with check or cash, contact Marjorie Pivar at **802-490-0489**