

Dear ABT Practitioner,

Thanks for your interest. My intention in creating this material is to encourage you to let the public know about you, your work and the wonderful benefits of Asian Bodywork Therapy. Our work cannot be “marketed” in mere words. People literally cannot imagine the effectiveness of ABT without *experiencing it for themselves*.



This course is meant to give you a simple format to introduce yourself and Asian Bodywork Therapy to your neighbors, other healthcare practitioners and the community at large. Community venues like wellness centers, hospital patient education programs, libraries, seniors’ centers, schools and civic clubs are always looking for speakers to present interesting and useful material. Let them know you are available and willing to present a one to two-hour workshop. Bring your business cards and brochures.

The material for the participants in the course is in the accompanying PDF document, “Acupressure First Booklet.”

It is very important that you read the disclaimer on the first page of the booklet out loud at the beginning of class. You will not cover all of the examples of point locations in an hour or two, but you can ask your audience to pick a few of the conditions mentioned to demonstrate the local/distal point technique to them. The point locations are general enough that they should be able to use the method on their own for other conditions not covered in class. Let them know that although the more precise the point location, the stronger the effect, the points can be stimulated within an inch of the center.

Please notice that the points are given very simple names, related to their location, for friendlier use by people not familiar with TCM. You may want to talk about the Chinese names where they might be interesting and/or describe the point locations or functions.

Please feel free to use the material in whatever way you see fit to inform the public. My only requirements are:

- Please respect the copyright and do not reprint the material without it.
- Please let me know where you have used the material, how many people attended, and what kind of feedback you received.
- If the venue allows, please consider sending short piece about your event to AOBTA®’s *Pulse Newsletter*, to encourage other ABTs to participate. Please take photos if possible.

I’m very interested in the outcome.

Thanks so much for all you do and for bringing our wonderful work to the public!

My Warmest Regards,
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