

LUO CHANNELS

Classical Chinese Medicine

IN-PERSON COURSE WITH

Ann Cecil-Sterman

HOSTED BY PETRA HORCICKOVA

November 11-12, 2026

GIRONA

INTRODUCTION TO THE LUO CHANNELS

Among the lesser-known treasures of classical Chinese medicine lies a system dedicated to understanding how the body manages what it cannot resolve: unexpressed emotions, prolonged stress, and persistent pathogenic factors.

The Luo Channels act as a mechanism of deep protection. When the body cannot eliminate a pathology or fully process an experience, it removes it from circulation and stores it in the Blood to protect the Organs (Zang Fu) and the Spirit (Shen).

This containment leaves visible signs on the surface of the body - vascular manifestations, skin changes, or signs of stasis - that provide valuable diagnostic clues.

Learning to recognise and treat the Luo allows us to intervene early in the progression of disease, releasing retained pathology through simple and highly effective techniques such as therapeutic bleeding with a lancet or a seven-star hammer.

In today's context of sustained stress and emotional overload, this system becomes a clinical tool of enormous value.

WHY THIS COURSE?

This seminar is a clinical and practical experience designed to help you integrate the Luo Channels into your practice from the very first day.

During the course you will:

- Understand when pathology has been contained rather than resolved
- Recognise visible signs of stasis and retained pathology
- Learn clear criteria for deciding when to treat the Luo
- Discover how this system expands therapeutic possibilities in complex cases

Working with the Luo transforms the way we understand disease progression and offers new avenues of intervention before pathology reaches deeper levels.

A DIRECT AND CLINICALLY APPLICABLE SYSTEM

The Luo Channels describe how the body protects the internal organs when it cannot fully eliminate a pathogenic factor or process an intense emotional experience.

This process of containment may contribute to the development of long-standing illness and can manifest through visible signs on the surface of the body. Understanding this mechanism allows practitioners to intervene at a crucial moment in the pathological process and access therapeutic possibilities rarely addressed in everyday clinical practice.

WHAT WE WILL EXPLORE TOGETHER

- Formation and physiology of the Luo Channels
- The role of Blood as the body's protective buffer
- Mechanisms of containment and progression of pathology
- Identification of visible Luo signs in clinical examination
- Diagnostic criteria and treatment strategies
- Clinical use of the lancet
- Clinic significance of the Transverse Luos

CLINICAL APPLICATIONS

Working with the Luo Channels is especially valuable for patients with:

- Unprocessed emotional burden
- Life experiences that remain unresolved or unintegrated
- Long-standing physical or emotional trauma
- Chronic stress
- Long-retained pathology
- Circulatory disorders and Blood pathology
- Visible signs of Blood stasis (visible Luo vessels, color changes, nodules)

This system opens new therapeutic possibilities when conventional treatments do not achieve complete resolution.

LIVE CLINICAL DEMONSTRATIONS

The course includes live clinical demonstration with patients:

- Clinical interview
- Point selection
- Complete treatment

A unique opportunity to observe the therapeutic process in real time and understand how to integrate this system into everyday clinical practice.

WHO IS THIS COURSE FOR?

This course is open to:

- Acupuncturists and Chinese medicine practitioners
- Students of Chinese medicine
- Bodyworkers and mind-body therapists
- Anyone interested in the psycho-emotional dimension of health

No prior experience with bleeding techniques is required.

A UNIQUE OPPORTUNITY

Studying with Ann Cecil-Sterman means direct access to one of the clearest, most practical and transformative approaches to classical Chinese medicine.

Two full days of deep, clinical and applicable learning that will expand your therapeutic perspective and enrich your professional practice.

An opportunity to rediscover Chinese medicine from its roots and reconnect with the inspiration that first led you to study it.

ABOUT ANN CECIL-STERMAN:



Ann Cecil-Sterman is an internationally respected teacher and the author of several best-selling books on Chinese Medicine, including:

- Advanced Acupuncture: A Clinic Manual
- The Art of Pulse Diagnosis
- Tongue Diagnosis
- Illustrations of the Complete Acupuncture System

Her most recent book for the general public is *Becoming Healthy, Staying Healthy*

She is recognized as the first person in history to publish step-by-step clinical protocols for using the Complement Channels—Sinew, Luo, Divergent, and Eight Extraordinary—based on their authentic Han Dynasty usage.

These teachings were developed over 20 years of close study with her teacher, Daoist master Jeffrey Yuen (88th generation of the Yu Qing Huang Lao Pai lineage).

Her work has transformed the way Classical Acupuncture is understood and practiced around the world.

Each year, Ann leads a six-month online mentorship in the classical channels for both experienced and new acupuncturists who wish to connect with the essence of ancient healing.

Ann teaches in-person seminars in Spain, England, Italy, Australia, Canada, Greece, New Zealand, Scotland, South Korea, and the United States.

In her private practice in New York City, she works with patients from around the world facing deep illness or seeking personal cultivation.

Ann's teachings are deeply rooted in the classics and often leave her students feeling not only empowered to treat with precision, but profoundly connected to the authenticity and spirit of the medicine.



Course Duration

16 Hs



Dates

November 11-12, 2026



Fee*

\$525/\$550**

Language: English with Spanish translation

SCHEDULE:

- Wednesday, November 11, 2026: 09:00-13:00 y 15:00-19:00
- Thursday, November 12, 2026: 09:00-13:00 y 15:00-19:00

LOCATION:

HOTEL ULTONIA GIRONA

Gran Via de Jaume I, 22
17001 GIRONA (Spain)

<https://hotelsultoniagairona.com/es/>

- Due to the high volume of tourism in Girona, we recommend booking your accommodation in advance. There are many lodging options available in the city.
- If you would like to stay at the same hotel where the course is being held, make sure to include the PROMO CODE: ACS10 when booking to receive a 10% discount offered by the hotel to course participants.
- The course takes place in the center of Girona, just a 3-minute walk from the historic old town with a wide variety of restaurants and cafes.

FEE:

***Includes tea/coffee and a light morning snack.**

The course fee does not include accommodation or meals.

**** Early registration fee: USD 525 (approx. €450) until June 30, 2026. From July 1, 2026, the course fee is USD 550.**

REGISTRATION:

Please send an email to acs.liveclasses.spain@gmail.com, including the following personal details:

- Full name
- Contact information (address, email, and phone number)

PAYMENT METHOD:

Once your registration is confirmed, you will receive the payment link and further instructions.

For payments completed before June 30, 2026, an Early Bird discount of USD 25 applies.

CONTACT & INFORMATION:

acs.liveclasses.spain@gmail.com



GETTING TO GIRONA:

By Air

- Girona Airport – 20 minutes by taxi or bus to the hotel
- Barcelona Airport – 1h 30m by direct train or coach

By Train

- High-speed AVE/AVLO/AVANT trains from Madrid, Barcelona, Paris, Marseille
- Regional connections also available

By Car

- Free public parking available 9 minutes' walk from the hotel Ultonia:
[Parking](#) (Ask for map upon registration)

