

SINEW CHANNELS

IN-PERSON COURSE WITH

Ann Cecit-German

HOSTED BY POR PETRA HORCICKOVA

November 13-15, 2026

GIRONA

INTRODUCTION TO THE SINEW CHANNELS

In classical Chinese medicine, there is a system devoted to the **surface of the body**: the level where the organism is in constant contact with the environment. The Sinew Channels describe how **Wei Qi** circulates—the defensive energy that protects, adapts, warms, and enables movement.

Whenever the body perceives a threat—physical, emotional, or environmental—it reacts in the fastest way it knows: by tightening to protect itself. This system reflects that first response to external impact: trauma, overload, prolonged stress, climatic factors, pathogens, or intense emotions.

Before pathology penetrates deeper levels, the body attempts to contain it at the surface through muscles, tendons, and fascia.

For this reason, this system is **involved not only in musculoskeletal injury or pain, but also in many of the most common symptoms seen in clinical practice: persistent muscle tension, tension headaches, skin problems, functional digestive disorders, fatigue, or mood changes associated with stress.**

These are early signs — signs of protection, signs that the body is still trying to resolve the situation at the surface.

Understanding and treating the Sinew Channels allows intervention at this crucial moment—when pathology is still reversible and the therapeutic response can be rapid, direct, and surprisingly effective.

In today's context of physical and emotional overload—marked by recurrent injuries, surgeries, environmental hypersensitivity, and slow recovery—this system becomes a therapeutic tool of enormous value.

WHY THIS COURSE?

A direct, practical, and surprisingly effective clinical system that can be incorporated into your practice from day one.

Learning to work with the Sinew Channels transforms the way we approach pain, injury, hypersensitivity, and recovery, offering clear tools when conventional treatments do not fully resolve the condition.

Two days to open new therapeutic possibilities.

WHAT WE WILL EXPLORE TOGETHER

During the course you will learn to understand, diagnose, and treat the sinew channel system from the perspective of classical Chinese medicine:

- Physiology of Wei Qi and its relationship with the Sinew Channels
- Classical understanding of the Wei level and its role in health and disease
- Movement assessment to identify the affected channel
- Clinical diagnostic criteria applicable in practice
- Identification of trapped pathogenic factors (wind, cold, damp, heat)
- Treatment strategies and clinical protocols
- Use of needles, Gua Sha, and moxa
- Tonification of the sinew system when structural weakness is present
- Treatment frequency and integration into daily clinical practice

A clear, structured, and practice-oriented approach.

CLINICAL APPLICATIONS

Working with the Sinew Channels is especially valuable in:

- Acute and chronic injuries
- Recovery after surgeries, fractures, fissures, or burns
- Recent or old scars
- Stiffness, contractures, and restricted movement
- Neuropathies, numbness, or hypersensitivity
- Allergies and climate hypersensitivity
- Digestive disorders related to the Wei level
- Emotional imbalances linked to stress
- Joint misalignments (such as hallux valgus)

This system allows trapped pathogenic factors to be released, relieves pain, and restores the movement of Qi and Blood.

LIVE CLINICAL DEMONSTRATIONS

The course includes live clinical demonstrations with patients:

- clinical interview
- pulse diagnosis
- movement assessment
- selection of therapeutic strategies
- 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
- Physiotherapists, movement professionals, and bodywork therapists
- Anyone interested in deepening their understanding of classical Chinese medicine

No prior experience in sinew channel techniques is required.

A UNIQUE OPPORTUNITY

Studying with Ann Cecil-Sterman means gaining direct access to one of the clearest, most practical, and most 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.

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 13-15, 2026



Fee*

\$525/\$550**

Language: English with Spanish translation

SCHEDULE:

- Friday 13 de November, 2026: 15:00-19:00
- Saturday 14 de November, 2026: 09:00-13:00 y 15:00-19:00
- Sunday 15 de November, 2026: 09:00-13:30

LOCATION:

HOTEL ULTONIA GIRONA

Gran Via de Jaume I, 22

17001 GIRONA (Spain)

<https://hotelsultoniagirona.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)

