

7th Annual

# JAPANESE ACUPUNCTURE STUDY-ABROAD TOUR

in Kyoto, Japan

**March 28 – April 3, 2024**



With Cherry Blossoms in bloom and golden rays warming the Land of the Rising Sun, there is no better time than spring to visit Japan and partake in a unique and exciting learning opportunity. The Japanese Acupuncture Study Tour is being held in the historic town of Kyoto from March 28th - April 3rd, 2024.

A limited number of practitioners and students are being invited to join in an exceptional learning and cultural experience.

The study tour is a 7-day scheduled program, which includes:

- Arrival, Orientation Meeting and Welcome Dinner.
- 6 days of didactic and practical learning with Japan's premier acupuncturists.
- One day of guided sightseeing throughout the historic town of Kyoto.
- Closing Ceremony and Certificate of International Study.
- Daily Meditation practice to help to raise our vibration and enrich the senses!
- 41 CEU's / PDA's pending.
- Translation provided.



## About Japanese Acupuncture and the Program:

Japanese style acupuncture has long been revered for its gentle needling, precise approach and highly elective clinical results. Whether you are a seasoned practitioner or new to the field of acupuncture, this program will provide you the opportunity to fully immerse in this very refined system of acupuncture which is rapidly gaining popularity in the world as patients and clinicians alike awaken to the allure of this subtle yet very potent method of healing.

Situated in the renowned historic spiritual city of Kyoto steeped in temples and inordinate charm, this program is designed to greatly enrich and polish the senses while developing and refining the acupuncturist's skills and technique of reading the body and working with subtle energy. You will learn a broad spectrum of healing approaches and come away with skills you can readily apply in your practice and achieve lasting clinical results. The learning format consists of lecture, observation and practical experience with teacher feedback. Expect to learn a lot and greatly broaden your perspective while laying a solid foundation for your future as a clinician.

## Sight-Seeing:

Among the world's most popular destinations for travel and sight-seeing, Japan's historic capital of Kyoto lends itself to exploration of a most unique collision of ancient and modern worlds. Home to over 1600 classical Buddhist temples and thousands of traditional restaurants, Kyoto is famed for its world-class tourism in destination districts such as Gion, Philosopher's Path, and modern Downtown.

On day 4 of the program we will embark on a sight-seeing adventure to an ancient Temple complex (TBD) filled with beautiful gardens and treasures of Japanese Art. Here we will have an authentic Zazen (Zen Meditation) experience guided by the temple's head monk, as well as indulge in a vegan multi- course lunch. Afterward, we will venture and tour several temples, wind our way down a beautiful old-world street where we can shop at boutiques featuring local craftsmanship, and stroll through the famous Gion district.





**Venues:**

The Program will take place at TRAFFIC event hall, 2nd floor of Ueda Honsha building in Gojo Kawaramachi area.

**Accommodations:**

Participants are responsible of reserving their own hotel rooms near the venue in the center of Kyoto City near from Gion, Kiyomizu Temple and Kyoto Station. Locates at the central area of Kyoto city, many markets, convenience stores, currency exchange and grocery stores, and many delicious restaurants are just a quick walk away. Most hotels in the area is located approximately 10 minutes from Kyoto Station by taxi, less than 2 hours from Kansai International Airport (KIX).

**Meals:**

The grand Welcome Dinner, a multi-course traditional Japanese dining experience (non-vegan, non-vegetarian, non-gluten free), is included in the seminar fee. A breakfast average \$3 - \$10, lunch meals average \$5 - \$15, dinner meals average \$15 - \$40 per person depending on your choice. Sightseeing day lunch meal (gluten free, non-vegetarian) is included in the fee.

**Travel:**

Getting around Japan is very safe and relatively easy. Travelers are advised to bring a phrase book or download some translation Apps for your Smartphone, and to have cash on hand in case you need to take a taxi as they are not always equipped to accept credit cards.



## WHEN:

**Thursday, March 28th – Wednesday, April 3rd, 2024**

Plan to arrive early to make sure you are able to attend the Orientation Meeting at 9am on March 28th. It is best to arrive a day or more in advance if possible to allow time for travel, settling in and adjusting to the time difference. Everyone will stay through the end of the seminar on Wednesday, April 3rd and plan their departure for anytime thereafter.

## GETTING THERE:

Kyoto is in the western region of Japan and about hour and a half away from Tokyo by Bullet Train. The closest International Airport is **Kansai International Airport (KIX)**.

Useful Link for Traveling to Kyoto:

[http://kyoto.travel/en/traveller\\_kit/accessinfo\\_airport](http://kyoto.travel/en/traveller_kit/accessinfo_airport)

**Flying into Osaka, Kansai International Airport (KIX) or Osaka International Airport (ITM):**

Kansai International Airport (KIX) to Kyoto Station:

Train: JR Airport Express Haruka 75min.

[http://www.kansai-airport.or.jp/en/access/train/index.html#\\_05](http://www.kansai-airport.or.jp/en/access/train/index.html#_05)

\* KIX has easier access to Kyoto by train with no transit and is recommended.

\* Here is a link to help you plan your travel from the airport to Kyoto:

<http://www.kyoto-magonote.jp/en/transport/kix-kyoto/access/>

**Flying into Tokyo, there are two major international airports: Haneda International Airport (HND) and Narita International Airport (NRT):**

\* More flights come into and out of Narita Airport, but Haneda is the easier airport since it's in Tokyo.

**Getting to Kansai from Tokyo, by Air:**

From both Narita Airport (NRT) and Haneda Airport (HND) to Kansai International Airport (KIX) it is generally about \$100 or less, round trip

**Getting to Kansai from Tokyo, by Train:**

Haneda Airport (HND) to Shinagawa Station:

Train: Keikyu Train: <http://www.haneda-tokyo-access.com/en/>

Narita Airport (NRT) to Tokyo Station: Train: Narita Express:

<http://www.jreast.co.jp/e/nex/>

Tokyo or Shinagawa Station to Kyoto Station: 13,600yen

Train: Shinkansen (Bullet Train): <https://www.jreast.co.jp/e/charge/>

Kyoto Station to Hotels near by venue:

Taxi: 25 minutes, about 1000 -1500 yen.

Taxis do not always take credit cards, so plan to have cash on hand.



\* Consider purchasing a Japan Rail Pass if you plan to travel around Japan:

[http://www.jrpass.com/?gclid=CM2Pk\\_WTwrrwCFUqSfgodcGwAhA](http://www.jrpass.com/?gclid=CM2Pk_WTwrrwCFUqSfgodcGwAhA)

### **Local Travel in Japan:**

Most travel during the seminar will be on buses and trains as a group. Three days of the seminar take place in a conference room at TRAFFIC – the only traveling required during those days is Day 1 – we will venture downtown by taxi to a restaurant for the Welcome Dinner. For the sightseeing day, we may take buses and trains but mostly by foot. Occasionally, we may travel by taxi. Plan to budget around 1000 yen for travel expenses during the week.

### **Travel Insurance:**

All participants are required to purchase and show proof of travel insurance, which must include trip cancellation (VERY unlikely to happen – however for liability purposes we must require this coverage).

## **SEMINAR FEES AND DEADLINES FOR REGISTRATION:**

### **Early Bird Special:**

Practitioners \$2195

Students \$2095

Application and \$500 Deposit by October 31st, 2023

Deposit Refund Deadline: November 30th, 2023\*

Due Date for Remainder of Payment: December 15th, 2023

Refund Deadline: December 31st, 2023\*

### **Regular Registration:**

Practitioners \$2295

Students \$2195

Application and \$500 Deposit by November 30th, 2023

Deposit Refund Deadline: December 15th, 2023\*

Due Date for Remainder of Payment: December 30th, 2023

Refund Deadline: December 31st, 2023\*

**\*Refunds will not be issued after the listed refund date.**

**Wait List:** Space is limited. In the event that you are wait-listed, full payment will be due at the time an opening becomes available.

NOT included in pricing are airfare, hotel, transportation, meals, travel insurance and personal costs. These are additional expenses that are to be arranged by each individual traveler. (Many participants like to take the opportunity to tour around the beautiful country of Japan outside the dates of the program and this enables them the flexibility to do so at their leisure.)

The total approximated cost of the trip, projected depending on individual needs and expenses:

## **COSTS:**

- Seminar Fee: \$2095 - \$2295 (please see above)
- Airfare: approximately \$850 - \$1200 from LAX, other departure cities/countries vary.
- Accommodations: TBD  
10,000 yen – 12,000 yen per night, price varies depending on occupancy number.
- Travel Insurance: varies by individual, \$30 - \$100
- Sightseeing day travel (Taxi, Bus and Train) and entrance fees to temple/shrine may be required
- Meals: averaging 2500 yen per person per day

**Total Average Cost: \$4000 - \$4500**

(not including personal expenses)

## **SAMPLE SEMINAR SCHEDULE** (subject to change)

Morning meeting and meditation; 1-hour lunch - DAILY

**DAY 1** (Thu 3/28/24) Orientation; Nakane Hajime - Japanese Acupuncture; Welcome Dinner

**DAY 2** (Fri 3/29/24) Yoko Oasa - Facial Rejuvenation Acupuncture

**DAY 3** (Sat 3/30/24) Yoshikiyo Okawa – Sugiyama Style Authentic Japanese Acupuncture

**DAY 4** (Sun 3/31/24) Sightseeing Day

**DAY 5** (Mon 4/1/24) Shigehisa Adachi – Shoni Shin, Japanese Style Pediatric Acupuncture

**DAY 6** (Tue 4/2/24) Shigehisa Adachi – Qi Kou Nine Ways Pulse Diagnosis

**DAY 7** (Wed 4/3/24) Atsuki Maeda – Tei Shin, Non-Insertive Acupuncture

## Teacher Bios:



**Atsuki Maeda:** Dr. Atsuki Maeda is an acupuncturist in Japan and in California who specializes in and teaches Japanese Acupuncture and Celestial Acupuncture, and has been practicing for over 35 years. He is a practitioner and an educator at various acupuncture schools and CEU/PDA provider, and the founder and organizer of the Annual Japanese Acupuncture Study-Abroad Tour in Kyoto, Japan.



**Hajime Nakane:** Nakane sensei is a direct disciple of the master, Akizo Okada, specializing in Meridian Therapy style acupuncture. He is an author and lecturer, and has a private practice in Kyoto, Japan. He also serves as a board member for Traditional Japanese Medicine Association. He is the organizer on the Japan side.



**Yoko Ooasa:** Ooasa sensei is a Vice-Principle and Academic Dean at Shikoku Medical College. She is a teacher and lecturer who specializes in Japanese style Facial Rejuvenation (“Health and Beauty”) acupuncture combining with body acupuncture. “True beauty come from within.”



**Shigehisa Adachi:** Adachi sensei has a private practice in Osaka, clinician/researcher at Osaka University Hospital and founder/teacher at Shindou Gokeikai study group. He specializes in treating various condition through pregnancy and pediatrics. His unique approach of combining three different pulse diagnosis and very rare.



**Yoshikiyo Okawa:** Okawa sensei is a professor at Morinomiya University of Medical Science and Takarazuka University of Medical and Healthcare. He specializes in Sugiyama Style Authentic Japanese Acupuncture needling techniques.

To begin the registration process, please download the registration form from our website, fill out the form and submit.

[www.acupuncturestudyabroadtour.com](http://www.acupuncturestudyabroadtour.com)

To make a payment, send money order or cashier’s check made out to Atsuki Maeda and mail to:

3248 Sepulveda Blvd., Torrance, CA 90505

Venmo is accepted. @Atsuki-Maeda

To complete your registration, we will also need you to fill out the ‘Study Abroad Agreement’, sign it, and either mail it in with your Registration form, or scan the Study Abroad Agreement and attach it to your email.

You will also need to attach a scan of your current Passport and proof of travel insurance along with your registration form if you have those ready. If not, you can email your passport scan and proof of



travel insurance separately to [japanacupuncturetour@gmail.com](mailto:japanacupuncturetour@gmail.com). Or, of course, if you are registering by mail, you can also include with your Registration Form.

**NOTE:** Your registration will not be considered complete unless we have received your Application, Study Abroad Agreement and payment of the deposit. Passport and travel insurance can come later.

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**THANK YOU** for your interest! We hope to see you in beautiful Kyoto, Japan!

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