



Insight Acupressure Curriculum

Introductory Workshops

The Seva Stress Release
Good Points for Self-Care Series
Acupressure for Anyone Series
Intro to Insight Acupressure

Basic Foundation Certificate

(50 hours*)

Clinical Acupressure 1: Basic Applications
Process Acupressure 1A: Foundations

Process Acupressure Certification

(300 hours*)

Foundation Certificate
PA1B: Progressing Process
PA2: Body and Personality Parts
Inner Child Healing
Approved Elective

Clinical Acupressure Certification

(300 hours*)

Foundation Certificate
CA2: Meridians
Seasonal Practicum Series
Winter
Spring
Summer
Late Summer

Advanced Insight Acupressure Certification

(300 hours*)

Foundation Certificate
Process Acupressure Certification
CA2: Meridians
CA3: Extraordinary Vessels
PA3: The Hologram
PA4: Transpersonal Integration
Approved Elective

* includes class attendance plus additional requirements

Note: Dr Aminah Raheem's original work, Soul Lightening Acupressure, was renamed Insight Acupressure in late 2023 following the dissolution of Soul Lightening International. Her dedicated faculty formed the Insight Acupressure Faculty Alliance, in collaboration with Aminah's family, to continue her legacy with the spirit of her work, by offering the same full curriculum listed above plus some new expansions of her work beginning in 2024.