

# aohmassage

art of holistic massage

## *Insight Acupressure Classes In-Person & Webinar Hybrid*



[Dr Aminah Raheem's Chakra Tai Chi](#) 2 Contact Hours Upon Request

[Introduction To Insight Acupressure](#) 12 Contact Hours Upon Request

[Good Points Self-Care](#) 25 to choose from ([New IA Member Library](#))

[SEVA Stress Release Self-Care](#) 90 min (groups) 1.5 Contact Hours (FL) 20-953044 CE Broker

[Seva Stress Release Self-Care](#) 3 Contact Hours

[Seva Stress Release Part 2: For Others](#) 3 Contact Hours

[Seva Stress Release Part 1 & 2](#) 6 Contact Hours

[Immune Lymph Booster](#) 7 Contact Hours

[Clinical Acupressure 1: Basic Applications](#) 24 Contact Hours

[Clinical Acupressure 2: Meridians](#) 30 Contact Hours

[Clinical Acupressure Seasonal Practicum](#) 12 Contact Hours (5 X a year)

[Clinical Acupressure Study Group](#) 3 or 6 CE's FL Upon Request

[Process Acupressure 1A: Foundations](#) 24 Contact Hours

[Process Acupressure 1B: Progressing Process](#) 24 Contact Hours

[Acupressure for Pelvic Stabilization](#) 6 Contact Hours

[Acupressure for Reproductive Health](#) 16 Contact Hours

[Harmonizing Yin & Yang](#) Overall Health 8 Contact Hours

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