

Acupressure (TCM)

Certified Meridian & Acupressure Practitioner (CMAP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$2,400
- " In-person training: 8 days (64h)
- " Live cohort calls: 1 day (4h)
- " Supervised practice: 60h
- " Portfolio + jury: 35h
- " Total: 163h (~20 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " The twelve primary meridians and the eight extraordinary vessels
- " A working repertoire of 80-100 acupressure points
- " Pulse and tongue observation as conversational tools (not diagnosis)
- " Full one-hour acupressure session sequences
- " Combining acupressure with breath and gentle bodywork
- " Building an acupressure practice: scope, ethics, pricing

Curriculum modules

Module 1 Foundations

TCM theory, meridians, scope of practice (no needles).

Module 2 Point repertoire

Locating, palpating, and working 80-100 points.

Module 3 Patterns of imbalance

Common TCM patterns and their acupressure responses.

Module 4 Session craft

Intake, full session arc, integration.

Module 5 Specific topics

Stress, sleep, women's wellness, athletic recovery.

Module 6 Practice & business

Pricing, scope, ongoing supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.