

CLASSES AND WORKSHOPS TAUGHT

by
SERGEI SHAGINYAN, L. Ac.

1. **Physics and Energy Medicine:** Fourteen weeks course incorporating essentials of physics and energy medicine for the acupuncture students. *Yo-San University of Oriental Medicine.*
2. **Anatomy and Physiology I:** Fifteen weeks course on aspects of Anatomy and Physiology. *American University of Complementary Medicine.*
3. **Mind-Body Healing Techniques:** Fifteen weeks course on different aspects of mind-body medicine. Theoretical knowledge, as well as practical tools are taught to the students. *American University of Complementary Medicine.*
4. **Comparative Nutrition:** Fifteen weeks course on different nutritional systems of the world, such as Ayurvedic, Macrobiotic, Chinese, Blood Type and many others with comparative analysis of them. *American University of Complementary Medicine.*
5. **Intro to Non-Invasive Holistic Diagnostic Techniques:** Different diagnostic techniques, employed by alternative medicine practitioners and traditional healers around the world. Course includes meridian diagnosis, iridology, dowsing and many other useful diagnostic tools. *American University of Complementary Medicine.*
6. **Intro to Western Herbology:** Fifteen weeks course on Western herbs (with the accent on Russian herbal medicine) and their application to treatment of different conditions. *American University of Complementary Medicine*
7. **Acupressure:** Fifty hours course on acupressure technique and its application in treatment of different ailments. *Institute of Professional Practical Therapy.*
8. **Chinese Medicine 2:** Continuing course of Oriental Medicine theory and diagnosis. *Shiatsu School of Massage.*
9. **Chinese Medicine 3:** Advanced course on Oriental Medicine theory and diagnosis. *Shiatsu School of Massage*

Contact Dr. Sergei at sergei@sergei4health.com or call (310)451-5276 to express your interest in any of the classes and workshops.



One Day Workshops Offered and Taught in Schools in So Cal Area:

1. **The Healing Power of Chanting:** Analysis of healing chanting traditions of the world with demonstration in ten languages.
2. **The Healing Power of Sound:** Practical information about the healing power of sound, music, toning and related topics.
3. **Food as Medicine:** Seminar on using everyday food and cooking ingredients as medicine in treatment of different diseases, based on Russian folk medicine.
4. **Inner Beauty - Outer Beauty:** Seminar for women on how to maintain emotional and physical equilibrium and how to take care of various problems which women can face during different periods of life.
5. **Cure of Common Ailments:** Practical workshop on the cure of the most common ailments using experience of Russian Folk medicine.
6. **Essential Herbs For Your Health:** The most popular herbs from around the world are discussed with their indications and contraindications. Learn many easy-to-make formulas.
7. **Energy Management in Everyday Life:** Valuable information about how to protect energy from draining when working with people. Information about using charms and spells also provided.
8. **Treatment of Respiratory Disorders:** Practical and easy- to- make formulas and recipes on how to treat respiratory disorders using herbs, foods and other naturopathic tools, based on Russian Folk Medicine.
9. **Treatment of Gastro-Intestinal Disorders:** Practical and easy- to- make formulas and recipes on how to treat gastrointestinal disorders through the use of herbs, foods and other naturopathic tools, based on Russian Folk Medicine.
10. **Treatment of Cardio-Vascular Disorders:** Practical and easy- to- make formulas and recipes on how to treat cardio- vascular disorders using herbs, foods and other naturopathic tools, based on Russian Folk Medicine.
11. **Geopathic stress zones and their influence on the health:** Aims to increase your awareness of these zones which is based on scientific research that has been performed in Russia and other countries for the last 50 years Learn about geopathic zones of the Earth's crust, represented by tectonic faults and underground water streams and their influence on human health, which can lead to higher incidences of heart attacks, cancer, etc. Information about plants, which ones are donors and which are "vampires," about the specific use of trees and other plants to maintain health and well being.