



Condensed 4-Day Practical Acupuncture Timetable

Day 1 – Foundations & Introduction to Needling

Time	Activity
09:00–09:15	Registration & Welcome
09:15–10:45	Safe Practice: Contraindications, Precautions, Adverse Reactions (D&A)
10:45–11:15	Refreshments
11:15–12:30	Introduction to Needles, Patient Prep, Handling Techniques & Demo (D&P)
12:30–13:00	Lunch
13:00–14:30	Needling: Lung & Large Intestine Meridians (Upper limb) (P)
14:30–15:00	Refreshments
15:00–16:30	Needling: Stomach & Spleen Meridians (Lower limb) (P)
16:30	Review and Close

Day 2 – Point Location: Lower Back, Thoracic & Limb Points

Time	Activity
09:00–10:30	Needling: Bladder Meridian – emphasis on thoracic safety (P)
10:30–11:00	Refreshments
11:00–12:30	Needling: of Bladder points in MSK conditions – Case Scenarios (D)
12:30–13:00	Lunch
13:00–15:00	Needling: Bladder Meridian – thoracic & Cervical points (P)
15:00–15:15	Refreshments
15:15–16:30	Revision/Surface marking of all covered points (P)
16:30	Close

Day 3 – Cervical, Upper Limb & Pelvic Girdle Needling

Time	Activity
09:00–11:00	Needling: Kidney, SI & Triple Energiser Meridians (P)
11:00–11:15	Refreshments
11:15–12:30	Needling & Application of SI/TE Points in Case Scenarios (P&D)
12:30–13:00	Lunch
13:00–14:30	Needling: Gallbladder & Liver Meridians (hip/lumbo-pelvic pain) (P)
14:30–15:00	Needling: Pericardium, Heart, and Facial Points incl. Yintang (P)
15:00–15:30	Refreshments
15:30–16:30	Resume Pericardium, Heart and facial Points (P)
16:00–16:30	Clinical Reasoning and reflection
16:30	Close

Day 4 – Assessment, Head/Neck Points & Revision

Time	Activity
09:00–10:30	Practical Needling Competency Test (A)
10:30–11:00	Refreshments
11:00–11:45	Needling: Gov & Conception Vessel
11:45–12:30	Introduction to MTrP's (P)
12:30–13:00	Lunch
13:00–14:15	MTrP's Continued (P)
14:15–14:45	Refreshments
14:45–16:15	Clinical Scenarios: Groups to present cases scenarios to each other (P&D)
16:15–16:30	Group Reflection and feedback & Q&A
16:30	Course Close