

# Yamamoto New Scalp Acupuncture Athens 2018

## Seminar Programm

target group **group A** > newcomer – **group B** > advanced

seminar language english

seminar-start friday 26. october 09:30 am

seminar-finish sunday 28. october 13:30 pm

seminar-duration	fri 09:30h-12:30h	3hrs
	fri 14:00h-17:30h	3,5hrs
	sat 09:00h-12:30h	3,5hrs
	sat 14:00h-17:30h	3,5hrs
	sun 09:00h-13:30h	4,5hrs
	<b>all in all</b>	<b>18hrs</b>

**This YNSA workshop is focused and practical so that you can walk away feeling that you can apply what you have learnt. It will leave you wanting to come back for more.**

	<b>GROUP A</b>	<b>GROUP B</b>
Friday am 3H	Emily Teo + Darrell Wallace YNSA introduction + Basic-points practice Brief history Define microsystem and how it compares with 'traditional' acupuncture Safety in acupuncture Technique for locating and needling points. Basic points, A to I	Hans P. Ogal + Stavros Psaroulakis Repetition diagnosis practice Diagnostic – Elbow, Neck, Abdominal
Friday pm 3.5H	Emily Teo + Darrell Wallace basic-points + sensory organ points practice Basic points continue. Sensory points Description of the basic points then break the participants into groups for the practical.	Hans P. Ogal + Stavros Psaroulakis YNSA patient case study
Saturday am 3.5H	Emily Teo + Darrell Wallace Y-points practice Resolve any issues or queries from previous day Teach Y-points and cranial nerves points together, as they can be interchangeable or used to reinforce each other. Brain points will be covered here as these allow us to treat problems centrally.	Hans P. Ogal + Stavros Psaroulakis YNSA patient case study MSK problems
Saturday pm 3.5H	Hans P. Ogal Abdominal + neck diagnosis practice	Emily Teo Defining the Application of the YNSA points
Sunday am 4.5H	Hans P. Ogal + Stavros Psaroulakis Somatotopes patient case study Summarise and resolve any issues or queries from previous days	Emily Teo + Darrell Wallace YNSA in surgery incl. other methods patient case study Priming for surgery and post-op support. Q & A

- Introduction to YNSA
- Basic A To I
- Brain, Sensory, Cranial & Ypsilon points
- J, K, I, Chest somatotopes
- Useful points
- Diagnostic – Elbow, Neck, Abdominal
- Treatment – tools of trade, treatment regime, needling technique,

## Admission

The cost of the seminar for both beginner and advanced is set to

**700,00€**

Early bird (prior to the 28<sup>th</sup> of September) **595.00**  
(verified by bank transfer)

### Bank account

Account **6008142347752**  
IBAN **GR10 0171 0080 0060 0814 2347 752**  
Swift **PIRBGAA**  
Country **Greece**  
Beneficiary **Unique Spa solutions , Chatzigianni Mexi 4  
Athens**

## Accommodation

There is the suggestion of the **Crowne Plaza Athens City Centre** with a special price for the superior room at 116,00€ (single) and 132,00 (double) per night ([www.cpathens.com](http://www.cpathens.com))

Including an American breakfast buffet, free use of sauna, Gym and 30min/a day of the Business center

For more details of the facilities please follow the link:  
[www.cpathens.com/view/facilities](http://www.cpathens.com/view/facilities)

Other options in the area can be the following:

Best western Ilisia  
Ilisia Hotel  
Divani Caravel Hotel  
Golden Age Hotel of Athens

## Maps and Directions

The Crowne Plaza Athens City Centre can be reached very easily by metro and numerous busses, with direct connections to the airport.

**By Car:** If you are coming by car from the airport, follow the main airport highway (Attiki Odos) until you reach the exit for Messogion Avenue. Turn left on Messogion towards the city centre and continue until Feidippidou Street, then turn left and continue for one block to reach Mihalakopoulou Street. Drive 2km down Mihalakopoulou and the Crowne Plaza will appear on your left on the opposite side of the street.

**By Metro:** Just five minutes' walk to the Megaro Moussikis metro station (blue line) which takes you directly from and to the airport in 35 minutes. The metro also takes you in two stops to Syntagma Square (three minutes), the very heart of Athens, and to Monastiraki Square, the historic core of the city (four minutes). The metro system connects you easily to the Port of Piraeus, the Suburban Railway, the main train station, and the tram that takes you to the coastal area of greater Athens.



Ticket prices has as follows

- One way/90min ticket 1.40€
- Day ticket 4.50€
- 5 days ticket 9.00€
- 3days ticket + from/to airport 22.00€

**By Bus:** The airport bus X95 drops you on Vassilisis Sophias Avenue within a five minute walk from the hotel. On both Vassilisis Sophias and the main street outside the hotel (Mihalakopoulou Street), there are over a dozen bus and/or trolley bus lines that connect you to practically all parts of the city. Ask us for more on how to come from or go to a particular neighborhood.

**By Taxi:** are available outside the hotel and can drive you safely to your desired destination. A suggested application for your

smartphone can be **B** The Beat

For more details and downloads please follow the link

<https://thebeat.co/en/?intl=1>

## Discover Athens

Whether you are visiting Athens for a business trip or for a holiday, you will certainly have a few free hours to go sightseeing and to explore the beauty of this magnificent city.

The Crowne Plaza Athens City Centre Hotel is ideally situated near the center of Athens and its archaeological monuments. The Athens National Art Gallery, the Goulandris Cycladic Art Museum and the Athens Music Hall are walking distance from the hotel. The Acropolis Hill, the "Sacred Rock" of Athens, and its precious monuments, such as the Parthenon, the Erechtheion, the Ancient Agora, the Herod Atticus Odeon, and the Theater of Dionysus, are just a short metro ride from the Crowne Plaza Athens City Centre Hotel. The National Garden, Zappeion Hall, Syntagma Square and the Tomb of the Unknown Soldier, guarded by the Evzones, are also nearby. Next to Syntagma Square are several impressive Athens sightseeing monuments, including the Pnyka, the Olympeion Site, and the Panathinaiko Stadium, which is the marble stadium where the first modern Olympic Games were held in 1896.

**If you are in the mood for shopping, you can easily reach the busy commercial center of Athens.** Kolonaki is the high-end commercial area of the city, where you will find a great variety of posh shops and designer boutiques. In Monastiraki, the old quarters of Athens City, you can purchase souvenirs and afterwards have a relaxing meal at the traditional tavenas and restaurants in the surrounding areas of Plaka, Psiri and Thisseion, all of which are located beneath the Parthenon.

**For those who want to lie on soft sands and beneath the warm sun,** Glyfada Beach and Voula Beach are located 25 km and 30 km respectively, from the Crowne Plaza Athens City Centre Hotel. Both beaches are fully organised, with umbrellas, deckchairs, water sports facilities and quaint fish taverns and restaurants by the seaside.



Day trips to the Temple of Poseidon in Sounion and the Ancient Sites in Vravrona and Eleusis are wonderful ways to see the areas around Athens City. We also recommend a short cruise to the Saronic Islands of Aegina, Hydra, Spetses and Poros, located just off the coast of Attica. Boats for the Sporades Islands depart from Piraeus Port, which is accessed by the Athens metro train network.

## Top places to visit in Athens

Whether you're staying in Athens or arriving on a cruise ship at Piraeus make sure that you make time to see all the major sites Athens has to offer and squeeze in an authentic Greek lunch and shopping in Plaka.

Ancient Greece was one of the largest contributors to present-day civilization. Democracy, philosophy, astrology, biology, mathematics, physics, and the theatre are just a few of studies begun by the Greeks. Words and thoughts from great men such as Plato, Socrates, Pythagoras and Aristotle are still taught in universities to this day. This was a great civilisation, far ahead of its time, whose beauty and knowledge will live on for many generations to come.

**You have a 2 days stop in Athens city? Let us unveil to you the most significant places to visit in this beautiful city.**

### 1. Athens Acropolis

Do not miss this sacred rock with the ancient Greek temples that rises above the centre of the city. Is the greatest and finest sanctuary of ancient Athens. The imposing Parthenon is the most magnificent creation of Athenian democracy.

### 2. Acropolis Museum

Located next to the Acropolis, the new museum displays statues and artifacts from the Parthenon. The cafe and museum shops are a must to visit as well.

### 3. Tomb of the Unknown Soldier - Syntagma Square

Explore Syntagma Square. At 11 o'clock a.m. Sunday changing of the guards is a popular ceremony watching the evzones.

### 4. Plaka Neighborhood

Take a stroll and enjoy the paved streets, neoclassical houses and make a quick souvenir shopping at many gift shops, which are filling this quiet neighborhood.

#### 5. Filopappos Hill

Enjoy a nice walking in the nature and get away from the madness of Athens city.



## Acropolis Museum

The Acropolis Museum, with its archaeological exhibits, presents in a unique way the history of Greece during classical times. In this Museum, one can admire the wonderful sculptural works of the 6th and 5th centuries BC, which became a prototype for many other artworks from European Renaissance onwards. Inside the exhibition galleries, visitors can view the creation of the first monumental architectural sculptures related to mythology, but also expressing the political perceptions of Athenians about this time period, as well as about themselves. Furthermore, visitors can admire the *Korai*, the magnificent sculptures depicting young women, which were offerings from important Athenian families, dedicated to the Goddess Athena. Finally, visitors are afforded the opportunity to view the famous Caryatid statues and the sculptural decoration of the Parthenon, the most significant temple of the Acropolis.

The archaeological excavation that lies beneath the Museum also provides the opportunity to visitors to appreciate the remains of the day to day lives of the people that lived in the shadow of the Acropolis over various periods.

More information:

[www.theacropolismuseum.gr/en](http://www.theacropolismuseum.gr/en)