

Thank you for registering for your interest in the seminar-  
**Meridian Fascial Cupping**

The seminar will take place at:

**1435 S Osprey Ave Suite 200 Sarasota, FL 34239**

On Saturday, Please arrive at 9am or about 10-15 minutes prior to get settled. We will be starting lecture by 9:05. We will be end the day at 5pm. Parking is ample. We will be meeting on the 2<sup>nd</sup> floor and there is an elevator.

### **LUNCH/BREAKS**

There is a small refrigerator if you bring a lunch. We will break for lunch @ 12:30 for 1 hour and there are many close places to eat nearby like Whole Foods, Publix and eateries downtown. We will also have a small 15 minute break in the am and afternoon.

### **CLASS FORMAT**

You will be giving and receiving shiatsu and cupping during the weekend. Please have short fingernails and wear comfortable loose fitting clothes. You may wish to bring or wear a bathing suit top and bottoms but it is not necessary.

### **WHAT TO BRING**

This will be a fun and inspiring weekend intended to further your knowledge, skills and understanding of meridians, fascia and cupping. If you have these things you will be in the flow! If you don't have all don't stress.

- 2 Flat sheets and a pillow case (a table set up) \* A large towel and a small towel \* Your pumping cup set if you have one OR see below \* A roll of paper towels and 1 package of moist wipes (baby wipes are perfect) \* Matches or a lighter \* An oil based massage cream.

### **What I will provide you with:**

- \* A detailed manual of the course material. \* 2 Glass Cups to use in the class and to take home \* A gua sha tool \* Pumping cups to use during the class

If you wish to purchase your own cupping set please let me know in advance. Pumping cups allow you to manipulate the tension you apply and are ideal for quickly treating an area and for deeper fascial releases.

## TRAVEL & HOTEL INFORMATION

If less than an hour from Sarasota, many practitioners choose to travel or stay locally. If you are traveling from out of town there are several close hotels we recommend the following:

LaQuinta-1803 N Tamiami Trail (941) 366-5128 \$119-\$129

Best Western Midtown-1425 S. Tamiami Trail (941) 955-9841 \$103-\$139

Days Inn Sarasota/Airport-4900 North Tamiami Trail (941)351-7734-\$69

Hotel Indigo [www.ichotelsgroup.com](http://www.ichotelsgroup.com)-1223 Boulevard of The Arts  
(941) 564-7613 \$155 season

Hyatt Sarasota <http://sarasota.hyatt.com> 1000 Boulevard of the Arts  
(941)953-1234-\$259

Lido Key Lido Beach Resort -[www.lidobeachresort.com](http://www.lidobeachresort.com)-700 Ben Franklin Drive (941) 388-2161

Siesta Key Holiday Inn Express-[www.hisarasotahotel.com](http://www.hisarasotahotel.com) (941) 924-4900

If you would like to share accommodations let us know bc there may be others interested also.

## MERIDIAN FACIAL CUPPING EQUIPMENT

These quality Tae Keuk Bu-Hang cupping sets are constructed of high quality lightweight plastic. Each cup is equipped with a premium smooth operating air-locking valve. The set also contains a durable, comfortable, pistol grip nylon hand pump. I recommend having a plastic set. The small one is great but if you see a lot of people back to back and cannot clean right away the larger set is nice bc you have more cups and can be more efficient. I have both and I love them. I even sell the small set to patients for home use.



### **11 pc Set contains**

- (6) 2-1/8" (53cm) cups
  - (1) 1-7/8" (49cm) cup
  - (1) 1.5" (43cm) cup
  - (1) 1-3/8" (35cm) cup
  - (1) 1-1/8" (28cm) cup
- Manual
- Sturdy vinyl carrying case

**16 pc Set contains:**

(10) 2-1/8" (53cm) cups

- (1) 1-7/8" (49cm) cup
- (1) 1.5" (43cm) cup
- (1) 1-3/8" (35cm) cup
- (1) 1-1/8" (28cm) cup
- (1) 3/4" (21cm) cup
- Rubber Extension Hose
- Manual
- Sturdy vinyl carrying case

The 11 piece Cupping Set \$45

This one is ideal and sufficient.

The 16 piece Cupping Set \$65

This is good if you see clients back to back and may not have time to clean cups.

**EXTRAS:**

1 Medium Glass Cup \$4.50

1 Large Glass Cup \$6.00

1 Extra Large Glass Cup \$8.00

Arnica Ointment \$8.50

Tiger Balm White \$8.50

White Flower Oil \$5.50

You can order items at a later date and have them shipped to you for the additional cost of shipping or you can pick up at the office.