



**SUKRIT
HOLISTIC**
Nurture Our Nature

Ancient Wisdom.
Modern Healing.
Limitless Possibilities.



**ADVANCED LEARNING
FOR A HOLISTIC FUTURE**

ADVANCED DIPLOMA IN ACUPRESSURE & SUJOK THERAPY

35+ HOURS RECORDED COURSE

*Master the Art of Healing with Acupressure & Sujok Therapy
for Holistic Wellness and Natural Healing*



**Ancient
Healing Science**
for Modern Life



**Learn Both
Acupressure &
Sujok Therapy**
(Theory + Practical)



**Expert-Led
Recorded Sessions**
(Lifetime Access)



**Professional
Certification**
on Completion



**Self-Paced
Learning**
Learn Anytime,
Anywhere



**Comprehensive
Course Material**
PDF Notes, Videos &
Practical Insights



Career Opportunities
Holistic Therapist | Wellness Coach
| Natural Healing Expert
| Wellness Entrepreneur



**Start Your
Healing Journey**
Make a Meaningful
Impact in People's Lives



YOUR MENTOR
Dr. Shubham Gupta
BNYS, MD Acu.

- ✓ Expert in Acupressure & Sujok Therapy
- ✓ Experienced Naturopathy Doctor
- ✓ Holistic Health Educator



ENROLL NOW

Learn | Practice | Heal | Transform Lives



www.sukritholistic.com



sukritholistic@gmail.com

Course Overview:

The teaching methodology combines:

- Theoretical understanding
- Practical demonstrations
- Clinical reasoning
- Holistic wellness integration
- Safety-focused practice
- Real-life treatment planning

The course emphasises:

- Natural healing
- Energy balance
- Root-cause treatment
- Ethical therapeutic practice
- Integrative wellness principles



COURSE OBJECTIVES:

By the end of this Master Diploma program, students will be able to:

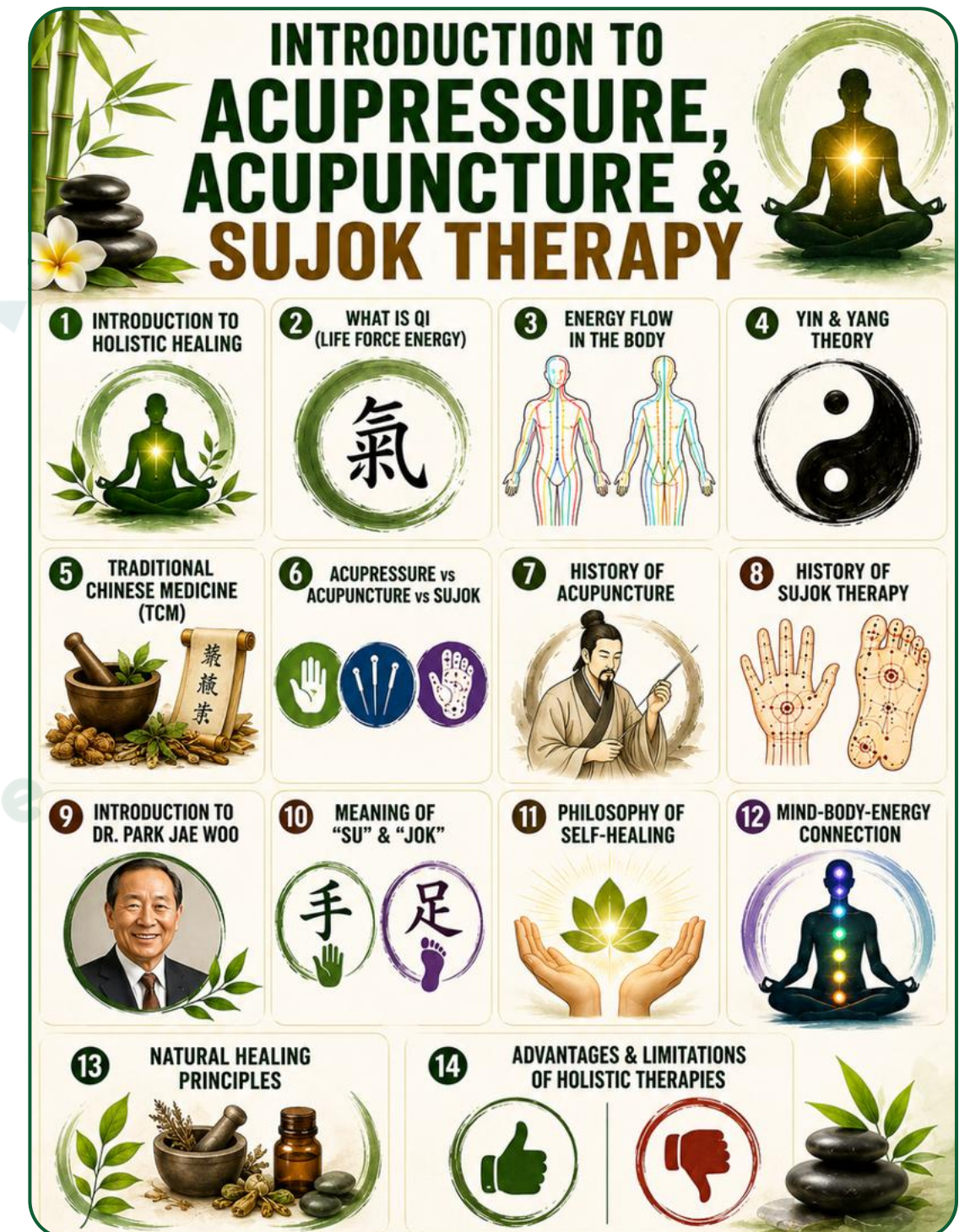
1. Understand Qi, Yin-Yang, Five Elements, and TCM fundamentals
2. Trace and understand meridian pathways
3. Locate essential acupoints using Cun measurement systems
4. Apply safe acupressure and basic acupuncture techniques
5. Use Sujok correspondence systems effectively
6. Design treatment protocols for common disorders
7. Apply clinical reasoning and pattern differentiation
8. Recognise contraindications and medical red flags
9. Integrate acupressure, and Sujok therapies
10. Conduct beginner-level holistic consultations professionally
11. Practice safely, ethically, and confidently

PHASE 1 — FOUNDATION LEVEL

Module 1: Introduction to Acupressure, Acupuncture & Sujok Therapy

Topics Covered

1. Introduction to holistic healing
2. What is Qi (Life Force Energy)
3. Energy flow in the body
4. Yin & Yang theory
5. Introduction to Traditional Chinese Medicine (TCM)
6. Acupressure vs Acupuncture vs Sujok
7. History of Acupuncture
8. History of Sujok Therapy
9. Introduction to Dr. Park Jae Woo
10. Meaning of "Su" and "Jok"
11. Philosophy of self-healing
12. Mind-body-energy connection
13. Natural healing principles
14. Advantages and limitations of holistic therapies



PHASE 1 — FOUNDATION LEVEL

Module 2: Human Anatomy & Energy Anatomy

Topics Covered

1. Human body basics
2. Muscles, joints, and nerves overview
3. Internal organ relationships
4. Physical anatomy vs energy anatomy
5. Meridians vs nervous system
6. Organ-emotion relationship
7. Left-right energy balance
8. Introduction to chakras
9. Organ clock basics
10. Understanding body systems energetically

Practical

1. Body orientation basics
2. Surface anatomy observation

MODULE 2

HUMAN ANATOMY & ENERGY ANATOMY

1 HUMAN BODY BASICS

2 MUSCLES, JOINTS & NERVES OVERVIEW

3 INTERNAL ORGAN RELATIONSHIPS

4 PHYSICAL ANATOMY VS ENERGY ANATOMY

5 MERIDIANS VS NERVOUS SYSTEM

6 ORGAN-EMOTION RELATIONSHIP

7 LEFT-RIGHT ENERGY BALANCE

8 INTRODUCTION TO CHAKRAS

9 ORGAN CLOCK BASICS

10 UNDERSTANDING BODY SYSTEMS ENERGETICALLY

PRACTICAL

• BODY ORIENTATION BASICS

• SURFACE ANATOMY OBSERVATION

PHASE 1 — FOUNDATION LEVEL

Module 3: TCM Foundations & Diagnostic Principles

Topics Covered

1. Yin / Yang theory
2. Five Element theory introduction
3. Eight Principle diagnosis:
 - a. Interior / Exterior
 - b. Excess / Deficiency
 - c. Heat / Cold
 - d. Yin / Yang
4. Qi, Blood, and Body Fluids
5. Qi deficiency
6. Qi stagnation
7. Blood deficiency
8. Blood stagnation
9. Dampness and Phlegm
10. Root vs Branch treatment
11. Introduction to pattern differentiation

Diagnostic Basics

- Tongue observation
- Pulse observation
- Observation and palpation basics

Practical

- Tongue inspection guide
- Pulse location practice

MODULE 3

TCM FOUNDATIONS & DIAGNOSTIC PRINCIPLES

1 YIN / YANG THEORY

2 FIVE ELEMENT THEORY INTRODUCTION

3 EIGHT PRINCIPLE DIAGNOSIS

4 QI, BLOOD, AND BODY FLUIDS

5 QI DEFICIENCY

- FATIGUE
- SHORTNESS OF BREATH
- WEAK VOICE
- SWEATING
- POOR APPETITE

6 QI STAGNATION

- BLOATING
- CHEST TIGHTNESS
- MOOD SWINGS
- IRRITABILITY
- SIGHING

7 BLOOD DEFICIENCY

- PALE SKIN
- DIZZINESS
- POOR MEMORY
- DRY SKIN
- INSOMNIA

8 BLOOD STAGNATION

- SHARP PAIN
- FIXED PAIN
- DARK COMPLEXION
- LUMPS
- IRRITABILITY

9 DAMPNES AND PHLEGM

- HEAVINESS
- DULLNESS
- NAUSEA
- THICK TONGUE COATING
- PHLEGM
- SWELLING

10 ROOT VS BRANCH TREATMENT

11 INTRODUCTION TO PATTERN DIFFERENTIATION

DIAGNOSTIC BASICS

TONGUE INSPECTION GUIDE

PULSE LOCATION PRACTICE

PHASE 1 — FOUNDATION LEVEL

Module 4: Meridian System & Energy Channels

Topics Covered

12 Primary Meridians

1. Lung
2. Large Intestine
3. Stomach
4. Spleen
5. Heart
6. Small Intestine
7. Bladder
8. Kidney
9. Pericardium
10. Triple Burner
11. Gallbladder
12. Liver

For Each Meridian

1. All Points of Each Meridian
2. Pathway
3. Organ connection
4. Element association
5. Emotional relationship
6. Symptoms of imbalance
7. Important points

Additional Channels

1. Governing Vessel (Du)
2. Conception Vessel (Ren)
3. Introduction to Extraordinary Vessels

Practical

1. Meridian tracing
2. Point palpation

MODULE 4 MERIDIAN SYSTEM & ENERGY CHANNELS

12 PRIMARY MERIDIANS

1 LUNG Pathway Organ Connection Element Association (Metal) Emotional Relationship Symptoms of Imbalance Important Points	2 LARGE INTESTINE Pathway Organ Connection Element Association (Metal) Emotional Relationship Symptoms of Imbalance Important Points	3 STOMACH Pathway Organ Connection Element Association (Earth) Emotional Relationship Symptoms of Imbalance Important Points	4 SPLEEN Pathway Organ Connection Element Association (Earth) Emotional Relationship Symptoms of Imbalance Important Points	5 HEART Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	6 SMALL INTESTINE Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points
7 BLADDER Pathway Organ Connection Element Association (Water) Emotional Relationship Symptoms of Imbalance Important Points	8 KIDNEY Pathway Organ Connection Element Association (Water) Emotional Relationship Symptoms of Imbalance Important Points	9 PERICARDIUM Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	10 TRIPLE BURNER Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	11 GALLBLADDER Pathway Organ Connection Element Association (Wood) Emotional Relationship Symptoms of Imbalance Important Points	12 LIVER Pathway Organ Connection Element Association (Wood) Emotional Relationship Symptoms of Imbalance Important Points

ADDITIONAL CHANNELS

GOVERNING VESSEL (DU)

- Runs along the midline of the back
- Regulates Yang energy
- Controls all Yang meridians

CONCEPTION VESSEL (REN)

- Runs along the midline of the front
- Regulates Yin energy
- Nourishes all Yin meridians

INTRODUCTION TO EXTRAORDINARY VESSELS

- Eight Extraordinary Vessels
- Store and regulate Qi and Blood
- Support and connect the main meridians

PRACTICAL

MERIDIAN TRACING

POINT PALPATION

PHASE 1 — FOUNDATION LEVEL

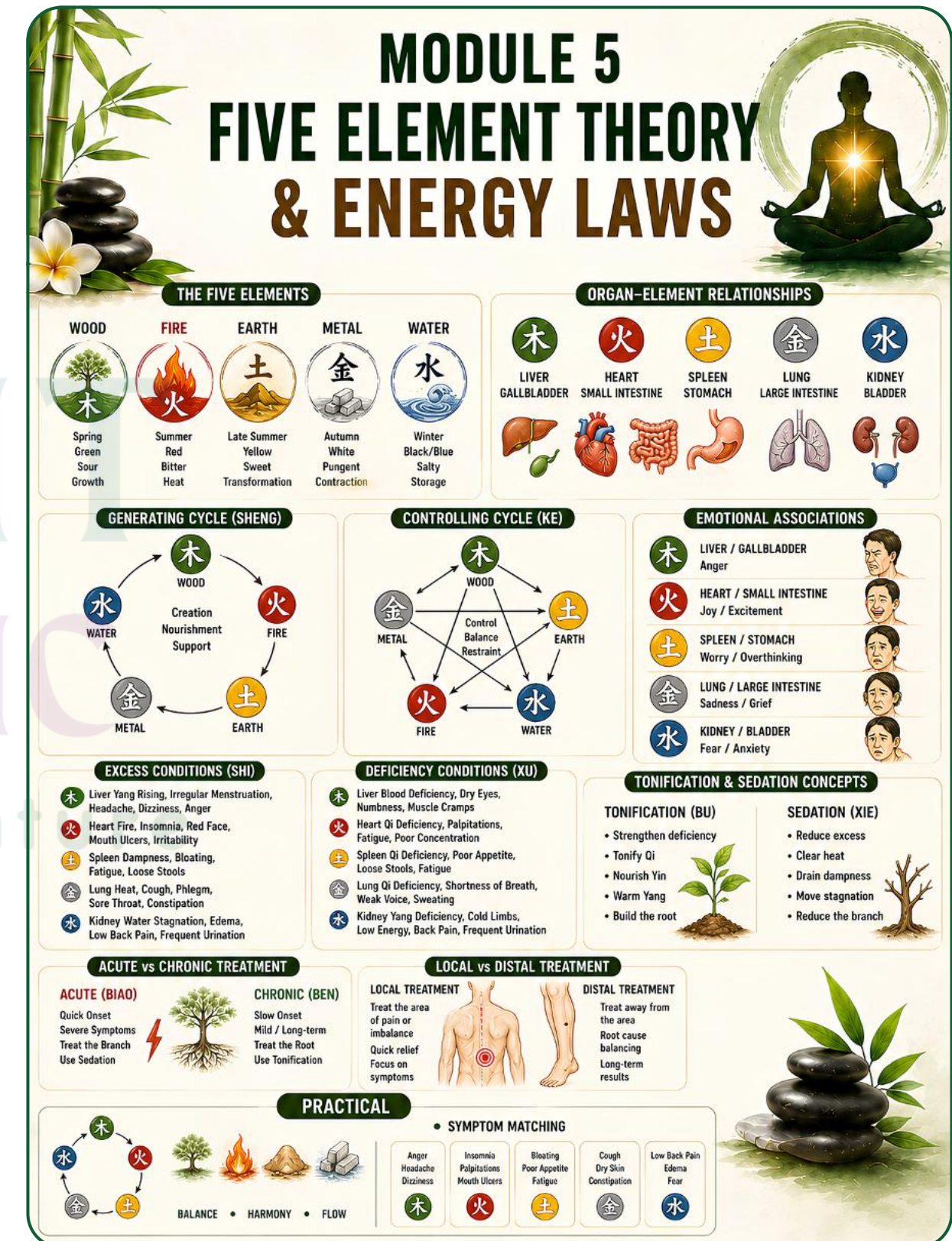
Module 5: Five Element Theory & Energy Laws

Topics Covered

1. Wood, Fire, Earth, Metal, Water
2. Organ-element relationships
3. Generating cycle
4. Controlling cycle
5. Emotional associations
6. Excess and deficiency conditions
7. Tonification and sedation concepts
8. Acute vs chronic treatment
9. Local vs distal treatment

Practical

1. Element cycle exercises
2. Symptom matching



PHASE 1 — FOUNDATION LEVEL

Module 6: Cun Measurements & Point Location System

Topics Covered

Cun Measurement System

1. What is Cun measurement
2. Personal proportional measurement
3. Anatomical landmarks
4. Point location principles

Cun Measurements According to Body Areas

1. Head and face measurements
2. Neck measurements
3. Chest and abdomen measurements
4. Back measurements
5. Upper limb measurements
6. Lower limb measurements

Practical

1. Measuring Cun on different body areas
2. Point location practice

MODULE 6

CUN MEASUREMENTS & POINT LOCATION SYSTEM

CUN MEASUREMENT SYSTEM

WHAT IS CUN MEASUREMENT
A traditional proportional measurement based on the patient's own body.

PERSONAL PROPORTIONAL MEASUREMENT
Cun is based on the width of the patient's thumb or other body proportions.

ANATOMICAL LANDMARKS
Using fixed bony or muscular landmarks as reference points.

POINT LOCATION PRINCIPLES
Accurate location depends on correct measurement, anatomical knowledge and experience.

COMMON CUN REFERENCES	
1 Cun	Width of patient's thumb at IP joint
1.5 Cun	Width of patient's index, middle and ring fingers
3 Cun	Width of patient's four fingers
8 Cun	Width of patient's hand (wrist crease to tip of middle finger)

CUN MEASUREMENTS ACCORDING TO BODY AREAS

1. HEAD AND FACE MEASUREMENTS

2. NECK MEASUREMENTS

3. CHEST AND ABDOMEN MEASUREMENTS

4. BACK MEASUREMENTS

5. UPPER LIMB MEASUREMENTS

6. LOWER LIMB MEASUREMENTS

PRACTICAL

MEASURING CUN ON DIFFERENT BODY AREAS

POINT LOCATION PRACTICE

LI 4 (He Gu) 1.5 Cun	ST 36 (Zu San Li) 3 Cun	PC 6 (Nei Guan) 2 Cun
SP 6 (San Yin Jiao) 3 Cun	LR 3 (Tai Chong) 1.5 Cun	REN 6 (Qi Hai) 1.5 Cun

Always use the patient's own body proportions for accurate measurement.

ACCURATE MEASUREMENT • PRECISE LOCATION • EFFECTIVE TREATMENT

PHASE 1 — FOUNDATION LEVEL

Module 7: Essential Acupoints & Point Categories

Topics Covered

1. 50-70 essential clinical points
2. Yuan Source points
3. Luo Connecting points
4. Xi Cleft points
5. Front Mu points
6. Back Shu points
7. Distal points
8. Local points

Clinical Understanding

1. How to choose points
2. Point combinations
3. Acute vs chronic point selection

Practical

1. Point location
2. Point palpation
3. Sensitivity testing

MODULE 7

ESSENTIAL ACUPOINTS & POINT CATEGORIES

50-70 ESSENTIAL CLINICAL POINTS

- Commonly used points
- High clinical effectiveness
- Easy to locate and apply
- Safe and versatile

POINT CATEGORIES

YUAN SOURCE POINTS

源 Strengthen root Qi

LUO CONNECTING POINTS

絡 Connect meridians & internal organs

XI CLEFT POINTS

隙 Treat acute pain & sudden issues

FRONT MU POINTS

募 Influence Zang organs

BACK SHU POINTS

俞 Influence Fu organs

DISTAL POINTS

Away from the problem (site distant)

LOCAL POINTS

Near or at the problem (site local)

CLINICAL UNDERSTANDING

HOW TO CHOOSE POINTS

- Assess the condition
- Identify pattern
- Select main points
- Add supporting points
- Confirm with patient

POINT COMBINATIONS

ACUTE vs CHRONIC POINT SELECTION

ACUTE
Quick relief (Cleft, Distal)

CHRONIC
Root support (Source, Shu)

EXAMPLES OF ESSENTIAL POINTS (50-70)

- Head & Face (GB20, LI4, ST36, Taiyang...)
- Neck & Shoulder (GB21, SI11, LI15...)
- Chest & Abdomen (CV12, ST25, SP6, REN6...)
- Back (BL23, BL40, BL60...)
- Upper Limb (LI4, PC6, LU9, HT7...)
- Lower Limb (ST36, SP6, KI3, GB34...)

PRACTICAL

POINT LOCATION

POINT PALPATION

- Use finger pads
- Gentle pressure
- Find tender points
- Feel tissue texture

SENSITIVITY TESTING

- Tenderness
- Heaviness
- Soreness
- Radiating sensation
- Referred pain

PHASE 1 – FOUNDATION LEVEL

Module 8: Introduction to Sujok Therapy

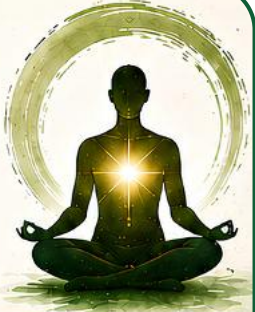
Topics Covered

1. Standard correspondence system
2. Hand correspondence system
3. Foot correspondence system
4. Mini systems
5. Organ correspondence system
6. Pain correspondence principle
7. Self-healing applications

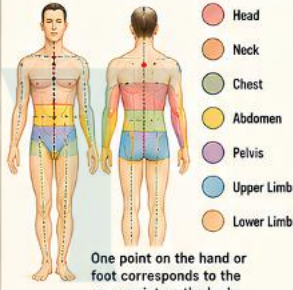
Practical

1. Spine mapping
2. Organ mapping
3. Pain-point detection

MODULE 8 INTRODUCTION TO SUJOK THERAPY

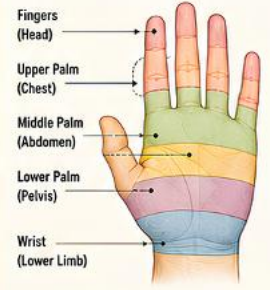


1 STANDARD CORRESPONDENCE SYSTEM



One point on the hand or foot corresponds to the same point on the body.

2 HAND CORRESPONDENCE SYSTEM



3 FOOT CORRESPONDENCE SYSTEM



4 MINI SYSTEMS

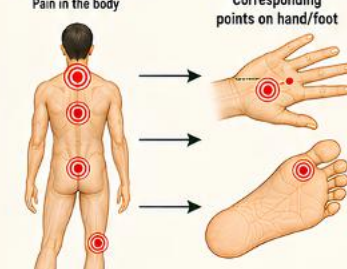


Each finger and toe has a complete correspondence of the whole body.

5 ORGAN CORRESPONDENCE SYSTEM



6 PAIN CORRESPONDENCE PRINCIPLE

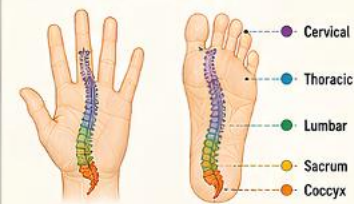


7 SELF-HEALING APPLICATIONS



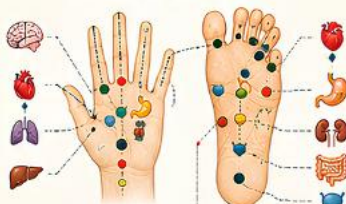
PRACTICAL

• SPINE MAPPING



Map the spine on the hand and foot to treat spinal problems.

• ORGAN MAPPING



Stimulate corresponding organ points to restore balance and health.

• PAIN-POINT DETECTION



Find sensitive points on hand/foot that correspond to painful areas.



**SIMPLE
SAFE
EFFECTIVE**



**NATURAL
HOLISTIC
HEALING**



**ANYTIME
ANYWHERE
ANYONE**



**SELF-CARE
SELF-HEALING
SELF-EMPOWERMENT**

PHASE 1 — FOUNDATION LEVEL

Module 9: Basic Acupressure Techniques

Topics Covered

1. Pressing techniques
2. Holding techniques
3. Rotation methods
4. Finger pressure techniques
5. Thumb pressure methods
6. Sedation and tonification basics
7. Pressure angles
8. Treatment duration basics

Practical

1. Acupressure stimulation
2. Self-treatment practice
3. Partner practice

MODULE 9 BASIC ACUPRESSURE TECHNIQUES

1 PRESSING TECHNIQUES

Steady pressure with fingertips or thumb. Apply firm, gentle pressure to the acupoint. Maintain even pressure without slipping.

2 HOLDING TECHNIQUES

Hold the pressure. Stay relaxed and steady. Focus on the point.

3 ROTATION METHODS

Clockwise rotation. Counterclockwise rotation. Small circular movements.

4 FINGER PRESSURE TECHNIQUES

Index finger pressure. Middle finger pressure. Three-finger pressure.

5 THUMB PRESSURE METHODS

Thumb tip pressure. Thumb pad pressure. Thumb knuckle pressure.

6 SEDATION AND TONIFICATION BASICS

SEDATION (XIE)	TONIFICATION (BU)
- Reduce excess - Calm and soothe - Slow, gentle pressure - Longer duration	- Boost deficiency - Strengthen energy - Strong, quick stimulation - Shorter duration

7 PRESSURE ANGLES

90° (Vertical). 45° (Moderate). 30° (Gentle).

8 TREATMENT DURATION BASICS

1-3 Minutes General wellness. 3-5 Minutes Chronic conditions. 5-10 Minutes Severe conditions. 1-2 times daily or as needed.

PRACTICAL

• ACUPRESSURE STIMULATION

- Locate the point
- Apply correct technique
- Adjust pressure as needed
- Check the response

• SELF-TREATMENT PRACTICE

- Use on daily discomfort
- Relieve stress and fatigue
- Support natural healing
- Easy, anytime self-care

• PARTNER PRACTICE

- Practice accurate location
- Use proper pressure
- Communicate and observe
- Learn and improve together

GENTLE EFFECTIVE NATURAL

HEALING BALANCE HARMONY

REGULAR PRACTICE BETTER RESULTS BETTER HEALTH

MIND-BODY ENERGY CONNECTION

PHASE 1 — FOUNDATION LEVEL

Module 10: Holistic Lifestyle & Wellness Healing

Topics Covered

1. Lifestyle and disease
2. Stress management
3. Sleep and healing
4. Food energetics basics
5. Warming and cooling foods
6. Emotional balance
7. Hydration and digestion support
8. Breathing exercises
9. Relaxation methods
10. Daily wellness routines

Practical

1. Daily energy balancing routine
2. Sleep support protocol
3. Stress-relief routine



MODULE 10 HOLISTIC LIFESTYLE & WELLNESS HEALING



1 LIFESTYLE AND DISEASE - Daily habits affect our health - Balance creates wellness - Prevention is better than cure	2 STRESS MANAGEMENT - Identify stress triggers - Calm the mind and body - Restore inner balance	3 SLEEP AND HEALING - Good sleep heals the body - Regulate sleep cycle - Deep rest, deep recovery	4 FOOD ENERGETICS BASICS - Food has energy - It affects body and mind - Choose foods that heal	5 WARMING AND COOLING FOODS - Balance Yin and Yang - Warm foods for cold conditions - Cool foods for heat conditions
6 EMOTIONAL BALANCE - Emotions affect organ health - Acknowledge and release - Cultivate positive emotions	7 HYDRATION AND DIGESTION SUPPORT - Drink enough warm water - Support digestive fire (Agni) - Eat mindfully and on time	8 BREATHING EXERCISES - Oxygenates the body - Calms the mind - Balances energy flow	9 RELAXATION METHODS - Relax body and mind - Reduce tension and fatigue - Restore natural healing	10 DAILY WELLNESS ROUTINES - Small daily habits - Consistency is the key - Build long-term vitality

DAILY ENERGY BALANCING ROUTINE


Morning Gratitude → Warm Water + Breath → Gentle Movement → Healthy Meals → Evening Reflection

Balance body, mind and spirit every day

SLEEP SUPPORT PROTOCOL


No Caffeine After 2 PM → Limit Screens Before Bed → Relaxing Environment → Sleep by 10-11 PM

Deep sleep, deep healing

STRESS-RELIEF ROUTINE


Deep Breathing → Self Compassion → Calming Activities → Nature Connection

Release stress, restore peace



STRONGER IMMUNITY
Stay healthy naturally



BETTER DIGESTION
Absorb and assimilate well



CALM MIND HAPPY HEART
Emotional balance and clarity



SOUND SLEEP
Wake up refreshed



MORE ENERGY
Feel active all day



HOLISTIC WELLNESS
Body, mind and spirit in harmony



LIVE MINDFULLY • HEAL NATURALLY • THRIVE HOLISTICALLY