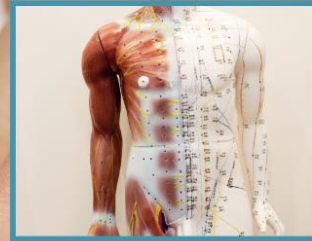


FROM TCM-CLUELESS TO TCM-CAPABLE IN JUST SIX DAYS.



THIS COURSE IS DESIGNED TO DEMYSTIFY, NOT OVERWHELM.

Are you curious about Meridians, Acupressure and Traditional Chinese Medicine, but not sure where to start? Would you like a clear, grounded framework that actually makes sense?

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THE FOUR FUNCTIONS FRAMEWORK

Two-part training with Che Young

Part One: Tuesday 20 to Thursday 22 October 2026

Part Two: Tuesday 24 to Thursday 26 November 2026

The ASHA Centre Lower Spout Lane Mitcheldean, Gloucester GL17 0EA

Why this training exists

There are said to be over 2,000 acupoints on the human body. A significant period of standardisation occurred during the Maoist era in China, which reduced this to around 350. Che has taken it further and mapped 100 points, the most commonly used, plotting them in a way that is easy to remember.

Most practitioners sense that the Meridians matter. Very few can hold the system clearly enough in their head to actually use it with confidence. This training exists to change that.

The Four Functions Framework groups the 12 main Meridians into four key groups, based on their collective function, their locations, and the organs they are associated with.

You will leave knowing

- Where all 12 main Meridians start and end
- The most commonly used points on each of them
- What they are used for and how to work with them
- How to hold the system as a whole, without memorisation overload
- How to work on both yourself and others using TCM

What is covered in each part

PART ONE Tuesday 20 to Thursday 22 October 2026 10:00 to 16:30, three days Introduction to TCM Acumassage demonstration Learning self-acumassage Yin and Yang The Horary Sequence THE FOUR FUNCTIONS FRAMEWORK Start and end points Great points Basic uses Simple protocols	PART TWO Tuesday 24 to Thursday 26 November 2026 10:00 to 16:30, three days Review of Part One THE FOUR FUNCTIONS FRAMEWORK + Additional points Complex applications Introducing the AcuBingo sheet Mu and Shu points Five Elements Theory Six Channels Theory Combining it all together Detailed protocols
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The practicals

- Venue: The ASHA Centre Lower Spout Lane Mitcheldean, Gloucester GL17 0EA
- Level: beginner to mid-level, no prior TCM experience needed. If you're an existing TCM practitioner but want a simple new lens on the Meridian System, there's still real value here.
- Format: six full days in person, with plenty of time for hands-on practice included
- Accommodation: not included
- Lunch: please bring your own
- Places are limited to ensure individual attention
- Investment: Part One £295 Part Two £295. Parts One and Two £555. 20% deposit to book.

Who this training is for

This training is for anyone with an interest in Traditional Chinese Medicine, or general health and wellness. That might be for yourself, for your friends and family, or if you are an existing or otherwise qualified practitioner, for use with your clients.

It will suit you if:

- You want clarity, not another layer of theory
- You are curious about TCM but unsure where to begin
- You would rather have a solid understanding of the structure than simply follow instructions
- You want something you can put to use in your day-to-day life, on yourself or on others

This is more than a casual introduction. It is a solid framework of understanding, with real life practical applications that you can use straight away.

What people say

ABOUT THE TRAINING

"We went down for the weekend from Derby to attend training with Che in TCM and the Meridians. So worth it! Just amazing, safe, well held and lots of learning, in a beautiful location. If you're thinking about it, don't hesitate, just do it!"

RAFE NAUEN

"I learnt practical skills I can use straight away on myself and my loved ones, and am inspired to explore further now I have a grounded basic understanding of the meridians."

ELLY ADAMS

"It was informal, relaxed and the knowledge was shared in a really accessible way. The practical sessions and overall structure was great, helping us to bond as a group."

RACHEL GRANT

ABOUT THE FOUR FUNCTIONS FRAMEWORK BOOK

"Che's book Meridians For Everyone is truly excellent, inspired and original. It is a wonderfully new way of looking at TCM, a really good philosophy. Well done!"

DR JOHN R CROSS

"I read it in one sitting, I couldn't put it down! I went from "gosh this is complicated" to "actually this is all beautifully simple" in the space of about 100 pages. Well done. An impressive achievement with such a complicated topic."

CAEREDWEN GREGSON-BARNES

"The Four Functions as a concept is very useful. The book is easy to read, concise and easy to follow logically. A great start point for beginners, and for bodyworkers who want a simple understanding without getting bogged down in the intricacies."

PAUL KERWIN

About Che

Che is an expert in the Meridian System, one of the key foundations of Traditional Chinese Medicine.

She works with the body through acumassage, her own combination of massage and acupressure, interfacing with the Meridian System through the fascia and interstitial tissue.

The Four Functions Framework began as a way to help people quickly remember where the Meridians are and what they do. What developed since is a complete system for approaching pain and other common ailments, including digestion, circulation, respiratory and sensory issues, joint and mobility problems, nerve damage, cognition, and loss of vitality.

With a background in corporate training, Che is skilled at simplifying complex concepts. The framework has been well received by esteemed TCM practitioners as an excellent new lens for approaching TCM,

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