

The European Branch of the Toyohari Association is pleased
to announce two Toyohari training programs in Europe, 2025-2026

TOYOHARI - JAPANESE NEEDLE THERAPY
AN EIGHT-MONTH, TWENTY-DAY POSTGRADUATE PROGRAM

Instructors: *Stephen Birch, Junko Ida, Joke Bik-Nowee, Marian Fixler, Sue Pready, Anja Stiehle, Miguel Angel Cabrer Mir, Ramin Khaknegar-Moghaddam, Nicolas Hüppelshäuser, Sascha Gröbe, Lars Schuster, Naoko König*

Both programs run from October 2025 to June 2026, one in Amsterdam, one in Barcelona

Toyohari is a form of *Keiraku Chiryō* - Japanese Meridian Therapy. It is a theoretically simple but technically sophisticated complete system of acupuncture. It is different from most other forms of acupuncture in that it uses a more delicate treatment method, placing greater emphasis on the use of pulse diagnosis and palpation skills. The Toyohari Association has developed quite unique training and teaching methods that can accelerate the learning of skills that usually take many years of practice to develop. Many who have studied the Toyohari style of acupuncture have reported that it is more like what they thought they were going to be studying in acupuncture school.

The Toyohari Association was founded in 1959, evolving out of earlier developments in Meridian Therapy in the 1930s and 1940s. The Toyohari Association began as an Association devoted to Japanese Meridian Therapy for blind students and practitioners. Today it includes both sighted and blind practitioners. Many of the senior instructors in the Association are blind, and have considerable clinical experience. Toyohari is taught in Japan as an acupuncture post-graduate training in monthly meetings in Tokyo. Instruction in Japan is given through the highly organized, academic and hands-on clinical training methods of the senior members of the Association, utilizing the "Kozato-study method". The European Branch of the Toyohari Association ("EBTA" for short) has developed a training program that follows the Tokyo based program. The late past President of the Association, Kodo Fukushima, wrote a book available in English translation: "Meridian Therapy", which is required reading for this program. The book along with various supplies are included in the cost of the program. The programs were recently upgraded to include 20 days of in-class instruction (145 hours) and online pre-recorded lectures for each weekend (15 hours). The additional videos extend the program and permit more in-class demonstrations, practice and explanations.

Graduation from this 160-hour program entitles graduates to join the European Branch of the Toyohari Association and through it one of its European branches. At present there are eight branches: Dutch, British, German, Swiss, Spanish, Portuguese, Danish and Israeli, with members in eight other countries. The principle purpose of the branches is to foster and improve clinical skills by providing ongoing study opportunities both in Branch study groups and study sessions with senior instructors in Japan and Europe. The European Branch of the Toyohari Association (EBTA) has been established to provide the structure for these educational opportunities. Graduates will receive a certificate signed by the EBTA and the Tokyo headquarters of the Association.

Principle amongst the techniques used in the Toyohari system are:

- *Diagnosis*: focusing especially on pulse diagnosis and touch diagnosis;
- *Treatment*: very delicate tonification technique; various draining techniques; harmonizing technique (*waho*); "contact" needling techniques (*sanshin*); needling with the *teishin* for various techniques and purposes, warming moxa (*chinetsukyu*), direct moxa (*okyu*), cupping (*kyukaku*), bloodletting (*shiraku*), specialized treatment of the neck and inguinal regions to relieve symptoms (*naso & muno*), specialized use of the extraordinary vessels (*kikei*), specialized use of midday-midnight method (*shigo*).

EUROPEAN BRANCH OF THE TOYOHARI ASSOCIATION

Lumaneri House, Blythe Gate, Blythe Valley Park, Solihull B90 8AH, UK

Studying in the Toyohari program will help

- Graduates to considerably improve their pulse and tactile diagnostic and assessment skills.
- Graduates to develop a greater sense of qi sensitivity through applying the needling techniques of the Association.
- Graduates to learn a range of methods specifically aimed at relieving symptoms.

Upon completion and becoming an EBTA member

- Members are able to participate in ongoing study groups and workshops in Europe.

The Toyohari program in Amsterdam, the Netherlands will be the twenty-fifth program, and the program in Barcelona, Spain will be the first in Spain. They are taught by two founding EBTA instructors and up to ten other instructors, also assisted by EBTA members. The founding instructors are: Stephen Birch (Academic Dean of the EBTA) and Junko Ida (President of the EBTA). Both have studied extensively in Japan, Europe and the US. The other instructors are Joke Bik-Nowee, Marian Fixler, Sue Pready, Miguel Cabrer Mir, Anja Stiehle, Ramin Khaknegar-Moghaddam, Sascha Gröbe, Nicolas Hüppelshäuser, Lars Schuster and Naoko König who have all studied extensively in Europe and Japan.

The programs are taught in English. For each day of class there will be one to two instructors (depending on the number of students) to supervise the practical training, helped by graduates as teaching assistants. Over 60% of the program will involve hands-on practice of the various methods and techniques. To ensure maximum hands-on training, the number of participants will be limited to 21 in each program.

The dates for the Amsterdam based eight-weekend program are:

2025: *October 10-12* (3 days / 18 hours); *November 7-9* (3 days / 18 hours)
2026: *January 10-11* (2 days / 12 hours); *February 7-8* (2 days / 12 hours);
March 6-8 (3 days / 18 hours); *April 11-12* (2 days / 12 hours);
May 8-10 (3 days / 18 hours); *June 6-7* (2 days / 12 hours)

The dates for the Barcelona based eight-weekend program are:

2025: *October 17-19* (3 days / 18 hours); *November 21-23* (3 days / 18 hours)
2026: *January 17-18* (2 days / 12 hours); *February 14-15* (2 days / 12 hours);
March 13-15 (3 days / 18 hours); *April 18-19* (2 days / 12 hours);
May 15-17 (3 days / 18 hours); *June 13-14* (2 days / 12 hours)

The program in Amsterdam is held at the Japanese Acupuncture Center, W.G. Plein 330, 1054SG, Amsterdam. This is the clinic of Junko Ida and Stephen Birch and is centrally located in Amsterdam

The program in Barcelona is held at the Martí-Codolar Salesian Seminario, Avda. Cardenal Vidal y Barraquer 15, 08035 – Barcelona. This is an old seminary set at the back of Barcelona with beautiful views and grounds. It also has on-site inexpensive accommodation available. If you are interested in staying there it is advised to apply for the program and accommodation as early as possible. The Marti-Codolar does a lot of educational events and the rooms to stay frequently fill up many months ahead.

The programs often fill quite quickly, so it is advised not to delay application, as applications will be taken on a first-come-first-served basis.

To qualify for each program you must have completed a training program in acupuncture.

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Program costs for either program (including supplies and written materials): 2,700 euros.

You must pay the non-refundable deposit of 300 euro when you apply and the remaining 2,400 euro by July 1, 2025.

To apply and register online for either the Amsterdam or Barcelona program, please click on the following link and scroll down to the bottom of the page to select your program.

<https://tebotta.wildapricot.org/Application-form-to-study-Toyohari-in-Amsterdam-or-Barcelona/>

Once the application has been processed you will receive an email confirming your application and place in the program with payment details.

If you have any questions about the program please email junkoida@aim.com

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