



The Source Point Institute is proud to offer  
the complete professional and non-professional Insight Acupressure Curriculum

# Insight Acupressure

For Whole Being Health & Consciousness

## About Insight Acupressure

Insight Acupressure (formerly Soul Lightening Acupressure) is a soul-centered modality that honors and encourages the whole-being health and consciousness of every individual. The nature of our work, the intention of our offerings, and the spirit of our gatherings are deeply heart-centered and compassionate. It is a unique and special privilege to engage with the whole-being with Insight Acupressure.



## The Curriculum

The Insight Acupressure curriculum offers a full spectrum of professional and non-professional acupressure training courses.

**Non-professional courses** include *Good Points for Self-Care* workshops and the *Acupressure for Anyone* series. Both programs offer simple point combinations to address common symptoms. The *Good Points* program is for self-care, and the *Acupressure for Anyone* program is for giving the gift of acupressure to family or friends.

**Professional level courses** may be taken ala-carte, or in specific combinations as part of a certification program. Individuals who attend our programs not only develop solid skills to use in their professional practice, they are likely to undergo a profound personal journey of exploration and clarification as well. Becoming an Insight Acupressure practitioner offers the opportunity for learning and growth on all levels—body, mind, emotions, and soul.

## Please reach out if you have any questions:

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Phone: 410-253-8882

## Certification Programs

The certification programs for Insight Acupressure (formerly Soul Lightening Acupressure) are currently undergoing some transition. There have historically been progressive levels of certification, beginning with the Foundation Certificate, and then progressing to either the Clinical Acupressure or the Process Acupressure professional

programs. Many practitioners elect to study both tracks before progressing to the Advanced Professional Certification program.

### The Foundation Certificate

Clinical Acupressure 1: Basic Applications  
Process Acupressure 1A: Foundations

### Clinical Acupressure Certification

The Foundation Certificate  
Clinical Acupressure 2: Meridians  
The Clinical Acupressure Seasonal Practicums  
Winter, Spring, Summer,  
Late Summer, Autumn

### Process Acupressure Certification

The Foundation Certificate  
Process Acupressure 1B: Progressing Process  
Process Acupressure 2: Body & Personality  
Inner Child Healing

### Advanced Insight Acupressure Certification

The Foundation Certificate  
Either PA or CA Certification (*preferably both*)  
*Clinical Acupressure 3: Extraordinary Vessels*  
*Process Acupressure 3: The Hologram*  
*Process Acupressure 4: Transpersonal Integration*  
*Approved Elective (1)*