



Asheville Macrobiotic Alliance



AshevilleMacrobioticAlliance@gmail.com

Are You Too Yin or Too Yang?

An Evening Talk with Michael Rossoff, L.Ac.

Wednesday, February 1, 2012

7:00-9:00 pm

The yin yang perspective is easy to learn and serves as an extraordinary tool for understanding the nature of all things. It takes us beyond simple opposites (good/bad, healthy/sick) to the truth that everything is a gradation between these opposites. Its uniqueness provides us with the ability to see reality unfiltered by emotions or biases. From this vantage point, we can begin exploring cause and effect, and the true nature of change.



Michael will discuss the basic meanings of yin and yang, with key helpful ways of applying them to your personal health. He will explain how yin/yang principles can give you insights not only for physical but also for mental and emotional realms of health. The macrobiotic view of foods by yin yang will be discussed. Learn the profound value of using yin and yang as tools for understanding your condition, since all symptoms are due to excesses of either yin or yang forces. From imbalance to wholeness, this lecture will guide you through important ways of empowering self-healing.

DATE	TIME	LOCATION	COST
Wednesday February 1st	7:00-9:00 pm	Jewish Community Center 236 Charlotte St, Asheville, N.C.	\$10.00 at Door

Michael Rossoff, L.Ac. has been dedicated to macrobiotics for 42 years. His life's work involves the practice of Oriental medicine through personal counseling, acupuncture and teaching macrobiotics to audiences in America, Europe and Israel. He is known as an attentive and insightful counselor; an experienced and expert acupuncturist; and an articulate and inspiring teacher. He continues to practice acupuncture and private counseling in Asheville, and travels to other cities for teaching. He can be reached at **828-258-1883** or see his website, www.MichaelRossoff.com for more information, including articles written by Michael for MacroMuse, a macrobiotic magazine he published during the 1980s.

NEXT LECTURE IN SERIES

Wednesday, March 7 • "Emergency Kitchen" • with Liliane Papin, PhD, L.Ac.