Seminar

Power Points

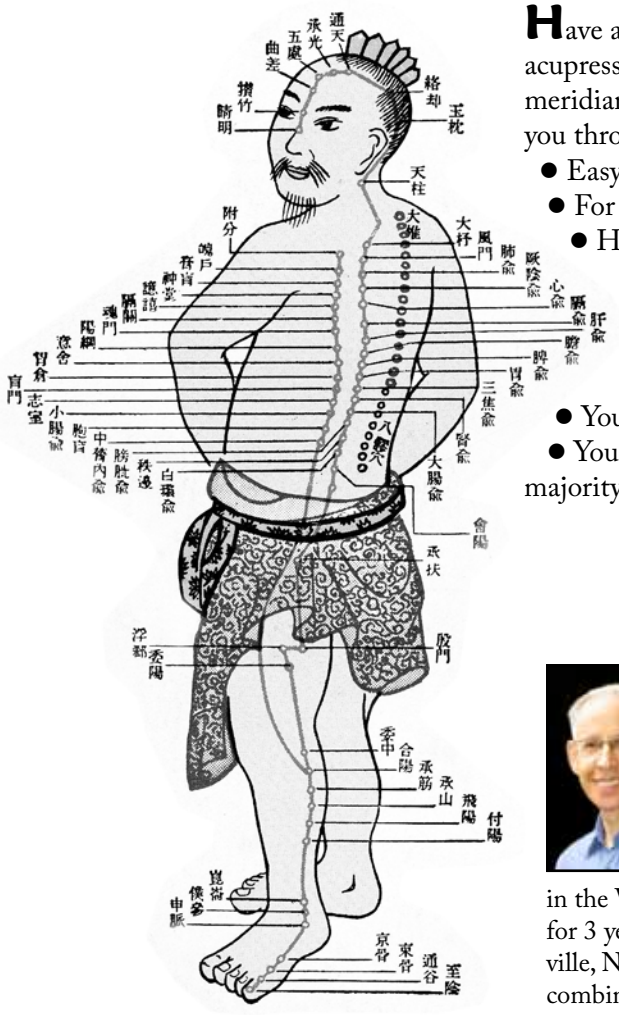
The 25 Most Important Acu-Pressure Points

RE-SCHEDULED

with Michael Rossoff, Lic.Ac.

Sunday, November 21 ◆ 1:30 - 5:00 pm ◆ $50

at Office of Michael Rossoff ◆ in Chunns Cove ◆ Asheville, N.C.



Have a power-packed afternoon learning the body's most effective acupressure massage points. Following a short explanation of the meridians and energy system of Oriental healing, Michael will lead you through the points and their uses.

- Easy to learn and use
- For helping yourself or a friend
- Help many common problems, such as:
  - anxiety • headaches • menstrual cramps • nausea
  - heartburn • backache • palpitations • many more
- Each point has a name that reflects its spirit and subtle uses, which can add to your understanding.
- You'll receive handouts showing the point locations and names.
- You'll learn a routine for daily vitality and calming tensions. The majority of the points will be on the arms, neck, shoulder and legs.

No prior knowledge or experience is required.
What you learn can serve your wellness for a lifetime!

Michael Rossoff, Lic.Ac.

Michael brings over 40 years experience with macrobiotics and Oriental healing as an international teacher, counselor and acupuncturist. After studies with Michio Kushi in the '60s and '70s, he studied acupuncture in England before beginning a practice of counseling, teaching and acupuncture in the Washington, DC area. He was dean of a Chinese medicine school for 3 years and continues to practice acupuncture in Maryland and Asheville, North Carolina, where he lives. He is known for his unique ability to combine macrobiotic and Oriental medicine concepts. His healing work as a counselor focuses on dietary recommendations and lifestyle issues, and includes insights into subtle yet profound qualities of emotion and spirit that can impact an individual's life. His acupuncture and counseling practice is located near downtown Asheville.

Visit www.MichaelRossoff.com

Pre-registration required
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