

Virtual Acupuncture Clinic

***What Does Treatment Look Like Without Needles?***

**Chinese Medicine** is a complete healthcare system that has been taking care of people for thousands of years. In the West, most people only think about the needles.

***Yet, there's so much more!*** Through the lens of medical energetic theory, our faculty & students have a rich set of skills to help you:

* ***Find Your Inner Resources*** through self-stimulation of acupuncture points & channels
* ***Move*** through pain and stiffness with beautifully simple Qigong *(energy cultivation)* exercises
* ***Shift*** your own energetic states substantially with the cultivation of new habits, practices, & realizations
* ***Create*** more vital, nourishing meals & snacks by choosing foods that support your unique energetic state
* ***Sink into Being*** your best self with meditation & mindfulness coaching

***So, come partner with us on this journey of discovery!***

***The real questions are what do you need & where do you want to go?***