



presents...

Wellness Through Chinese Medicine: Techniques for Self-Care

with Teri Applegate, MAcOM, LAc



Saturday, April 17
1:30pm - 4:30pm
Two Dog Yoga in Lake City

Explore fundamental concepts behind Chinese Medicine; learn take-home techniques rooted in qigong, the internal movement meditation from which Chinese Medicine was developed.

Appropriate for established qigong practitioners, people getting acupuncture or those new to this oldest continuing health care system in the world.

Teri Applegate is a longtime acupuncturist / Chinese Medicine practitioner and the Lineage Holder of several qigong forms.



\$54 pre-registration requested

12549 28TH AVENUE NE
(206) 367-9608
www.TwoDogYoga.com