

2009 PRESENTATION SERIES

Presented by: Paul Janson, MS, LAc

ACUPUNCTURE AND CHINESE HERBAL MEDICINE

Introduction to Chinese Herbal Medicine Thursday, February 12, 2009 7:30 – 9:00 p.m.

Introduces the basic concepts behind Chinese medicine practice, including yin-yang theory, the 5 elements and qi theory. Forms the basis for the next talk. **Donation at the Door**

Understanding Acupuncture Thursday, February 19, 2009 7:30 – 9:00 p.m.
Applying the concepts introduced in the previous talk to the practice of acupuncture and moxibustion. **Donation at the Door**

SIX ESSENTIALS OF A HOLISTIC LIFESTYLE

Session 1 Thursday, April 9, 2009 7:30 – 9:00 p.m.

Healthy Attitude - Laying down a foundation of self-acceptance, the importance of values such as honesty and aesthetics, distinguishing between the two types of judgment, defining the characteristics of a healthy self-image, planning for long-term success

Session 2 Thursday, April 16, 2009 7:30 – 9:00 p.m.

Whole Foods Diet - Diet as a lifestyle rather than a fad, creating a principle-based rather than a numbers-based foods model, the importance of whole foods, what to look for in food labels, to supplement or not to supplement, the truth about cholesterol and fat

Session 3 Thursday, April 23, 2009 7:30 – 9:00 p.m.

Physical Activity - Being active because you enjoy it, finding the right balance between activity and rest, the importance of sleep, how to get motivated and stay motivated

Do What You Love - at all costs!, the importance of expressing yourself through what you love to do, how to prioritize your time, working without attachment to the outcome

Session 4 Thursday, April 30, 2009 7:30 – 9:00 p.m.

Healthy Relationships - Trust and communication- the pillars of a healthy relationship, establishing boundaries, sex and sexuality, seeing relationships as part of your diet, your relationship with yourself

Holistic Care- A holistic lifestyle is the first step in holistic care, preventive vs. curative approaches, how to choose- outlining some holistic care modalities: naturopathy, homeopathy, hydrotherapy, balneology, Ayurveda, reflexology, nutraceuticals and vitamins, massage, chiropractic, European herbal medicine, Chinese herbal medicine, acupuncture

SUGGESTED DONATION \$120 FOR ALL FOUR SESSIONS

PARTICIPANTS SHOULD PLAN TO ATTEND ALL FOUR SESSIONS

Call 269-274-2331 for details

SAMBODH CENTER FOR HUMAN EXCELLENCE

6363 N. 24TH ST

KALAMAZOO, MI 49004

NEAR G AVE AND SPRINKLE

269-492-0544

www.Sambodh.us