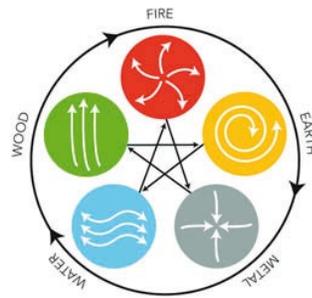
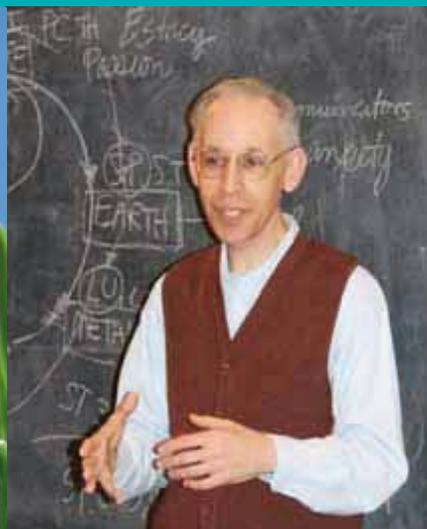


Secrets of Inner Vitality *from the inside out*

with Michael Rossoff June 27 to 28, New York City



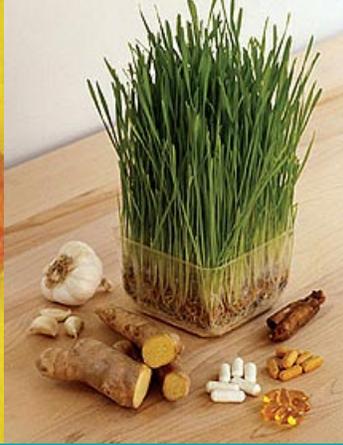
• WATER • WOOD • EARTH • METAL • FIRE



Healing and Longevity with knowledge and wisdom from the 5000 year tradition of the Taoist Pathway.

We have combined essential teachings from Taoist philosophy along with vital understandings from macrobiotic lifestyle applications. **The material is easy to learn and will open new doors of personal healing and understanding.** You will leave this seminar with clear knowledge and understanding, and practical ways to improve your health and increase your awareness of the universe you live in. **Let vitality, acceptance, and compassion replace resentment, fear and loss of the 'Way'.** The goal is to create new clarity, meaning and purpose for each person attending this workshop. The outcome will be positive and enriching.

For over the past 39 years **Michael Rossoff** has been committed to sharing the wonderful potentials of a healthy lifestyle to thousands of people. He has been a teacher of macrobiotics and Oriental medicine, an acupuncturist, a teacher of shiatsu massage, a publisher (of *MacroMuse* magazine), a writer and a national and international lecturer. In recent years, Michael has lectured in England, Italy, Croatia, Israel, and Portugal, also in Massachusetts, California, and Maryland in the USA.



This weekend can change your understanding of healing and give you the tools for changing your life toward greater wellness.

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Learn Taoist Longevity Techniques with the Five Elements

Throughout the weekend, there will be in-depth studies of the body – physically, energetically and spiritually – using the Oriental model of Five Elements. From basic to advanced, Michael will cover ailments, emotions, foods, healing exercises, and acupuncture points.

We are privileged in having Michael also teach his advanced material covering each element's 'spirit' and 'psyche.' Referred to as Advanced Taoist Alchemy, you will learn about the bio-energetics, emotional and psyche-spiritual, metaphysical relationships of the "Shen, Hun, Zhi, Po and Yi", deep essences of the 5 elements which guide the soul towards unity with self, others and the cosmos.

- Water Kidneys "Root of Life"
- Wood Liver "Movement for Life"
- Earth Spleen "Renewal of Life"
- Metal Lungs
"Bridge Between Heaven & Earth"
- Fire – Heart "Spirit of Life"

We will also challenge popular assumptions such as inheriting disease, and the belief that aging brings only decline, dementia and death by disease. Further, we will explore the body-mind-spirit connection in ways that expand our understanding and give direct tools for experiencing their unity.

In this dynamic weekend with Michael Rossoff, an American pioneer of self – healing techniques, you will learn to:

- Understand 'chi' energy – the vital engine of life
- How to diagnose 'energy imbalances' and how to heal them
- Learn the '5 element theory' from basic to advanced
- Improve your communication skills, and incorporate knowledge of the yin-yang principle into your everyday life
- Discover unique acupuncture points, and their effective use in treating various ailments
- Qigong exercises for health and longevity
- Increase your Coaching skills: what is said vs. unsaid: what is relevant: the difference between inspiration vs. motivation
- Being a Guide and Healer, developing your Counseling Skills

Topics include:

- Differences between Western & Eastern medicine
- What is Qi?
- What is yin-yang?
- Energy Maps
- Circulation of Qi through the 12 meridians
- Learn major acupoints
- What is sickness?
- What is disease?
- What are symptoms – what do they mean?
- What is healing?
- What is longevity?
- What is life for?

Introduction to Oriental diagnosis

- By seeing, hearing, feeling, asking and sensing
- Difference between constitution versus condition
- Judging significant from the minor.

Throughout the weekend, Michael will also weave together some of the key components of Oriental diagnosis, counseling and coaching, acupuncture and home remedies

Michael will explain, from oriental and western medical viewpoints, how the body is designed to serve our healing. He will teach you how to recognize signs of troubles brewing and how to know when problems are really improved. You will learn which foods weaken and disturb specific organs and functions and then which foods can strengthen and support continued wellness. Cooking styles, proportions and variations due to activity, sex, body types will be discussed.

This weekend can change your understanding of healing and give you the tools for changing your life toward greater wellness. You can become a true help to others, whether they be family, friends or clients. Health is our birthright. Disease, disability, depression, decline and death are our culture's vision for our future. We can change this view into a reality that embraces life's changes, where sickness can lead to greater health and where confusion can lead to greater clarity.

Phone 1-646 812 0091 Bookings: info@academyhealingnutrition.com

Fees: \$350 if booked by 15th June. \$420 after 15th

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