



WORLD
WELLNESS
GROUP

ACUPRESSURE FOR STRESS RELEASE



ANCIENT WISDOM MEETS MODERN SCIENCE

A practical two hour session delivered by a highly trained Traditional Chinese Medicine Practitioner:

- Understand the basics of traditional Chinese medicine and its approach to stress
- Learn important acupuncture points to release stress
- Understand the role of acupressure to manage stress

Cost: \$400 for 2 hour session