



JEFFREY YUEN

Jeffrey Yuen comes from a Daoist lineage and is an ordained priest of two traditions of Daoism, the Jade Purity and Complete Reality schools. Jeffrey serves as Dean of Academic Affairs of the Acupuncture Program

at the Swedish Institute College of Health Sciences and President of the International Tai Chi Institute, both in New York City. Mr. Yuen was the first recipient of the *Educator of the Year Award* conferred by the AAAOM. He lectures frequently nationally and abroad. Recently, a post-graduate center for Chinese medicine was created in Dublin, Ireland devoted to his teachings of Classical Chinese Medicine.

The Maryland
Acupuncture
Society
P. O. Box 5498
Takoma Park, MD
20913-5498



Register now for:

Jeffrey Yuen
December 4-5, 2010

Mark Your Calendars!

- Alex Tiberi, *The Elegance and Simplicity of Classical Herbs* series, February-November, 2011
- *Master Tung Magic Points*, Robert Chu, March 12-13, 2011
- John & Angela Hicks, *Integrating 5 Elements & TCM*, November 12-14, 2011

MAS PROUDLY PRESENTS

Jeffrey Yuen

Nurturing the Unfolding of Life



December 4, 2010 10am-5pm
December 5, 2010 8am-5pm

14 CEUs Available

Jeffrey Yuen presents
Nurturing the Unfolding of Life

It is almost universal for individuals to desire optimum health & longevity. Inherent in Chinese medicine is the emphasis on medicine as preventive health care, rather than palliative treatment. Accordingly, the key to optimum health lies in maintaining healthy living habits & attitudes. Much of the teachings in health preservation has been associated with Daoist traditions & their healing arts. Crucial to nurturing ourselves is the ability to acknowledge & prepare for the cyclical changes (e.g., cycles of 7 & 8) that are imminent in the unfolding of life.

This 2-day seminar will focus on the dynamic considerations that occur at the various phases of our life from dietary to lifestyle choices. Considering gender, age, & individual concerns, the discussion will explore the application of the various modalities of Chinese medicine (coming from a Daoist perspective) to promote lifelong health. In addition, the stresses of life will be examined & suggestions will be orientated to manage mental health.



Day 1

- Cycles of 7 & 8: the Unfolding of Life
- The Challenging "Palaces" of Life
- Health & Longevity – its Pursuit
- Gender & Age Differences
- Importance of Diet & the Dietary Spectrum
- Role of Exercise

Day 2

- Fountain of "Youth" – Are there "Anti-Aging" Choices?
- Fountain of "Inspiration" – Meditation & its Role
- Small Changes vs. Big Changes in Our Lifestyle
- Finding the Magical "Cure" within Ourselves
- Lifelong Health – its Reality

Attention MAS Members:

MAS members are invited to participate in a free, networking lunch on Sunday, Dec. 5 from 12:30-1:30pm at the Sheraton, Columbia. Get your Qi-flowing talking and eating with your colleagues!

SEMINAR INFORMATION

Location:

Sheraton Columbia
10207 Wincopin Circle
Columbia, MD 21044
Special rates available for \$129 until 11/19.
Use this link or call 888.627.8318
<http://tinyurl.com/MAS2010Fall>

Sunday Brunch Included for MAS Members Only.

For information call 443.320.1695 or see www.maryland-acupuncture.org where you can also register online!

Cancellation Policy:

Cancel by Nov. 4, 2010—75% refund
Cancel after Nov. 4, 2010— no refund

14 CEUs Available

Directions From Baltimore:

Take I-95 South to 175 West (Exit 41B). Travel five miles. After crossing over Route 29, move to the left lane. Go through five traffic lights. Immediately after the fifth light, make a left onto Wincopin Circle. Follow the street back 2/10th mile passing Lakefront Parking on the right. Hotel is on your right.

Registration Form (*Registration also available online*)

Name: _____

Address: _____

Email: _____

Phone: _____

home cell work

Check applicable fee and include your check with this form:
(One-day registration not available.)

Fee:	Postmarked by 11/04	Postmarked after 11/04
MAS Member	<input type="checkbox"/> \$270	<input type="checkbox"/> \$295
MAS Student Member	<input type="checkbox"/> \$245	<input type="checkbox"/> \$270
Non- MAS Member	<input type="checkbox"/> \$330	<input type="checkbox"/> \$355
AOBTA,* ASVA*, APA*		
ASDC* and VAAOM*	<input type="checkbox"/> \$300	<input type="checkbox"/> \$325

* Enclose proof of current membership.

Make check payable to:

Maryland Acupuncture Society (credit cards online)

Send registration form with check to:

MAS Seminar Registration
PO Box 5498 • Takoma Park, MD 20913-5498