



acupuncturekitchen

# Spring Into Spring:

Seasonal Living Part I with Nikki Fancher, L.Ac.

Thursday, April 8<sup>th</sup>, 2010

7:00pm-9:00pm

*\$15-\$30 Sliding Scale*



Join licensed acupuncturist, herbalist, and all around fabulous woman, Nikki Fancher for practical and poetic advice for living in harmony with the seasons. In this dynamic course, Nikki will explore modern advice from an ancient Chinese poem for optimizing your health in the Spring. You will also learn recipes and lifestyle tips for feeling fabulous and energized as the year emerges. Top off your time with a relaxing ear acupuncture session (optional of course) and Spring into Spring with tools to continue gaining renewed energy throughout the year.

## Course Highlights:

- Learn an herbal-based, seasonal recipe for using food as medicine. Take-home herbs included!
- Explore an Ancient Chinese Medical text's poetic advice for Spring
- Receive a research-based, ear acupuncture session for detox and stress reduction (optional)

**\*your enrollment includes a delicious recipe and seasonal herbs to cook up at home\***

*Reserve or Inquire at Acupuncture Kitchen:*

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