



Academy for Five Element Acupuncture

passion • education • community

Autumn 2013

If you didn't attend our 25th Anniversary Celebrations...



...You missed a great party!

Master Ou coming in January

Please join us in January when Master Wenwei Ou will be coming to Gainesville to present a number of exciting courses, including Pangu Shengong, healing skills and calligraphy. In addition, Master Ou will be seeing patients in private sessions.

Master Ou is renowned as a Qigong Master, calligrapher, author and poet. He is the originator of Pangu Shengong (PGSG). After intensively studying ancient Chinese methods of preserving health, Master Ou created PGSG to enable practitioners to absorb the life force of the universe and to improve their own life force and immune system. PGSG is based on the physiology of the human body and the miraculous relationship between humans and nature. PGSG has helped people with ailments such

as cancer, heart disease, diabetes, rheumatoid arthritis, lupus and other conditions.

Master Ou is also recognized throughout Asia as a gifted master of Chinese calligraphy. His work can be appreciated for both its artistic beauty and energetic expression.

Master Ou will be accompanied this trip by two of his senior students. **Anisha Desai Fraser** (Class 19) and Vincent Chu, who will be teaching Pangu Yoga and Pangu Tai Chi, respectively. Both courses incorporate the energy cultivation and healing benefits of Pangu Shengong.

Please visit pangu.org for additional information and to read testimonials.



Master Ou Wen Wei

For class descriptions and registration information, please visit our website, acupuncturist.edu. Call us at 352.335.2332 for more information or to schedule 1:1 healing sessions. Don't forget to follow event updates on our Facebook page!

Alumni News



I am the Director of the new Acupuncture Department at Valir Health in Oklahoma City, OK. I'm starting this department from the

ground up, working with physicians and other primary care providers as well as running an outpatient Acupuncture clinic at the hospital and start-up clinics in their 13 outpatient facilities. Valir is dedicated to utilizing all forms of effect treatment in an effort to meet their patients needs. I am super excited because I get to meld Eastern and Western medicine! I credit AFEA for this opportunity. Even after you graduate you are still part of the family and I love that!

-Toni Penery
Class 28



I would like to announce my practice opening in Delray Beach FL, just 2 blocks from the Atlantic ocean. I do Five Element acupuncture specializing in severe digestive disorders, and Mei Zen Facial Rejuvenation. Visit my website www.liznewmanacupuncture.com

-Liz Newman
Class 27

An Herb Dream Realized



Currently we have the following herbs in our Herb Garden: *Chuan niu xi (Cyathula)*, *Sheng jiang (ginger)*, *Artemisia argyi (mugwort)*, and *Dang shen (codonopsis)*.

Autumn isn't usually a time of beginnings, but the Academy officially began its first herb garden in October. Here in Florida we have two growing seasons, spring and fall. This project will broaden our herbal program. Now students will see medicinal plants growing in addition to studying and working with the dried and prepared versions in the dispensary. And what better way to learn about the Five Elements than through the lens of an herb garden, and helping to nurture it along the way.

In contrast to fall gardening in Florida, Autumn is the season of letting go. It is a time of finishing the harvest, and plowing under the remnants to make possible the beginnings of next year. While making gratitude lists and giving thanks, consider the value of letting go of that which needs to be let go. Plow it under, and let it build a foundation for new beginnings.

**-Carrie Chauhan, M.Ac.
Herbal Studies Program Director**



Upcoming Events

January 7

**New Master of Acupuncture
Class begins**

January 10 -15

**Pangu Shengong Weekend
with Master Ou**

Moving and Non-Moving Form

Pangu Tai Chi

Healing Skills

Intuition Development

Individual Healing Sessions

Pangu Yoga

Dinner & Lecture: Path of Life

January 31- February 6

Botany with 7Song

Spring 2014

Niki Bilton

Details TBA

June 27-28

Spirit of the Herbs

Thea Elijah

May 2015

Elisabeth Rochat de Valle

Details TBA

Visit our website for more
information:

ACUPUNCTURIST.EDU

Thank you Angela Hicks



Feedback from "*The Emotions, The Officials, and Treating the Spirit*", Oct. 25-26:

"So excited to bring this knowledge back to my patients!"

-Anglesea (Liz) Newman

"I feel empowered to try this [technique]. Very clean instruction!"

-Rachel Harrison

"After 14 years of practice this answered several frustrations- needling, what to do if something isn't moving, etc. Very helpful!"

-Rena Howell

Buy a Brick Donation Drive

Be a part of history.

Donate today to have your name etched on a brick as a lasting part of the Academy's new sign incorporating the five elements.



All five elements have been incorporated into the new sign.
Can you find them all?

We unveiled the design for our new Academy sign at the 25th Anniversary celebration. You can purchase an engraved brick for \$250 for yourself, to commemorate your favorite teacher, share your inspiration with future students, or get together with your class and buy a brick as a group. We hope to start construction in Spring 2014. Donations may be made over the phone (352.335.2332) or on our website, acupuncturist.edu.

From Front Page (Top Left) *Winning Class with Most Attendees: Laura Hartley, Liz Newman, Serenity Thomas, Carlos Sessler, and Mel Feigel of Class 27 with Misti Oxford Pickeral, Executive Director, center.* (Top Right) *Michael Kowalski, faculty, and Laura Kowalski.* (Middle Left) *Marilyn Mesh, Governing Board, Ruby Bienert, Clinic Director.* (Middle Right) *Merry Gerard, Governing Board President, Dorit Reznik, President Emeritus, Pam Smith, senior faculty.* (Bottom Left) *Autumn Ta, Class 28, BangHan Kim, Class 29.* (Bottom Right) *Dava Michelson, Patty Getford, Chuck Graham, Gale Mowry, all of Class 12.*

Alumni Showcase



Teresa Bruggeman, Class 26, demonstrates Acutonics on **Mel Feigel, Class 27**

Sunday October 27th, many students, faculty, and alumni came together to listen to our friends and colleagues share their experiences using complimentary therapies alongside Five Element Acupuncture in their private practices.

Susan Weiser Mason, senior faculty member, shared her experiences using Five Element acupuncture to relieve suffering in hospices in India.

Dava Michelson, Class 12, spoke about using Medical Qigong in her private practice in Miami, FL.

Last, **Teresa Bruggeman, Class 26,** gave a hands-on demonstration of Acutonics. Acutonics is system of vibrational sound healing rooted in Oriental Medicine that utilizes tuning forks and symphonic gongs. Teresa uses Acutonics in her private practice in Gainesville.



Susan Weiser Mason, faculty member, and **BangHan Kim, Class 29**