



Certificate Of Completion

AWARDED TO

MAUREEN MCKENNEY

FOR SUCCESSFUL COMPLETION OF

TRICKS OF THE TRADE #15 25 CEU'S

Lobrody LLC

SIGNATURE



PROVIDER #791

4-28-24

DATE



HARMONY HEALING CENTER
Laurel A Brody, L.Ac.
9051 Mill Station Road
Sebastopol, CA 95472

Continuing Education credits / 25

2024 / FRI. April 26.

Arrival:

9 am SHARP!

Continental breakfast will be served.

Registration:

9-9:45am

Ranch orientation:

9:45-10am

10 am-12 am:

Fermenting Foods with Mary Sheila Gonella
TCM dietary/Nutrition / AOM/BIO (2 credits)

Mary Sheila is a board-certified holistic Nutritionist and Ayurvedic Educator. She is the founder of Occidental Nutrition and has been serving her clients for 15 years. One of her favorite ways to connect with students is to roll up her sleeves, put on an apron and teach cooking lessons that connect people to their ability to create delicious, healing food in their own kitchens.

We will be making Kraut together. Discussing other ferments and how beneficial they are to our microbiome. You will be taking away skills and info that you can easily pass on to your patients.

PLEASE BRING YOUR OWN GLASS PINT JAR AND LID, A KNIFE AND CUTTING BOARD IF YOU HAVE ONE. An apron would be a good idea as well!

12pm-1 pm :

Lunch

1pm -4:30 pm:

Chinese Astrology and more!
TCM Astrology / PE/CW (3.5 credits)

Anastacia White has been teaching Chinese medical sciences for thirty years. Known internationally for her unique skills in engaging her audience with experience, humor and wisdom to any topic she presents. Anastasia will be presenting an intro lecture on Chinese Astrology and more!

4:30- 5pm:
Appetizers!

5-6pm:

Qi Gong with Jenifer Monin
TCM AOM/BIO (1 credit)

Dr. Jennifer Monin DTCM, LAc., has been practicing acupuncture and herbal medicine for over 20 years. Her herbal immersion began in 1994 when she began her apprenticeship in Western Herbal medicine while working as a naturalist on the Mendocino Coast and as a backpacking guide in the Trinity Alps. She integrates her passion for plant medicine by cultivating medicinal plants where she lives alongside a vibrant garden clinic in Sebastopol, California.

Qi Cultivation, Spring Equanimity:
Come gather outside for meditative movement cultivating deep alignment and presence. Allow yourself the space to be fully awake to what is moving in your daily life. Jennifer will lead a guided meditative series of movements rooted in Qi Gong and Yogic practices with attention to Spring.

6-7 pm:
Dinner

7-10 pm:
PEARLS OF WISDOM:
Facilitated by Laurel Brody L.Ac.
TCM Ethics (3 credits)

Laurel has recently retired from a 35-year clinical TCM practice and is the organizer of classes and workshops for acupuncture Ceu's. Her pride and joy: "Tricks of the Trade", a women's retreat, is now in its 15th year. She has lived in

an intentional community with 20 residents since 1989, has been married for over 41 years and is the mother of an adult Triple Fire son. She has been to approximately 175 births as an L.Ac. Doula. She is now focusing on qi cultivation, clear boundaries, gardening, singing, making pottery and arts and crafts as she recovers from breast cancer, chemo, surgery and radiation.

Bring your Pearls of Wisdom to the group. Whether they be on practice management, self-care, patient care, acupuncture, herbs, supplements, ethics or ???, we want to hear a couple of your favorites!

2024 / SATURDAY APRIL 26th:

7-8 am:

Mindfulness walk with Jennifer Monin

8-9 am:

Breakfast

9 am-12 pm:

Pelvic Anatomy

With Tanya Goodrich PT, DPT

TCM Anatomy / AOM/BIO (3 credits)

Tanya is the owner and founder of Healthy Pelvis Physical Therapy in San Francisco. Tanya earned her BFA from the Ca. Institute of the Arts in Dance and has a Masters and Doctorate in Physical Therapy from the Univ. of Ca. SF. She specializes in the treatment of pregnancy, postpartum, incontinence, prolapse and sexual dysfunction just to name some of the conditions she works on. Tanya will be focusing on issues that arise in the perimenopause and menopausal time in a woman's life and how we can address them as Asian Medicine Practitioners as well as how she addresses them.

12 pm-1 pm:

Lunch

1 pm-4:30 pm:

Addressing Perimenopausal and Menopausal Hormonal Issues.

AOM/ BIO (3.5 credits)

With Dr. Amy Day ND

Founder of the Women's Vitality Center in Oakland, Ca. Dr Amy Day ND has

been helping women for the past 20 years with stress, fatigue and imbalanced hormone issues and symptoms. Dr Days clinic uses Naturopathy and health coaching to help women regain their optimal health, energy, focus and clarity. Dr Amy is an expert in bio- identical hormones and will bring her expertise to us for the afternoon! We will be discussing symptomology and how to use functional medicine to assist us in diagnosis and treating hormone-based issues in the perimenopausal and menopausal times of life.

4:30-5pm:
Appetizers!

5-6 pm :
Qi Gong with Jennifer Monin
TCM AOM/BIO (1 Credit)

6 pm-7 pm:
Dinner

7 pm-10 pm:

Sensuality, Sexuality and Intimacy in the perimenopause and menopausal years.
Facilitated by Laurel Brody L.Ac:
TCM Anatomy / AOM/BIO (3 credits)

Let explore together what we want now in this time in our lives as our sex drive decreases hormonally but, we still want to live a "juicy" life.
From tips on how to "spice things up", to HRT, herbs, acupuncture, breath work and so much more, please bring your ideas, understanding, experiences and great tips to the group as we explore this important subject.

