

## **CEU Event in Calgary on Tuesday, June 20, 2017**

Date: Tuesday, June 20, 2017

Time: 7:00 pm – 9:00 pm

Location: Kahanoff Conference Centre (105 - 12th Avenue SE, Calgary), Room 202

Topic: Meridian Meditation

Approved CEU hours by CAAA: 2 CEU hours

Cost: \$10.00

### **Speaker: Dr. Michael Zhao**

Dr. Michael Zhao, founder of MC Acupuncture and Bow River Wellness Centre, underwent 8 years of rigorous training in Traditional Chinese Medicine and Western Medicine, earning a Bachelor's Degree in TCM from the Hubei University of TCM(1984) and an MD in TCM from Guangzhou University of TCM(1989). Dr. Zhao has been practicing Chinese Medicine and Acupuncture for over 33 years. He is a senior CAAA member and AATCMD member. Underlining the causes of the diseases and treating it is his usual practising style. He fixed many tough cases and obtained the reputation for TCM/acupuncture profession.

He also teaches his clients how to practise meditation through meridians following his published book, meridian meditation. Taking advantage of meridian meditation he felt more energy than before as well as got better health than before as a busy senior member.

### **Outline:**

This meditation is how to combine TCM theory and Acupuncture meridians as well as deep breathing to gather Qi and boost Qi & blood and strength the body to obtain ability of prevention of diseases, to restore energy as well as recover from disorders of the body.