



# Resource Guide

*To Alternative Pain Management Therapies*



**For most current  
information, please visit  
our website  
[RXsafehumboldt.org](http://RXsafehumboldt.org)**

**R<sub>x</sub>** SAFE  
HUMBOLDT

## Resource Guide to Alternative Pain Management

This guide is intended to increase awareness of alternative pain management therapies in Humboldt County. It is part of a “RX Safe Humboldt” initiative that aims to reduce problems associated with over use of opiate pain medications.



Inclusion in the guide is not an endorsement of any given therapy or practitioner.

This guide is not exhaustive. If there is someone you think should be included, or if information has become outdated, please contact Diane Bonitatibus at 707.443.4563 ext. 14. Please verify with offices that insurance information is current and correct before being seen.

This information will be updated on the online version of this guide, at [www.rxsafehumboldt.org](http://www.rxsafehumboldt.org). For the most current information on Partnership covered services, please visit [www.partnershphp.org/Providers](http://www.partnershphp.org/Providers) and look in “Northern County Specialty Care Directory.”

Thank you.

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**Arcata Health/Alliance**

- Insurance
- Partnership

**Lynda McDevitt, LAc, MSC**

739 10 St.  
Arcata, CA 95521  
707.822.2324

**Anne Elias, LAc**

- Insurance
- Partnership

214 Main St.  
Weaverville, CA 96093  
530.623.2668

**Anne Elias, LAc**

57 Walnut Way  
Willow Creek, CA 95573  
530.629.3454

**Arcata Wellness Center**

- Insurance
- Partnership

**Stacey Kett, LAc**

735 12th St.  
Arcata, CA 95521  
707.616.5283

<http://staceykett.com>

**Center for Natural  
Medicine**

- Insurance
- Partnership

**Melissa Berg, LAc**

1460 G. St.  
Arcata, CA 95521  
707.822.7400

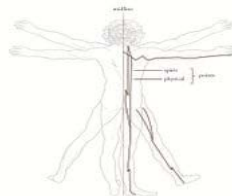
<http://www.cnmarcata.com/>

**Essential Elements Spa & Sauna**

- Insurance
- Partnership

1639 Central Ave., Ste. A  
McKinleyville, CA 95519  
707.839.7772

<http://www.essentialelementsspa.com/>



**Humboldt Acupuncture**

- Insurance
- Partnership

**Jeffrey Haloff, LAc**  
 1730 Main St.  
 Fortuna, CA 95540  
 707.268.8007  
<http://humboldtacupuncture.com/>

**Humboldt Veterans Acupuncture Project**

**Chelsea Colby, LAc**  
 123 F. St., Suite F (3rd floor)  
 Eureka, CA 95501  
 707.268.8007

**Redwood Coast Acupuncture Center**

- Insurance (please call to verify)
- Partnership

**Ryan Vodden, LAc**  
 2107 Harrison St.,  
 Eureka, CA 95501  
 707.444.9446

**Alyssa Melody, LAc, MS**

- Insurance
- Partnership

Jacoby Storehouse, 780 7th St., Ste 10  
 Arcata, CA 95521  
 510.593.7775  
**Community acupuncture—\$25 every Wednesday from 3-7 pm**

**Peter Stern, ND, LAc**

- Insurance
- Partnership

764 Cedar St.  
 Garberville, CA 95542  
 707.923.3644  
[www.redwoodcoastacupuncture.co](http://www.redwoodcoastacupuncture.co)



**Ayurvedic Medicine**

**Essential Elements Spa & Sauna**

- Insurance
- Partnership

1639 Central Ave., Ste. A  
 McKinleyville, CA 95519  
 707.839.7772

<http://www.essentialelementsspa.com/>

**Northwest Institute of Ayurveda**

- Insurance
- Partnership

**Traci Webb, CAS, PKT, CMT**  
 1433 11th Street, Suite G  
 Arcata, CA 95521  
 707.601.9025

[www.ayurvedicliving.com](http://www.ayurvedicliving.com)

**Partnership Health Plan of CA, Managing Pain Safely Program**

Beacon Health Options

855.765.9703

For behavioral health services to help manage pain

<http://www.partnershiphp.org/>

**North Coast Association of Mental Health Professionals**

See online listing of mental health professionals

<http://www.ncamhp.org/index.html>

**Loving Hands, Institute of Healing Arts & Church**

- Insurance
- Partnership

**Rev. Collins**

739 12st St.

Fortuna, CA 95540

707.725.9627

**Spiritual Counseling**

[www.lovinghandsinstitute.com](http://www.lovinghandsinstitute.com)

**Steve Blankman, PhD**

- Insurance
- Partnership

21 11th St.

Arcata, CA 95521

707.826.120

**Len Wolff, MFT**

- Insurance
- Partnership

1062 G. Street, Suite D

Arcata, CA 95521

707.826.7338

**Sarah Haag, PhD**

- Insurance
- Partnership

2910 Harris St.

Eureka, CA 95503

707.672.2206

**Biofeedback**

**Essential Light Energetics**

- Insurance
- Partnership

**Kiernan Powers**

707.496.8218



**Garberville Chiropractic  
& Functional Medicine**

- Insurance  
 Partnership

**Brian Ormond, DC**  
 353 Sprowl Creek Rd.  
 Garberville, CA 95542  
 707.923.9343

**Griffith Luoma Chiropractic**

- Insurance  
 Partnership

**Sarah Griffith, DC**  
**Dirk Luoma, DC**  
 2456 Buhne St.  
 Eureka, CA 95501  
 707.443.0695

**Grace & Active Care  
Chiropractic**

- Insurance  
 Partnership

**Brian Bellinger, DC**  
 655 F. St..  
 Arcata, CA 95521  
 707.822.2224

<http://grace-chiro.com/>

**Andrew Fogg, DC**  
**John Buckner, DC**  
 1775 Harrison Ave.  
 Eureka, CA 95501  
 707.445.8080

**Happy Healthy  
Chiropractic**

- Insurance  
 Partnership

**Anna Nusslock, DC, CCEP**  
 2332 Harrison, Ste. C  
 Eureka, CA 95501  
 707.502.2856

<http://www.happyhealthychiro.com/>

**Humboldt Chiropractic**

- Insurance  
 Partnership

**Jan Dooley, DC**  
 912 10th St.  
 Arcata, CA 95521  
 707.822.9171

<http://www.humboldtchiro.com/>

**North Coast Chiropractic**

- Insurance  
 Partnership

**Gary Jallo, DC**  
 1448 G. St  
 Arcata, CA 95521  
 707.826.1213

**Plaza Chiropractic**

- Insurance  
 Partnership

**Loretta Murphy, DC**  
 2803 E. St.  
 Eureka, CA 95501  
 707.822.5900


**Wennerholm  
Chiropractic**

- Insurance  
 Partnership

**Eric Wennerholm, DC**  
 1459 Myrtle Ave.  
 Eureka, CA 95501  
 707.442.0881

**William Wennerholm, DC**  
 1225 Central Ave.  
 McKinleyville, CA 95519  
 707.839.4344

**Asti Chiropractic**

- Insurance  
 Partnership

**Gale Asti, DC**  
 930 S. Fortuna Blvd.  
 Fortuna, CA 95540  
 707.725.1131

**Crosbie Chiropractic**

- Insurance  
 Partnership

**Michael Crosbie, DC**  
 1828 Main St.  
 Fortuna, CA 95540  
 707.725.5668

[www.crosbiechiropractic.com](http://www.crosbiechiropractic.com)

**Jane Haskins, DC**

- Insurance  
 Partnership

616 Harris St.  
 Eureka, CA 95503  
 707.441.1500

[www.drjanehaskins.com](http://www.drjanehaskins.com)

**Gerald Jackson, DC**

- Insurance  
 Partnership

626 Harris St.  
 Eureka, CA 95503  
 707.444.0416

**Tracy Cole, DC**

- Insurance  
 Partnership

1347 Northcrest Dr.  
 Crescent City, CA 95531  
 707.464.2921

**Jerome DeCapua, DC**

- Insurance  
 Partnership

39063 Hwy. 299  
 Willow Creek, CA 95573  
 530.629.2474



**Grace & Active Care  
Chiropractic**

- Insurance
- Partnership

**Andrew Fogg, DC**  
**John Buckner, DC**  
 1775 Harrison Ave.  
 Eureka, CA 95501  
 707.445.8080

**Brian Bellinger, DC**  
 655 F. St.  
 Arcata, CA 95521  
 707.822.2224

<http://grace-chiro.com/>

**True Motion Fitness**

- Insurance
- Partnership

**Curt Valko**  
 901 O Street  
 Arcata, CA 95521  
 707.822.3018  
 707.407.8904

<http://truemotionfitness.com/home/>

**UpRight Movement**

- Insurance
- Partnership

**Corey Jung**  
 901 O Street  
 Arcata, CA 95521  
 800.921.4512

<http://uprightmovement.com/>

**Feldenkrais Method**

**Jandy Bergmann, MFA,  
GCFP**

- Insurance
- Partnership

101 South H St.  
 Arcata, CA 95521  
 707.498.6374

<http://jandybergmann.com/>

**Judy Walkner, PT, GCFP**

- Insurance
- Partnership

214 North Main St.  
 Weaverville, CA 96093  
 530.598.4268

*Specializes in children & babies*

**Essential Elements Spa & Sauna**

- Insurance
- Partnership

1639 Central Ave., Ste A  
 McKinleyville, CA 95519  
 707.839.7772

<http://www.essentialelementsspa.com/>

**Garberville Chiropractic & Functional Medicine**

- Insurance
- Partnership

**Brian Ormond, DC**  
 353 Spowl Creek Rd.  
 Garberville, CA 95542  
 707.923.9343

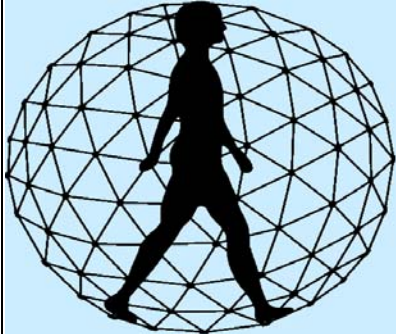
Hellerwork

**Hellerwork Eureka**

- Insurance
- Partnership

**Jake Schultz**  
 Certified Hellerwork Practitioner  
 3435 M St.  
 Eureka, CA 95503  
 707.444.3949

<http://hellerworkeureka.com/>



Homeopathy

**Kate McCaffrey, DO**

- Insurance
- Partnership

1660 Central Ave., Suite F  
 McKinleyville, CA 95519  
 707.633.8196

<http://kmccaffreydo.weebly.com/>

**Dancing Cranes Healing Arts**

- Insurance
- Partnership

**Gail Eastwood, MSW, DIHom**  
 745 Locust #4  
 Garberville, CA 95542  
 707.923.9109

<http://www.gaileastwoodhomeopathy.com/>

**Steve Blankman, PhD**

- Insurance  
 Partnership

21 11th St.  
 Arcata, CA 95521  
 707.826.1207

**Marge O'Brien, RN, CHT**

- Insurance  
 Partnership

707.677.3316  
 Cellular release of trauma;  
 pre-surgical preparation

**Hypnosis for Health**

- Insurance  
 Partnership

**Elizabeth Connors-Keith, CHT**

350 E. St., #210  
 Eureka, CA 95501  
 707.498.4897

[http://  
 www.gaileastwoodhomeopathy.com/](http://www.gaileastwoodhomeopathy.com/)

## Intervention Pain Techniques

**Mad River Community Hospital Pain Treatment Center**

- Insurance  
 Partnership

**Shahram Abbasi, MD**

3800 Janes Rd.  
 Arcata, CA 95521  
 707.826.8271

[http://www.madriverhospital.com/services/  
 PainClinic.htm](http://www.madriverhospital.com/services/PainClinic.htm)

**North Coast Pain Center of St. Joseph's Hospital**

- Insurance  
 Partnership (case by case)

**James Jaworski, MD**

2705 Harris St.  
 Eureka, CA 95501  
 707.269.3694

[http://www.stjoehumboldt.org/Our-Services/  
 Pain-Treatment-Services.aspx](http://www.stjoehumboldt.org/Our-Services/Pain-Treatment-Services.aspx)

**Humboldt Medical Specialists**

- Insurance  
 Partnership

**Daniel Krauchuk, DO**

2773 Harris St., Ste A  
 Eureka, CA 95501  
 707.476.2929

**Brian Starr, MD**

2773 Harris St., Ste A  
 Eureka, CA 95501  
 707.476.2929

[www.humboldtmedicalspecialists.com/Our-  
 Services/Specialty-Care/Pain-  
 Management.aspx](http://www.humboldtmedicalspecialists.com/Our-Services/Specialty-Care/Pain-Management.aspx)



**Arcata Wellness Center**

- Insurance
- Partnership

735 12th St.  
Arcata, CA 95521  
707.822.7419

See website for practitioner listing

<http://arcatawellnesscenter.com/>

**Arcata School of Massage**

- Insurance
- Partnership

145 G. St.  
Arcata, CA 95521  
707.822.5223

<http://arcatamassage.com/massage-clinic-2/>

Student massage - \$25/hr

**Essential Elements Spa & Sauna**

- Insurance
- Partnership

1639 Central Ave., Ste A  
McKinleyville, CA 95519  
707.839.7772

<http://www.essentialelementsspa.com/>

**Eureka Massage and Wellness**

- Insurance
- Partnership

Andreina Torma CMT  
2115 1st St.  
Eureka, CA 95501  
707.798.0119

<http://eurekamassageandwellness.my-free.website/>

**Grace & Active Care  
Chiropractic**

- Insurance
- Partnership

1775 Harrison Ave.  
Eureka, CA 95501  
707.445.8080

<http://grace-chiro.com/>

655 F St.  
Arcata, CA 95521  
707.822.2224

**Griffith Luoma  
Chiropractic**

- Insurance
- Partnership

2456 Buhne St.  
Eureka, CA 95501  
707.443.0695





**Hands On Physical Therapy**

- Insurance
- Partnership

801 Crescent Way, Suite 4  
Arcata, CA 95521  
707.407.0536

<http://handsonpthumboldt.com/>

**Patrick Harestad, LMT**

- Insurance
- Partnership

822 G St., Ste. 11  
Arcata, CA 95521  
707.616.4117

Board certified Advanced Structural Integrator, Cert. Yoga Instructor

<https://transformational-therapeutics.com/>

**Loving Hands, Institute of Healing Arts**

- Insurance
- Partnership

739 12th St.  
Fortuna, CA 95540  
707.725.9637

[www.lovinghandsinstitute.com](http://www.lovinghandsinstitute.com)

**Robyn Smith**

- Insurance
- Partnership

Arcata, CA 95521  
707.440.2111

Yoga Therapist, Hanna Somatic Educator, Hendricks Conscious Living and Loving Coach

<http://www.innerfreedomyoga.com/>

**Janet Stock, CMT**

- Insurance
- Partnership

1598 11th St.  
Arcata, CA 95521  
707.826.0817

[www.janetstockcmt.com](http://www.janetstockcmt.com)

**Wennerholm Chiropractic**

- Insurance
- Partnership

1459 Myrtle Ave  
Eureka, CA 95501  
707.442.0881

1225 Central Ave.  
McKinleyville, CA 95519  
707.839.4344



**Arcata Zen Group**

- Insurance  
 Partnership

Arcata, CA 95521  
 707.826.1701

Eureka, CA 95501  
 707.845.8399

**Faith Based Mindfulness**

[arcatazengroup.org](http://arcatazengroup.org)

**Being Real, Being Embodied**

- Insurance  
 Partnership

**T. Proctor**  
**Christine Florentino**

707.445.2437

<https://sites.google.com/site/beingrealnow/home>

**Pacific Mindfulness**

- Insurance  
 Partnership

**Heidi Bourne**

707.498.5562

<http://www.heidibourne.com/>

**Len Wolff, MFT**

- Insurance  
 Partnership

1062 G Street, Ste. D  
 Arcata, CA 95521  
 707.826.7338

**Essential Elements Spa & Sauna**

- Insurance  
 Partnership

1639 Central Ave., Ste. A  
 McKinleyville, CA 95519  
 707.839.7772

<http://www.essentialelementsspa.com/>

**Peter Stern, ND, Lac**

- Insurance  
 Partnership

764 Cedar St.  
 Garberville, CA 95542  
 707.923.3644

**Arcata Wellness Center**

- Insurance
- Partnership

**Rebecca Ellis, LAc**  
 735 12th Street  
 Arcata, CA 95521  
 707.496.3511

<http://www.arcatawellnesscenter.com/ellis.html>

**Essential Elements Spa & Sauna**

- Insurance
- Partnership

1639 Central Ave., Ste A  
 McKinleyville, CA 95519  
 707.839.7772

<https://sites.google.com/site/beingrealnow/home>

Osteopathic Medicine

**Kate McCaffrey, DO**

- Insurance
- Partnership

1660 Central Avenue, Suite F  
 McKinleyville, CA 95519  
 707.633.8196

<http://kmccaffreydo.weebly.com/>



Pain Mgmt Classes/Groups

**Full Circle Center for Integrative Medicine**

- Insurance
- Partnership

**Connie Basch, MD**  
 4641 Valley East Blvd, Ste #2  
 Arcata, CA 95521  
 707.840.4701

[http://fullcirclemed.org/wiki/tiki-index.php?page=Pain+management&structure=Full+Circle+Handouts+and+Programs&page\\_ref\\_id=9](http://fullcirclemed.org/wiki/tiki-index.php?page=Pain+management&structure=Full+Circle+Handouts+and+Programs&page_ref_id=9)

**Our Pathways to Health**

- Insurance
  - Partnership
- FREE CLASSES**

**Kerri Escudero**  
 2662 Harris St.  
 Eureka, CA 95503  
 707.443.4563, ext. 57

<http://humboldtipa.com/forms/Pathways%20to%20Health%20Brochure%20January%202016.pdf>

**Balanced Physical Therapy**

- Insurance  
 Partnership

**Judi Nelson, PT**

735 12th St.  
 Arcata, CA 95521  
 707.599.6169

<http://balancedphysicaltherapy.com/>

**Balanced Physical Therapy**

- Insurance  
 Partnership

**Judi Nelson, PT**

76 Country Club Dr., Unit 3  
 Willow Creek, CA 95573  
 707.599.6169

<http://balancedphysicaltherapy.com/>

**EPT Rehabilitation**

- Insurance  
 Partnership

2306 Dean St.  
 Eureka, CA 95501  
 707.443.8354

<http://www.eptrehabilitation.com/>

2600 Newburg Rd,  
 Fortuna, CA 95540  
 707.725.6995

1585 Heartwood Dr., Suite H  
 McKinleyville, CA 95519  
 707.839.1802

**Hands On Physical Therapy**

- Insurance  
 Partnership

**Christine McKnight, PT, CHP**

801 Crescent Way, Suite 4  
 Arcata, CA 95521  
 707.407.0536

<http://handsonpthumboldt.com/>

**Hand Therapy Center**

- Insurance  
 Partnership

**Carolyn Christenson, OT**

1125 16th St., Ste 212  
 Arcata, CA 95521  
 707.822.7525

<http://www.handtherapycenter.com/index.html>

**Humboldt Hand and Foot Therapy, Inc.**

- Insurance  
 Partnership

1587 Myrtle Ave.  
 Eureka, CA 95501  
 707.441.1931

**Humboldt Physical Therapy**

- Insurance  
 Partnership

James Moore, PT  
 1551 Giuntoli Lane  
 Arcata, CA 95521  
 707.825.8100



**Mad River Rehab and Sports**

- Insurance  
 Partnership

1703 Giuntoli lane, Ste A  
 Arcata, CA 95521  
 707.825.4950

<http://madriverhospital.com/rehab-and-sports-medicine>

1650 Central Avenue  
 McKinleyville, CA 95519  
 707.839.5905

850 Highway 96  
 Willow Creek, CA 95573  
 530.629.3338

By referral only

**Ponte Physical Therapy**

- Insurance  
 Partnership

2820 Harris Street  
 Eureka, CA 95501  
 707.268.8219

**Judy Walkner, PT, GCFP**

- Insurance  
 Partnership

214 North Main St.  
 Weaverville, CA 96093  
 530.598.4268

[jkwalkner@gmail.com](mailto:jkwalkner@gmail.com)

**Redwood Memorial Outpatient Rehabilitation Services**

- Insurance  
 Partnership

2024 Harrison Ave.  
 Eureka, CA 95501  
 707.441.4454

<http://www.stjoehumboldt.org/Our-Services/Rehabilitation-Services-Outpatient/Occupational-Therapy.aspx>

**St. Joseph Outpatient Rehabilitation Services**

- Insurance  
 Partnership

3300 Renner Dr.  
 Fortuna, CA 95540  
 707.441.4454

<http://www.handtherapycenter.com/index.html>

**Vector Physical Therapy & Aquatic Center**

- Insurance  
 Partnership

2121 Myrtle Ave.  
 Eureka, CA 95501  
 707.442.6463

<http://vectorpt.org/>

**Vector Aquatic Center**

- Insurance  
 Partnership

**Heated Pool soothing to pain**

3289 Edgewood Rd.  
 Eureka, CA 95501  
 707.441.9262

<http://vectorpt.org/>

**Arcata Core Pilates**

- Insurance  
 Partnership

901 8th Street  
 Arcata, CA 95521  
 707.845.8156

<http://arcatacorepilatesstudio.com/>

**Sacred Bodies Pilates & Dance**

- Insurance  
 Partnership

**Susie Kidd**  
 525 E. St.  
 Eureka, CA 95501  
 707.268.0437

[www.sacredbodiespilates.com](http://www.sacredbodiespilates.com)

**Balanced Physical Therapy**

- Insurance  
 Partnership

**Judi Nelson, PT**  
 735 12th Street  
 Arcata, CA 95521  
 707.599.6169

<http://balancedphysicaltherapy.com/>

**Judi Nelson, PT**  
 76 Country Club Dr., Unit 3  
 Willow Creek, CA 95573  
 707.599.6169

**Reflexology****Center for Reflexology and the Healing Arts**

- Insurance  
 Partnership

**Alexandra Seymour, ARCB & B.E.S.T.**  
 920 Samoa Blvd, Ste 222  
 Arcata, CA 95521  
 707.822.5395

[www.sacredbodiespilates.com](http://www.sacredbodiespilates.com)

**Becky Frambach**

- Insurance  
 Partnership

40600 Highway 299  
 Willow Creek, CA 95573  
 530.333.7320



**Margy Emerson**

- Insurance  
 Partnership

1049 C Samoa Blvd.  
 Arcata, CA 95521  
 707.822.6508

[www.margaretemerson.com](http://www.margaretemerson.com)

**Glenda Hesselstine, MA**

- Insurance  
 Partnership

915 Madrone Ave.  
 Eureka, CA 95503  
 707.268.3936

<http://taichiforeveryone.net/>

**Yoga****Community Yoga Center**

- Insurance  
 Partnership

890 G Street  
 Arcata, CA

<http://arcatacorepilatesstudio.com/>

**Inner Freedom Yoga**

- Insurance  
 Partnership

**Robyn Smith, CYI**  
 890 G Street  
 Arcata, CA 95521  
 707.440.2111

<http://www.innerfreedomyoga.com/>

**North Star Yoga Center**

- Insurance  
 Partnership

**Patricia Starr, CYT**  
 2701 Harrison Ave., Ste 3  
 Eureka, CA 95501  
 707.445.0644

<http://balancedphysicaltherapy.com/>

**Om Shala Yoga**

- Insurance  
 Partnership

858 10th St.  
 Arcata, CA 95521  
 707.825.9642

[www.OmShalaYoga.com](http://www.OmShalaYoga.com)

**Tosha Yoga**

- Insurance  
 Partnership

1251 9th Street,  
 Arcata, CA 95521  
 707.630.3413

<http://www.toshayoga.com/>

**Laurie Birdsong**

- Insurance  
 Partnership

2280 Newburg Rd.  
 Fortuna, CA 95540  
 707.362.5457



**Christine Florentino, CYI**

- Insurance
- Partnership

707.445.2437

<https://sites.google.com/site/beingrealnow/yoga-with-christine>





**Feldenkrais Method**—*A biomechanical and neuromuscular approach to movement that improves posture, coordination, flexibility and suppleness*

**Functional Medicine** - *A primary health care approach that addresses the underlying causes of disease; looks at the interactions among genetic, environmental, and lifestyle factors that affect health*

**Hellerwork** - *Structural Integration Bodywork, Movement Education, Awareness Dialogue*

**Homeopathy** - *A system of healing that uses small doses of remedies, made from natural sources, to stimulate the body's own healing response*

**Intervention Pain Techniques** - *May include steroid injections, spinal cord stimulator trials, pain pump management or revision, radiofrequency ablation, botox for migraines, Kyphoplasty, minimally invasive lumbar decompression procedures*

**Massage/Body Work** - *There are many massage therapists in our community. This is not intended to be an exhaustive list. Listings can be found online, in the telephone book, in the North Coast Journal, and in the Isis Scrolls*

**Naturopathic Medicine** - *A holistic primary health care approach that supports the body's own healing process*

**Osteopathic Medicine** - *A holistic primary health care approach that focuses on health promotion and disease prevention and includes a focus on the body's structure*

**Pilates** - *A form of strengthening exercise that reinforces awareness and proper alignment and movement patterns*

**Reflexology** - *A form of body work that uses points on the body (hands, feet, ears, face) to stimulate the body's own healing*

*Tai Chi - An ancient Chinese martial art,*

**NOTES**



**NOTES**



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