



# Dandelion

## Acupuncture Meditation Circle

“Embrace, Cultivate, and Share”

Dandelion Acupuncture Meditation Circle uniquely brings together acupuncture and meditation to encourage collective relaxation and healing. Enjoy 1 hour of meditative music and open floor acupuncture treatment for relaxation. The intent is to bring people together to embrace, cultivate, and share good intentions, compassion, and healing energy. Treatment techniques include ear acupuncture (with or without needles), massage with essential oils, acupressure, and meditative healing. Please feel free to bring what you would need in order to be comfortable (i.e. mat or towel, pillow (s), blanket). Please join me for the first acupuncture meditation circle.

**Free**  
(donation appreciated)

- \* Bring your blanket, mat, and pillow (s)
- \* Bring your friends

Sunday, February 1st, 2009

3:00 – 4:00 pm



Acupuncture Tradition  
631-828-8107  
Port Jefferson

**Location: HolisticWellness Healing Arts Center**  
Mills Pond Road (off 25A), St. James, NY 11780  
Phone: 631-245-6620      www.holisticwellness.com

*Experience Health & Relaxation...Experience Acupuncture!*

Let our good intentions and compassion spread naturally, freely, and wild like dandelions.