

H O L I S T I C H E A L T H

YIQI TRADITIONAL CHINESE MEDICINE (TCM) 益氣

MAY 20 (TUE) - 22 (THU) | 10AM-1PM DAILY
TCM WELLNESS@THE HUB
1530 SUNNYDALE AVE SAN FRANCISCO, CA
(650) 788-9818

DAY 1 (5/20) 氣功

☯ QIGONG WELLNESS WORKSHOP

- BALANCE YOUR LIFE ENERGY THROUGH ANCIENT BREATHING TECHNIQUES AND FLOWING MOVEMENTS
- BENEFITS: STRESS RELIEF | IMPROVED IMMUNITY | CHRONIC FATIGUE REDUCTION
- PERFECT FOR: OFFICE WORKERS | SENIORS | BEGINNERS

DAY 2 (5/21) 耳針

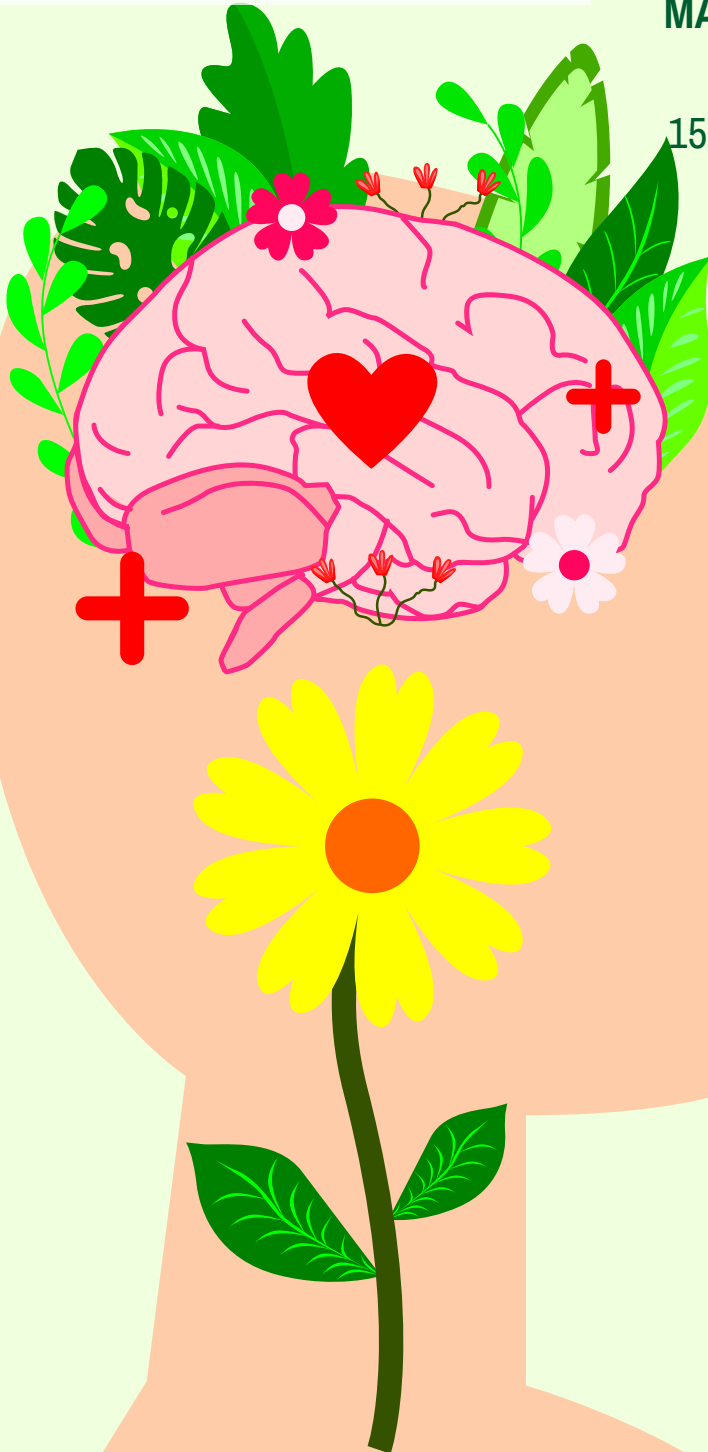
🌿 EAR SEED THERAPY

- PAINLESS ACUPRESSURE STIMULATION WITH 3-5 DAYS LASTING EFFECTS
- BENEFITS: MIGRAINE RELIEF | INSOMNIA | MENSTRUAL REGULATION

DAY 3 (5/22) 針灸

🌀 MERIDIAN ACUPUNCTURE EXPERIENCE

- PERFORMED BY LICENSED ACUPUNCTURISTS
- BENEFITS: NECK/BACK PAIN | DIGESTIVE ISSUES | ANXIETY | CHRONIC CONDITIONS
- INCLUDES: FREE CONSULTATION + PERSONALIZED WELLNESS PLAN



三日整體健康療癒週 | 3-DAY HOLISTIC WELLNESS WEEK

📍 舊金山THE HUB中心 | @THE HUB, SAN FRANCISCO

1530 SUNNYDALE AVE., SAN FRANCISCO, CA

📅 5月20日(二) - 22日(四) | 上午10點-下午1點

🎫 立即預約 | LIMITED SPOTS AVAILABLE

🌞 每日療程介紹 / DAILY PROGRAMS

第一天 | DAY 1 (5/20)

☯️ 氣功養生工作坊 | QIGONG WORKSHOP

- 透過古老呼吸法與流動體式平衡生命能量
- 改善：壓力失眠 | 免疫力 | 慢性疲勞
- 適合：上班族 | 銀髮族 | 初學者

第二天 | DAY 2 (5/21)

🌿 耳穴貼壓療法 | EAR SEED THERAPY

- 無痛穴位刺激，延續針灸效果3-5天
- 改善：偏頭痛 | 失眠 | 經期不順

第三天 | DAY 3 (5/22)

🌀 經絡針灸體驗 | ACUPUNCTURE SESSION

- 加州執業中醫師親自施針
 - 改善：肩頸腰痛 | 消化問題 | 焦慮 | 慢性病
 - 含：免費體質諮詢+個人化養生建議
-

🌟 活動亮點 / EVENT HIGHLIGHTS

- ✓ 三種中醫精華療法一次體驗
- ✓ 無需基礎 | 小班制教學
- ✓ 可單日報名或三日套

☎️ 報名資訊 / REGISTRATION

微信：WECHAT ID: YIQIMEDICAL 益氣中醫

電話：(650)788-9818