

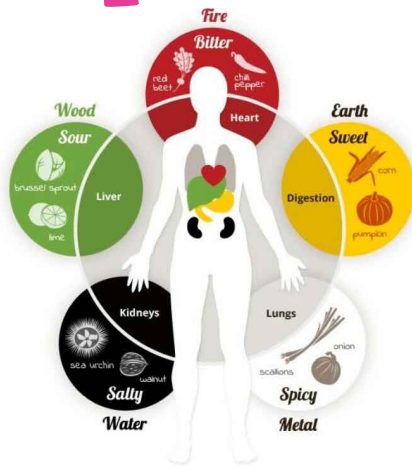
Food as Medicine

WORKSHOP
with Special YMAA
Guest Instructor

Kathy Yang



Photo by Axie Breen Photography



Come discover:

Chinese medicine food therapy uses the five elements theory to create balance in the diet. Choosing foods with the right flavor, color, and thermal properties for your individual body element type can influence your health and well-being.

**“ Let food be thy medicine
and medicine be thy food ”**
Hippocrates

About Kathy Yang:

Ms. Yang began training at the age of six under the guidance of her father, Dr. Yang, Jwing-Ming. A multiple-time U.S. Grand Champion in both internal and external Chinese martial arts, Kathy also holds a M.Sc. in Chinese Medicine and a B.Sc. in Traditional Chinese Medicine and Clinical Exercise Physiology with honors distinction.

She brings a wide range of clinical experience and knowledge working in a Beijing hospital and in neuroscience research at Harvard Medical School and Mass. General Hospital. Additionally, she has taught at the New England School of Acupuncture at MCPHS University. Kathy currently teaches Chinese Medicine workshops and offers personal consultations in various locations around the United States, South America, and Europe. She is an accomplished instructor and member of the YMAA family.



When:

Saturday, Sept. 21

(4 hours total)

10:30a-12:30 p / LUNCH / 1:30-3:30p

20-minute Private Consultations with Ms. Yang
are available on this day (see below).

www.YangsAndover.com

5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020

Register in advance and save!

Name: _____

Best way to contact me:

Home Work Cell (____) _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Goal of taking workshop: _____

Food As Medicine~Sat., Sept. 21

	Member*	Non-Member
Early Bird by 9/14	<input type="checkbox"/> \$ 99	<input type="checkbox"/> \$ 109
Regular After 9/14	<input type="checkbox"/> \$ 109	<input type="checkbox"/> \$ 119
Private Consult	Time will be confirmed upon registration.	<input type="checkbox"/> \$ 25

*Must be actively enrolled in a Tai Chi/Kung Fu regular program at YMAA Andover or at a YMAA affiliated school ~ or ~ is an active YFC member at the time these workshops are offered.

First time participants will be asked to complete a full waiver in advance or upon arrival.

Non-refundable and non-transferable 7 days before workshop. All refunds subject to a 10% processing fee unless workshop is canceled.