

# Dharma Acupuncture Invites Wellness Enthusiasts to Their Esoteric Acupuncture Yoga Workshop on July 1st

*June 27, 2023*

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For those seeking a wellness experience that combines the ancient healing arts of yoga and acupuncture, Dharma Acupuncture is offering an Esoteric Acupuncture Yoga Workshop on July 1, 2023. Located in sunny Scottsdale, Arizona, Dharma Acupuncture was founded by Dr. Lisa Swanson, DAIM, L.Ac. Dr. Swanson has been practicing acupuncture and Chinese medicine for over 15 years, and she is certified as a Functional Medicine Practitioner and Kundalini Yoga Instructor. In her workshop, she will be practicing and teaching the fundamentals of Esoteric Acupuncture and Yoga. She talks about the workshop with enthusiasm for her cause.

?Esoteric Acupuncture is a healing experience that revitalizes you on the physical and spiritual levels,? says Dr. Swanson. ?This practice combined with yoga gives a person access to their inner self in ways they?ve probably never felt before. The workshop is designed to help people evolve their understanding of emotional healing and wellness.?

The concept of Esoteric Acupuncture was developed by Mikio Sankey, Ph.D., L.Ac. It is focused on the process of balancing out chakral energy. Chakras are the energy centers of the human body, including the

root, sacral, solar plexus, heart, throat, third eye and crown.

?This workshop is about soul growth and soul healing,? says Dr. Swanson. ?We will talk about what is ailing a person on an emotional and spiritual level. Then we guide the practice with an eye to heal these imbalances. The workshop is so beneficial because it empowers people to heal their soul first, and then the physical.?

The workshop includes a short Kundalini yoga set, esoteric acupuncture point pattern installation, followed by guided meditation, and a sound healing gong bath. Class sizes are small (typically no more than 8 people in attendance), and attendees can expect the workshop to last around 2 hours. Dr. Swanson hosts regular workshops on Esoteric Acupuncture Yoga, including workshops that go into specialized aspects of the practice. For instance, earlier this year, Dr. Swanson hosted a workshop on the Merkabah Spin pattern, which activates and aligns the 4th, 5th, 6th, and 7th chakras. At each workshop, attendees will walk away from the class with a deep sense of wellness of the emotional spirit, and applicable tools to continue healing on a daily basis outside of class.

Dr. Swanson works as a functional medical practitioner, meaning she takes an emotional, social and physical account of a person?s health, as well as a detailed history. Specific laboratory tests are required in combination with a complete history of a person?s life to determine a diagnosis. This approach to health takes a lot of time, research, and a thorough, honest revealing of a complete hostory and furture goals.

Esoteric Acupuncture Yoga Workshops are currently held at the Harumi+Yoga center in Scottsdale, Arizona. To learn more about Dharma Acupuncture in Scottsdale, or get information on the workshops available, please visit their website at https://www.dharmaacupuncture.com/scottsdale. For media inquiries, contact Dr. Swanson team at 480.530.1912 or dharmaacupuncture@gmail.com. 10051 E Dynamite Blvd., G-105 Scottsdale, AZ 85262.

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For more information about Dharma Acupuncture, contact the company here:Dharma AcupunctureDr. Lisa Swanson, DAIM, L.Ac.480.530.1912dharmaacupuncture@gmail.com10051 E Dynamite Blvd., G-105Scottsdale, AZ 85262

## Dharma Acupuncture

*A 15 year integrative medicine practitioner, Dr. Lisa Swanson, DAIM, L.Ac. is the founder of Dharma Acupuncture in Scottsdale. Certified in Functional Medicine and as a Kundalini Yoga instructor. Private sessions, workshops and*

*events.*

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