

**November 15, 2014 – Presentation by Joi Thomas, L.Ac., Dipl.O.M., MSOM**

### **The Meridians and the Six Levels**

Chinese medicine describes the area where yin and yang intersect as the point where life occurs. The six levels of our body - taiyang, shaoyang, yangming, taiyin, shaoyin and jueyin are where the yang spirit from the heavens is solidified into the yin of our flesh. Come to explore the interplay of yang and yin and delight in the dance that creates the bodies that we are blessed to inhabit.

Joi is passionate about helping people like you live a more balanced, healthy and vibrant life. She has helped hundreds of people with their health issues ranging from depression, anxiety, insomnia, infertility, menopausal issues, digestive concerns, chronic pain and so much more.

Joi received her B.A. in psychology from Georgetown University and her Masters of Science from the American Academy of Acupuncture and Oriental Medicine in Roseville, Minnesota. She is a licensed Acupuncturist with additional certification in Chinese herbal healing.

She is passionate about translating the ancient healing properties of Traditional Chinese Medicine into knowledge that her patients can use to maintain their physical, emotional and spiritual health everyday.