

# From Leaf to Stick with Less Smoke

A One-Day Workshop

With

Lorraine Wilcox, PhD, L.Ac.

*Author of*

*Moxibustion: The Power of Mugwort Fire*



Sunday May 22, 2011 9-5:30

PCOM San Diego Campus

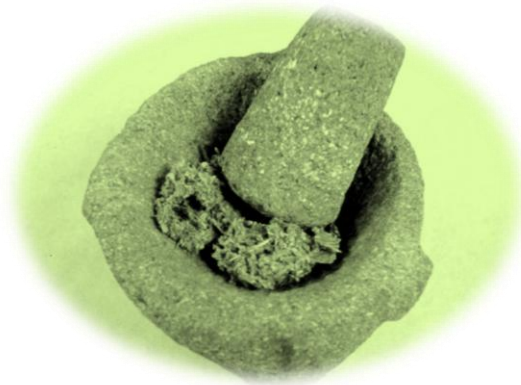
7445 Mission Valley Rd.

San Diego, Ca 92108

"This course **is approved** by the California Acupuncture Board, for 7.5 hours of Category 1 continuing education. CEU Provider #941"

Participants will learn:

- Where to find a local variety of mugwort
- When to harvest it
- How to process it into moxa floss
- To judge the quality of moxa floss



- The details of pressing moxibustion—the original way of using a moxa stick
- How to use moxibustion and produce less smoke.

- How to make moxa sticks of higher quality than what is commercially available



And all for only

**\$ 125** includes supplies (Students \$90)

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Seats are limited, register early to reserve your space. **Refund Policy: 80% refund before May 15, 2011**

To Register and for more information call: Jocelyn Joy, L.Ac. 619-322-4492

Register Online: [http://joyacupuncture.com/Joy\\_Seminars.html](http://joyacupuncture.com/Joy_Seminars.html)