



## A New Beginning for Your New Year

### Special Classes and Healing Home Visits in the Hamptons



**With Susan Krieger L.Ac., MS, Internationally Renowned Acupuncturist, Shiatsu-Acupressure Therapist, Health and Nutritional Counselor, Lecturer and Teacher**

### Winter/Spring 2012 Class Schedule

#### **Qi-Gong-Yoga/Renewal of Body-Mind-Spirit**

Renew yourself through this dynamic new way of practicing two ancient traditions! Susan's Qi-Gong-Yoga combines qi-gong and yoga while integrating breath and meridian work, enhancing qi (life force) energy flow, and building strength for a greater sense of body-mind-spirit harmony and wellness. The healing movements you learn in class can be repeated easily at home. Participants of all levels and abilities are welcome.

Saturday, January 7, 2012 at 11:00 am

Saturday, January 21, 2012 at 11:00 am

Joshua's Place • 30 Sanford Place • Southampton • 631-287-4100

#### **Women's Health and Wellness: Self-Shiatsu, Energetics of Foods, Anti-Aging**

*"Girls' Night Out"*

Come, explore and practice Susan's special Self-Shiatsu techniques for body-mind balance. Discover the Energetics of Foods for beauty, weight issues and anti-aging. Explore and share in a meditative and healing gathering for women. Susan will include the Talking Stick Meditation based on Ancient Native Tradition. Your questions and concerns are welcome.

Thursday, January 19, 2012 at 6:30 pm

Southampton Hospital Wellness Institute • 240 Meeting House Lane, 3rd floor • 631-726-8800

#### **Acupuncture and Meditation Circle of Healing**

Experience this unique opportunity to rejuvenate yourself from within, allowing deep relaxation and healing to flow. We will journey through Susan's gentle, yet powerful, guided meditation and healing acupuncture treatments. Participants sit comfortably in chairs in a circle of healing, while acupuncture is given at qi energy points on the ears and hands, balancing the body's systems and calming the shen—spirit/mind.

Saturday, February 11, 2012 at 11:00 am

Joshua's Place • 30 Sanford Place • Southampton • 631-287-4100

## **An Exploration of Chinese Medicine for Body-Mind Health and Healing**

### ***Making Conscious Choices for your Wellness***

For thousands of years, Chinese and Asian cultures have been successfully practicing and teaching the use of natural medicine for achieving and maintaining good health. Susan will talk about (and demonstrate) how these various modalities can help with a wide variety of ailments, including blood pressure, digestive disorders, insomnia, weight issues and more.

Friday, March 23, 2012 at 10:15 am

Morris Meeting Room • Rogers Memorial Library • Southampton • 631-283-0774 x 523

## **Private Treatment Sessions and Home Visits**

☞ **Schedule a healing session with Susan in the comfort of your own home** ☞

**Acupuncture, Acupressure, Acupuncture Facial Renewal,  
Qi Energy Balancing and Renewal, Nutritional Consultations**

For over 33 years, Susan Krieger has integrated Chinese Medicine and Acupuncture, The Five Elements, The Energetics of Foods, Medicinal Food and Plant Remedies, Integrative Macrobiotics, Ki-Shiatsu-Acupressure, Women's Health, Oriental Diagnosis, Asian Healing Arts, Qi-Gong-Yoga, Energy Healing, and Meridian-Self Shiatsu. Her sessions are intended to promote self-healing, to improve and strengthen physical, emotional and spiritual health.

Susan is a licensed acupuncturist and is Board Certified by NCCAOM in Acupuncture/Oriental Medicine/Asian Bodywork. She is an MEA-Certified Nutritional Counselor and an AOBTA Founding Board Member/Certified Shiatsu Instructor.

Susan has an active private practice and offers home visits, consultations and workshops in the Hamptons and New York City. Her Manhattan clinic is on the Upper East Side.

*"I highly recommend Susan's acupuncture/acupressure and consultations. She is an extremely skilled acupuncturist, counselor and healer. Susan is very receptive, gentle with her needling techniques and gives very beneficial and timely nutritional, body-mind and health advice."*  
Alkamini Anastasiadou, MD, NYC

**917-678-2484**

**212-242-4217**

**susankriegerki@aol.com**

**www.susankriegerhealth.com**

☞ **Give the Gift of Wellness with a Gift Certificate for those you love** ☞