

TOPIC: Nourish Sleep / Replenish Chi

This class will bring understanding to all factors that affect sleep, according to TCM. We will study how sleep relates to the Chinese Clock; how to create good Feng Shui in the bedroom; diet and supplementation; influences of Shen on sleep (anxiety, depression); light exposure effects; geopathic influences and EMF's; herbal formulae for sleep; Taoist exercise before bed; and aromatherapy (per Jeffrey Yuen).

SCHEDULE

| | |
|---------------|--|
| 10:00 - 10:30 | Chinese clock and sleep |
| 10:30 - 11:00 | Diet & supplements |
| 11:00 - 12:00 | Light exposure & sleep Shen disorders and sleep Travel across time zones |
| 12:00 - 12:30 | Lunch |
| 12:30 - 1:00 | Geopathic energy vs sleep Bathing at night |
| 1:00 - 1:30 | TCM in the 21st Century (EMF from cell phones, smart meters etc.) |
| 1:30 - 2:30 | TCM herbal formula |
| 2:30 - 3:30 | Aromatherapy for sleep and relaxation |
| 3:30 - 4:00 | Pre-sleep Taoist exercise |
| 4:00 - 4:30 | Q & A |

**CEU Credits can only be
awarded for full attendance.**

Susan Burke, O.M.D.

Date/Time: Sunday, September 15th
10:00 a.m. to 4:30 p.m.

Location: R.B. Swim and Tennis Club,
@ 16955 Bernardo Oaks Drive,
SD, CA 92128-2166

Attend in person

[Zoom option also available]

ABOUT THE SPEAKER

Dr. Burke received her Bachelor's degree in Science from Oakland University. She studied Macrobiotics at Kushi Institute, learning cooking for cancer patients. Susan graduated from CAC, obtaining California and NCAOM licensure in 1987. She travelled to China in 1988, where she obtained her OMD degree.

Dr. Burke went on to teach for 5 years in a program introducing acupuncture to western medical professionals. She also taught TCM at the 'School of Healing Arts' in SD, for almost 5 years.

Susan relocated her practice to Michigan in 2002. There she was fortunate to study for many years with Taoist Master Jeffrey Yuen. Recently, in 2020, Susan relocated her practice back to San Diego.

Treating sleep disorders is one of Dr. Burke's primary specialties!!

**Please join us for this insightful and
useful class with Dr. Burke!**

SEMINAR SCHEDULE

For 2024

- FIVE SEMINARS •
- 6 CEU'S PER SEMINAR •

#4: Sept 15, 2024

**{Note: Forthcoming
Seminars and dates still
to be determined}**

PLEASE VISIT OUR WEBSITE

www.caam-sd.org

SEMINAR FEES:

- **One-Year Membership Fee: \$150.00**
Our Membership Fee is \$300. for the year (5, 6-hour Seminars). It is pro-rated by \$50. per each Seminar that has already taken place this year. **[Note: The Annual Membership Fee always includes a \$50. political action donation to CAOMA.]**

- **Single Seminar Fee: \$85.00**
- **Single Student Seminar Fee: \$50.00**
- **Student Membership Fee: \$150.00**

S.D. {Local Chapter} CAAM Board Members and Contact Information:

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