

Conversations on Energy Medicine:

Meridians & Vibrant Health

with Kate Sherman



Join us the 2nd WEDNESDAY

@ UPMC Center for Integrative Medicine in Shadyside

April 10th, May 8th, June 12th

2:00pm – 4:00pm

\$20 per session

Energetic Meridian therapies such as Acupuncture, Shiatsu, and Qigong have enriched human health for centuries. Connecting our awareness with the Meridians we gain access to a holistic and comprehensive way to view health, healing, and the human experience.

- ~ Share discussion on how healing is meaningful & multidimensional
- ~ Practice working with your own Meridians for balancing health
- ~ Energetic meditations for alignment of body, mind, & spirit
- ~ Ask questions you may have about Energy Work

By working with Energy Meridians we are able to maximize vibrant health in all phases of our life!

Kate Sherman is the SHIATSU PRACTITIONER at UPMC Center for Integrative Medicine in Shadyside & Cloud Gate Pittsburgh.

Her journey into Energy Medicine has included extensive training with various Shiatsu Masters including; Stephanie Ulmer, AOBTA, Pauline Sasaki, the founder of Quantum Shiatsu, Suzanne Yates, of Wellmother Shiatsu, UK, & Winter Jade Forest of Zen Shiatsu Chicago.

Additionally, Kate holds a Master's Degree in Counseling Psychology from Chatham University. With over 10 years of clinical experience in the field of Energy Medicine, Kate brings a wealth of knowledge & experience to her practice and teachings.



Questions: 412-327-5719 (call or text)
Preregistration suggested ~ Drop ins welcome
Register with the Center For Integrative Medicine: 412-623-3023