

## Special Presenter Series

### Heaven and Earth Breath QiGong

With **Kim M. Filkins, Dipl. L.Ac Three Moons Acupuncture**

**Friday October 12**

**6 - 8 pm**

Heaven and Earth Breath QiGong is a great technique for those dealing with conditions such as fibromyalgia, arthritis, chronic fatigue, diabetes, and other chronic issues.

This technique can improve sleep, decrease stress and anxiety, improve digestion, release toxins and much more. Learn very specific breathing techniques designed to increase intracellular communication and the exchange of gases at the cellular level. Learn how this technique can increase the proficiency of gasotransmitters in the body which allows the body to function more effectively leaving you feeling lighter, relaxed, and relieved.

**Fee: \$20**

**Register:**

**[Mindful Yoga](#)**

**262-859-2151**



Kim M. Filkins, Dipl. L.Ac., is a licensed acupuncturist and owner of Three Moons Acupuncture in Kenosha, Wisconsin. She studied traditional Chinese medicine at Yo San University in Los Angeles, California and Midwest College of Oriental Medicine in Racine, Wisconsin. Kim also holds a Bachelor of Science in Animal Health from California State Polytechnic University, in Pomona, California. Her background of 15 years as a registered veterinary technician gives her an extensive background in Western medical conditions. This combined experience of East meets West medicine has allowed her to recognize and treat Western medical ailments with the use of traditional Chinese medicine. Her experience and knowledge is multifaceted focusing on mental health, pain conditions, addiction, diabetes, fibromyalgia and ophthalmologic issues.