

FOR IMMEDIATE RELEASE

Acupressure Institute Launches Holiday Stress Relief Programs

Healthy Ways to Counter Stress & Enjoy the Holidays

Berkeley, CA – November 3, 2009 – Acupressure Institute, the longest-running Bay Area healing arts school, announced today a special series of short seminars and clinics in December. Focused on transforming holiday stresses into healthy spirited times, topics include 'Boosting Your Immunity' and 'Relieving Holiday Emotional Distress.'

“Since we all have limited schedules and budgets this time of year, we're offering 3-hour classes designed for easy, effective, and affordable self-care during the holidays,” states Joseph Carter, Acupressure Institute Director. "These stress relief classes and our clinics make a great gift to yourself or a loved one. Our clinics enable you to get excellent bodywork at a bargain price.”

The Acupressure Institute's is also sponsoring one-day workshops on 'Essential Oils for Health & Healing' and 'Hot Stone Massage' – perfect for body-oriented health professionals or anyone interested in learning how to heal.

“We invite anyone who could use relaxation and care to experience our *Relieving Holiday Stress* mini-classes and clinics,” concludes Mr. Carter. “Come enjoy the benefits of the healing arts, get in touch with your inner resources, give yourself a treat and discover a school dedicated to helping you “Awaken the Healing in Your Hands”.

About the Acupressure Institute

Established in 1976, the Acupressure Institute is one of the oldest healing art schools in the Bay Area offering classes, trainings and certifications in Acupressure, Chinese Massage, and Energy Work – all with a strong basis in Traditional Chinese Medicine. The Acupressure Institute, located in the heart of Berkeley's Gourmet Ghetto district at 1533 Shattuck Avenue, is famous for combining bodywork styles such as Reflexology, Thai Massage, Tui Na, and Shiatsu with self-healing practices such as Yoga, Tai Qi, Reiki, Qi Gong and Ren Shen (Jin Shin). Students from around the world come to the school for the exceptional quality of teachers and curriculum. For more info visit <http://www.AcupressureInstitute.com> or contact info@acupressureinstitute.com

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