

# Free Class

## Holistic Healing: Self-Acupressure for Musicians\*

Where:	Elephant Pharmacy 1607 Shattuck Avenue. Berkeley
When:	Monday, September 25, 1pm – 2pm Monday, October 9, 1pm – 2pm

Come to one or both sessions.

Are you  
in pain from  
playing  
music?

sore arms and hands

tight shoulders

neck pain

performance jitters

Yes? Then come to this free class.



Learn self-acupressure techniques for relieving typical discomforts that come from playing music and hauling around your instrument and equipment. We'll address tight shoulders and neck, sore arms and hands, as well as helping smooth performance jitters. You'll start to build your own Healthy Intentions Toolkit for happy and sustainable music-making during rehearsals and on-stage.

\* Non-musicians welcome, too!



**Wako Takayama**, M.A., certified acupressure practitioner, is a wellness coach and founder of **WakoWa Wellness** which focuses on empowering people to live in a way that is healthy and sustainable. She works with individuals, families and companies and includes **yoga, meditation, and playing violin** in her Healthy Intentions Toolkit. She was the resident acupressure-practitioner at **Jazz Camp West 2006** and plays in the Josh Jones Latin Jazz Ensemble.



**WakoWa Wellness** :: for healthy & sustainable living ::

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