



VICTORIA MOGILNER.

CERTIFIED ACUPUNCTURIST

AESTHETICIAN

REIKI MASTER

TAI CHI INSTRUCTOR

Victoria was trained by the Dali Lama's Physician Dr. Dolma and offers health options from the East that easily fit into a Western business structure and lifestyle. Victoria is committed to Total Rejuvenation from the inside out to transform your life mentally and physically.

A lecture, individual session, or retreat is more than stress reduction it is life transformative: It is an opportunity to reach your core and let go of old patterns that are holding you back. Victoria allows you to explore health options that may not be discussed in any other setting.

Victoria brings her years of study and personal experience in traditional Eastern health practices into the workplace of the 21<sup>st</sup> Century. She works with each person individually and gives a person tools to take home to transform their life.

Her friendly supportive style invites every participant to take control his/her health and make the most of every moment to let go of the past and move forward in their lives.

Victoria's workshops and seminars on health and rejuvenation for the 21<sup>st</sup> Century

Rejuvenate from the Inside Out with Facial Rejuvenation and Tai Chi

Reducing Stress and Bringing Creativity into Your life

Clearing the Past with Acupressure and Creative Visualization

Power Centers to Enhance Your Life

A Retreat with Victoria consists meditation, Tai Chi clearing the subconscious with Reiki, and Acupuncture and Acupressure, walking the Labyrinth and opening to self love and nourishment

This will be ½ day on a Saturday

Victoria's Credentials include :

Author of Ancient Secrets of Facial Rejuvenation

DVD Tai Chi on the Rocks



CD on the Chakras and Abundance for Women

A Masters in Auricular Medicine

Clinical training in Tibetan Medicine under the Dali Lama's physician Dr. Dolma

Licentiate Degree in Acupuncture

Featured on PBS Healthy Living with Jane Seymour

Three years study at the Gestalt Institute

Testimonials Victoria establishes a relaxed, comfortable, stress free environment and participants enjoy her work and respond positively. Evaluations of her work are great. The women enjoyed the presentations

Arizona Women=Senator John McCain's Group

Ms. Mogilner has demonstrated a high level of competency in her field. She is reliable and highly revered and respected. She is a tremendous asset to our program.

Vince Hoffman, Director of Senior Adult Programs Scottsdale Community College

Almost anybody can teach a class, but Victoria adapts her approach/style and technique to every individual's ability level. She has taught persons with chronic pain, arthritis, pulmonary problems, stroke and heart attack survivors to move and exercise again and has made them realize that they still can do a lot for themselves and others.

David Troyanek, CRRS, M.Ed Volunteer Coordinator health South Rehabilitation Hospital

To Schedule a workshop or lecture call 480-560-1454 or 480-663-8208

Office in Scottsdale

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