Moving and Living from Our Inner Core

With all the demands of modern life, it’s easy to forget about who we are and how we are doing. People live life of extremes with high demands, poor nutrition and insufficient rest. All of which drains the core of our physical and spiritual body. Amongst other things, this contributes to many of modern ailments such as back pain, anxiety, infertility, and chronic fatigue. In this workshop, the participant is taught how to find the inner core, learn to listen to it, learn how to strengthen it, and finally integrate it into daily life. The participant will learn to build the energetic core. This workshop will allow participants to not only continue to participate in meaningful occupations, it will enable them to participate in a more successful way.

Biography: Shuling Wu, MS OTR/L, MS Lac, is an Occupational Therapist, Acupuncturist, and Health and Nutrition Counselor. She received her education and training for Occupational Therapy from Stony Brook University, Acupuncture from Tri-State College of Acupuncture and Nutritional Counseling from the Institute for Integrative Nutrition. Shuling integrates her diverse background of current therapeutic rehabilitative strategies, alternative medicine and integrative nutrition to enable her clients to successfully return to and participate in life roles, occupations and activities that are meaningful and satisfying. Understanding the dynamic nature of this world and the complexity and individuality of its inhabitants, Shuling chooses to use an integrated approach that is open minded, flexible, creative and dynamic. In addition, she strongly emphasizes in the need to provide her clients with tools to not only recovery from a particular incident, but also to successfully continue on a life long journey of self-healing and cultivation.