



East Meets West WELLNESS & EMPOWERMENT



Victoria Mogilner

PERSONALLY TRAINED BY THE
DALAI LAMA'S OWN PHYSICIAN, VICTORIA
OFFERS HEALTH OPTIONS FROM THE EAST
THAT EASILY FIT INTO A WESTERN
BUSINESS STRUCTURE AND LIFESTYLE.

A lecture or workshop with Victoria is more than just a stress-reduction seminar: it's an opportunity to discover your own power in creating a healthy, low-stress future — and 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 21st Century, giving each and every person attending useful, simple techniques that can transform the workplace from a center of stress, confrontation and illness into a place that supports the well-being of every employee.

Her friendly, supportive style invites every participant to take control of his/her health and make the most of every moment.

Eastern Thought on Health and Business Success ... Meets Western Scheduling and Corporate Structure

*Victoria's workshops and seminars on
health issues for the 21st Century —*

- Executive Vitality
- Reducing Stress in the Workplace
- Creating Longevity and Living Your Longer Life Fully
- Benefits of Integrating Traditional Eastern Treatments into Western Health Care Systems
- Power Centers to Enhance Your Life
- Life's a Beach: A Five-Minute Vacation Anytime
- Creating Your Future Vision and Achieving It

Victoria's credentials include —

- Clinical training in Tibetan medicine under the direct tutelage of the Dalai Lama's personal physician
- Licentiate and Advanced Clinical Training in Acupuncture
- Featured on PBS *Healthy Living* with Jane Seymour
- Three years' study, Gestalt Institute
- Training and practice at Quanman Hospital and People's Hospital, Beijing, China; Lincoln Hospital, New York; and Quan Yin Clinic, San Francisco
- Author of acupressure self-help and personal empowerment books
- Creator of *T'ai Chi Chih on the Rocks*, filmed in Sedona, Arizona, and certified T'ai Chi Chih instructor

MEMBER



NATIONAL
SPEAKERS
ASSOCIATION

*To schedule a
workshop or lecture
by Victoria, call
your local
National Speakers
Association office.*

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 presentation.

— 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
Senior Adult Programs
Scottsdale 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, CTRS, M.Ed.
Volunteer Coordinator
HealthSouth Rehabilitation Hospital

*Victoria keeps up to date on her
subject matter. She is always
involved in training programs in
order to keep current.*

— William Arnold
Professor of Gerontology Program
Arizona State University.06

Call Victoria today —

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