

# VISITING WELLNESS PRACTITIONER



**John Sanchez**  
*TCM Doctor; Licensed Acupuncturist;  
Massage therapist; Yoga, Tai ji and Chi kung teacher*

#### Education:

- Traditional Chinese Medicine Master degree (2010 ESMTTC, Portugal):
- Acupuncture
- Na massage therapy
- Chinese herbal medicine
- Nutritional therapy
- Tai ji/Qigong therapy
- 2000 hours clinical internship (2005/2010 ESMTTC, Portugal)
- Certified longevity Qi Gong and Tai ji teacher (Wudang, PR of China, 2014).
- 200 hours certified Yoga teacher (Rishikesh, India 2018).

John has been in the healing field for over 10 years, starting as a gifted massage therapist on several luxury spas across Portugal, his homeland. After completing his Traditional Chinese Medicine studies, he worked as a freelance TCM Doctor on different TCM practices in Lisbon and Madeira Island, Portugal. His passion for Chinese Medicine and martial arts led him to the Wudang Mountains in People's Republic of China, where he lived in a monastery for 3 months, learning ancient healing techniques under the tutelage of Abbot Li Song Feng and being accepted as a disciple of the Chun Yang Lineage. In 2011, John started a bright career as a Licensed Acupuncturist and Chinese herbalist onboard luxury cruise ships around the world, successfully delivering over 5,000 treatments over the years. Nowadays, John works as a visitor practitioner in several locations, currently in Reykjavik Iceland. He is experienced in treating Acute and Chronic pain, Sports injuries and Digestive disorders just to name a few. Facial Rejuvenation Acupuncture is another one of his signature services. Recently, John received his 200 hours yoga teacher certification from World peace Yoga School in Rishikesh India, adding another powerful tool to help his patients, being more focused into personal classes. Acupuncture/TCM has been around for over 3,000 years for one simple reason, because it works. It is a scientifically proven treatment for over 300 medical conditions. Come and try it, you will be amazed by its results!

Lets face it, everybody seeks happiness. In this Modern World, many look for it on the wrong places. The best thing you ever have is your healthy body. Let John help you achieve TRUE HAPPINESS.