



You Are Invited!

Dancer's SelfCare Health Clinic – 2nd Annual

Join Dr. Akmal Muwwakkil, a distinguished rehabilitation expert with over forty years of experience in natural health, for an in-depth Master Class dedicated to dancer wellness through ***Traditional Chinese Physiotherapy***. This Master Class presents a comprehensive SelfCare system rooted in Chinese Tui Na bodywork, Spring Wind Qigong, and Acupoint Therapy—techniques widely applied within Chinese and Cuban healthcare systems.

This clinic is specifically designed for dancers and will:

Introduce Tui Na SelfCare Acupoint Therapy to enhance energy levels and stamina.

- Teach Qigong postures that promote flexibility, strengthening joint stability, and enhancing balance, while reducing injury risk.
- Provide strategies for faster injury recovery.
- Guide you in developing a personalized health protocol.
- Through guided movement and practical application, participants will acquire daily SelfCare practices aimed at fostering resilience and longevity.

Event Details:

Date: August 3, 2025 | Time: 5:00 pm – 6:00 pm (Live Session)

Location: Creative Suitland, 4719 Silver Hill Rd, Suitland, MD

Dr. Akmal Muwwakkil, LAc, Ph.D.



Over 80% of dancers are injured at least once during their careers. Take steps to protect your health and sustain your practice.

Advance online registration is required: healenarts.net/appointments%2Fclasses - “no sale at the door”