



Mamie Woo is a Certified Massage Therapist, Chinese herbalist, Qigong and Tai Chi instructor, Educator and Lecturer. Her innovative massage therapist and Chinese herbal programs and exercise, over 20 years in development, have helped sufferers with many ailments.

Mamie Woo was born and raised in Hong Kong, China. When she was young, she experienced better healing results from herbs than from Western medicine. Since then, using herbs along with proper nutrition and exercise has kept her healthy. Mamie has a lifelong fascination with the healing properties of herbs.

Mamie completed her Massage Therapist training in 1987 at Acupressure Institute of America, Berkeley, California. Her study included Traditional Chinese Medicine, the principles, theory and function of Meridians, treatments by using the pressure points, and Five Elements balance methods.

In 1988, Mamie attended the Guangzhou College of Traditional Chinese Medicine in Guangzhou, Guangdong, China, for intensive studies of the therapeutic principles, theory and practice of the healing arts. She studied pathology, diagnosis, acupuncture, acupressure, Qigong (exercises to enhance energy and improve blood circulation) and Tui Na, which is a specialized massage for healing. While in China, Mamie did tutorship under the direction of the highly experienced acupuncture doctors in clinics and wards in its affiliated hospitals. She gained a vast knowledge of and experience in treatment of common and rare ailments.

From 1990 to 1996 Mamie traveled to China twice to further her studies at Guangzhou College of Traditional Chinese Medicine, concentrating on Chinese herbology and more hands on experience in clinic and wards.

Subsequently, Mamie completed additional 300 hour advanced massage training at the East-West Institute of Hand Therapy at El Monte, California along with coursework at the Institute of Chinese Herbology in Oakland, California.

For all these years of study Mamie is able to evaluate health problems from Traditional Chinese Medicine points of reference, after which she can recommend herbs in formulas to meet the specific needs of individual clients.

To combine the best techniques from the East and West, Mamie also studied at the Massage Therapy Institute in Davis California in 2001.

Most importantly, Mamie knows that physical movement is part of overall health. She has studied and taught Tai Chi Chuen and Qigong for over 20 years. This enables her to teach gentle movement that improve balance, reduce stress, ease pain, and enhance energy levels for her clients.

Mamie Woo is a member of:

- The American Organization for Bodywork Therapies
- The International Massage Association
- The American Medical Massage Therapist Association

