

Maggie Bavington
BAcC, MSc

Acupuncture

Chinese Herbal Medicine

Shiatsu

About Maggie

After experiencing acupuncture myself I was so impressed with how much better I felt that I decided to train as a practitioner at the College of Integrated Chinese Medicine, and qualified in 1999. After several years of practice I became interested in working with the body to experience Qi in a more hands-on way, and in 2004 qualified as a Shiatsu practitioner after a 3-year training at the British School of Shiatsu-Do. In 2006 I qualified at the Northern College of Acupuncture to prescribe Chinese herbal medicine in the form of pre-prepared pills, and in 2011 I gained a Master's degree in Chinese herbal medicine at Westminster University.

About the Therapies

Often it is one particular health problem that will make you decide to come for acupuncture, and people are usually pleasantly surprised to find that I look at what improvements might be possible in every aspect of your health, emotional as well as physical. My treatments are gentle and relaxing, you may occasionally feel a twinge when a needle is inserted. Depending on your situation, I may sometimes use other techniques to move or warm such as cupping or moxibustion. In some cases I may recommend that you take herbal medicine as well as having acupuncture. You might also like Shiatsu, a fully clothed Japanese massage and bodywork therapy that uses the acupuncture meridians, and a variety of techniques, both gentle and strong.



Special Interests

In addition to my primary qualifications, I have pursued further training in a wide variety of areas, including some training in China. In particular I have undertaken further training in the area of my special interests: supporting couples with fertility problems and using herbal medicine for skin problems. I believe that a good practitioner needs to be well resourced and supported and I am an active participant in ongoing supervision groups. I also offer group and individual mentoring and supervision for practitioners of acupuncture and other complementary therapies.

Relevant Qualifications

- Licence in Acupuncture
College of Integrated Chinese medicine (1996 -1999)
- Diploma in Shiatsu – British School of Shiatsu (2002 – 2004)
- Certificate in pre-prepared Chinese herbal formulae – Northern College of Acupuncture (2006)
- MSc in Chinese herbal medicine – Westminster University (2009 – 2011)

Professional Registration

- British Acupuncture Council (BAcC)
- Register of Chinese Herbal Medicine

For further information and to book an appointment

Please speak to our reception to book an appointment, or for more information contact Maggie directly on **07802 954 490**. For further information please refer to her website at www.acupuncture-shiatsu.co.uk.



mind and body therapies

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