

5 element therapy

Holistic healing grows from the unified field of life.

When we tune into the e-motion: movement of each season, we reconnect with nature's original intelligence — the source of our healing, creativity, and belonging.



Katerina Panagiotopoulou

Born in Thessaloniki, Greece (1959).

My lifelong interest in ancient and new earth sciences led me to Five Element Acupuncture in 1980.

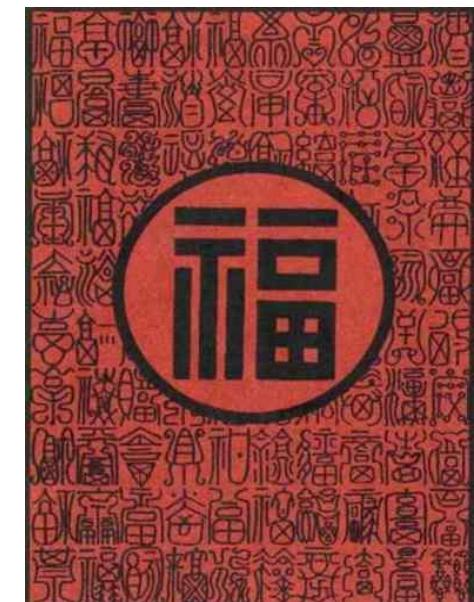
I spent 20 years working in London, then 20 years in Amsterdam.

Since the pandemic, I live and work in Oslo, close to my Norwegian partner.

I am committed to healing the separation between humans and nature. Meridian therapy is realigning us with Earth's rhythms, reactivating lost capacities for healing and regeneration..

For a free meeting to discuss your situation:  936 54 800

A winter invitation



Winter Healing Gift Card

A gift of rest, balance, and renewal

🌙 This card offers one Winter Balancing Introductory Session at half price — NOK 425

a gentle treatment designed to restore:

- sleep and regeneration
- clearing any blocks
- grounding and clarity
- Water element balance

A healing gift for someone who feels:

- exhausted
- wired but tired
- anxious or unsettled
- unable to rest
- depleted in winter

💛 What the session includes

- Seasonal Five Element diagnosis to tailor your treatment based on your needs and preferences
- Acupuncture for sleep, rest and inner freedom
- Acupressure and gentle bodywork
- Herbs, supplements and diet tips.
- Fire-Water balance (Heart-Kidney regulation)
- Nervous system reset
- Winter breathing practices
- Guidance for rebuilding reserves
- A link to **Living with the Seasons**, with practices for improving sleep

To book on line, visit:

<https://oslo-holistisk-akupunktur.com/>

Oslo Holistic Acupuncture



Helgesens gate 10, Grunerløkka
Member of Norwegian
Acupuncture Association 2021