



Natasha Kubis

Licensed Acupuncturist

Certified Yoga teacher

CONTACT

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SKILL SET

- Certified in acupuncture, gua-sha, cupping, electro-acupuncture, and therapeutic massage.
- Specialized in the treatment of infertility, pain management, and anxiety reduction.
- Certified yoga instructor offering customized therapeutic yoga.

CERTIFICATIONS AND EDUCATION

- Licensed Acupuncturist in the State of New York # 004168-1
- Licensed Acupuncturist in the State of North Carolina # 874
- National Board Certification by the National Certification Commission for Acupuncture and Oriental Medicine # 119876
- National Healthcare Provider # 1265763833
- CPR/AED Certification (American Health Care Academy) A166367
- Certified in Clean Needle Technique and Acupuncture Safety
- Graduate of Eastern School of Acupuncture and Traditional Medicine; Master Diploma in Acupuncture and Chinese Medicine; in honorarium, 4,000 hours of acupuncture training, 2006 to 2009
- Certified Yoga Instructor by Yoga Alliance, 250-hour training, 2017
- Certified Yoga Instructor for Trauma Survivors, 40-hour training, 2021
- 550 hours of post graduate certificates and trainings in the field of Chinese medicine, 2009 to 2021:
 - “Gynecology 1 – Physiology”
 - “Gynecology 2 – Pathology”
 - “Pediatric Acupuncture”
 - “Acupuncture Safety and Ethics”
 - “Integrative Healthcare Across the Lifespan”
 - “Acupuncture Insurance Billing”
 - “Understanding Laboratory Testing”
 - “Liver Function and Pathology”
 - “Thyroid Function and Pathology”
 - “Infectious Disease and Pathophysiology”
 - “Acupuncture for Insomnia”
 - “Diet and Lifestyle Coaching”
 - “Acupuncture for Infertility Part 1”
 - “Acupuncture for Infertility Part 2”
- Seattle University; Biology Program
- University of Vermont; Nutrition and Women’s Studies Programs

PROFESSIONAL EXPERIENCE

- Acuwell LLC (private acupuncture, massage, and yoga practice), 2009 to present, New York, NY.
- Asheville Gynecology & Wellness (medical office), 2016 to 2021, Asheville, NC.
- Sofia Magazine (contributing wellness column writer), 2017 to 2022, Asheville, NC.
- Physio Logic Chiropractic and Rehabilitation, 2011 to 2016, Brooklyn, NY.
- Tres Belle Medical Spa, 2013 to 2015, Brooklyn, NY.
- The Wellness Lab (personal training and fitness center), 2011 to 2013, Brooklyn, NY.
- The Wellness Lounge (chiropractic care), 2009 to 2011, Brooklyn, NY.
- Attune Holistic Fitness (boutique fitness center), 2009 to 2011, New York, NY.