

**ELENA C. OCHOA**

7550 S.W 57th Avenue #116, Miami, FL 33143  
305-669-6699

Acupuncture Center for Wellness, Inc. FL  
**Co-Founder and owner Acupuncturist**  
Acupuncturemiami.com

**2004 – Present**

Wellness Wisdom LLC, FL  
**Co-Founder and owner Facilitator**  
WellnessWisdomSeminars.com

**2023-Present**

**EDUCATION AND TRAINING**

Universidad Iberoamericana, México  
**Bachelor in Business Administration**  
Honors: Cum Lade

**1980**

Tepoztlan, Morelos Mexico  
**Traditional Indigenous Herbal Medicine with Dona Vicenta Villalba**  
a renowned indigenous Healer

**1993-1998**

Zero Balance

**1994 & 2001**

Bach Flower Essences

**1998**

Academy for Five Element Acupuncture, FL  
**M.A in Acupuncture**  
Chinese Herbal Studies

**2002**

Council of Colleges of Acupuncture and Oriental Medicine, FL  
**Clean Needle Technique Course**

**2002**

Acupuncturist Without Borders  
**Healing Community Trauma Training**

**2011**

Acupuncturist Without Borders  
**Healing Community Trauma Training**

**2011**

University of Miami, FL  
**Eight Extraordinary Vessel Course, Dan Nevel AP**

**2012**

TCM Zone  
**Herbal Medicine for Children and Teens**  
**ShoniShin Pediatric Integrative Chinese Medicine**

**2024**

**TEACHING EXPERIENCE**

Universidad Iberoamericana, México  
**Finance Teacher**

**1981-1983**

Authorized “Umdze” (meditation Leader) from the Bon Buddhist lineage

**2002-Present**

Semillas / Mujeres Aliadas AC, Michoacán, México  
**International PRO BONO teachings of acupuncture protocols at midwifery school**

**2013**

Traditional Indigenous Herbal Medicine Seminars **2015-Present**

Hosting Wellness Retreats, teaching Meditation, Indigenous Herbal Medicine,  
**Five Element Theory and Acupressure Protocols** **2023-Present**

#### PROFESSIONAL EXPERIENCE

Univision, FL

**Developed Alternative medicine section of Univision.com, the world's largest Spanish-language media group** **1999**

Academy for Five Element Acupuncture

**Clinical supervisor** **2004-2005**  
**Faculty member, curriculum teaching** **2008-2009**

Acupuncture Center for Wellness, FL

**collaborated with national project Acupuncturist without Borders: Military Stress Recovery Clinic for Veterans** **2010**

Guest speaker for Disney Radio, Health Segment **2010**

Pro Bono international relief community acupuncture for under privileged towns:

**Valle de Bravo, Mexico** **2011**

**Tepoztlán, Mexico** **2015**

**San Cristóbal de las Casas, Mexico (Mujeres Artesanas)** **2017**

Pro Bono international relief community acupuncture to communities

**impacted by traumatic event: Mexico's earthquake** **2017**

#### LANGUAGES

English

Spanish

#### PROFESSIONAL ASSOCIATIONS

Florida State Oriental Medical Association

Acupuncturist without Borders

#### CREDENTIALS

Certified Acupuncture Physician, State of Florida

Diplomate in Acupuncture, National Commission for the Certification of Acupuncturist (NCCAOM)