

**Dr. Ratka Mira Popovic, DACM**  
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## **EDUCATION**

<b>Doctorate in Acupuncture and Chinese Medicine</b> <i>American College of Traditional Chinese Medicine at CIIS, San Francisco, CA</i>	2018
<b>Master of Science in Oriental Medicine</b> (3,200 hours / four-year program) <i>Acupuncture and Integrative Medicine College, Berkeley, CA</i>	2010
<b>Massage Therapy Certification</b> (672 hours) <i>Santa Fe School of Massage (Dr. Scherer's Academy) Santa Fe, NM</i>	1991
<b>Bachelor of Arts in German with an Emphasis in Physical Education</b> <i>Junior Year Abroad, University of Tübingen, Germany</i> <i>San Francisco State University, San Francisco, CA</i>	1986

## **ACADEMIC TEACHING EXPERIENCE**

De Anza College, Kinesiology Dept., Massage Therapy Program Cupertino, CA Part-time Instructor for lectures and labs. Marketed program with Chair massage students throughout the campus. Assigned case study externships. Created curriculum and syllabi, selected text books and recommended readings	2016 – 2019
<ul style="list-style-type: none"><li>• <i>Table Shiatsu 6-unit semester class with lecture and lab</i></li><li>• <i>Introduction to Chair Massage 3-unit semester class with lecture and lab</i></li></ul>	

## **COMPLEMENTARY/ INTEGRATIVE HEALTH EXPERIENCE**

Owner of Nectar Health, Oakland, CA Private Practice and Telehealth Coach	1991 – Present
<ul style="list-style-type: none"><li>• <i>Zoom sessions</i></li><li>• <i>Walk and talk and phone sessions</i></li><li>• <i>Workshops.</i></li><li>• <i>Manual therapies: massage; shiatsu; acupressure; cupping; and, gua sha.</i></li></ul>	

*I specialize in women's health, pregnancy and postpartum wellness. Other areas of treatment are: anxiety; depression; surgical and sport rehabilitation; pain management; stretching, guided meditation; psycho-spiritual transitions; and, breath and energy work.*

*I provide consultations in herbal medicine and nutrition. I offer healing circles, ceremonies and rites of passages services.*

Corporate Wellness and Chair Massage. 1994 – 2000  
*Affymetrix, Wired Digital, Wired Magazine, Hot-Wired, Organic, Big Book, Razorfish, Phoenix Pop and Construct.*

Namaste Yoga & Wellness, Berkeley, CA 2016 – 2019  
*Part-time massage therapist.*

University of California, San Francisco Health Club, San Francisco, CA 2014  
*Part-time massage therapist.*

Dr. Jan Corwin, Chiropractor, Oakland, CA 1991 – 1993  
*Part-time massage therapist.*

## CONFERENCE PRESENTATIONS, WORKSHOPS & LECTURES

Manzanita Wellness Clinic, Berkeley, CA 2023  
*Spring Equinox mini-retreat, taught herbal medicine usage of rose rosemary for self-care and purification.*

Private Retreat Center, San Miguel De Allende, Mexico 2022  
*Calling in the Circle: Sacred Feminine Woman's Gathering*  
*A multi-day workshop, focusing on self-care and women's healthcare using complementary medicine.*

Sacred Feminine Online Class, Oakland, CA 2022  
*A nine-hour class series on embodied divinity.*

Sisterhood Circle, Manzanita Wellness Clinic, Berkeley, CA 2021 – 2022  
*A nine-hour class series and labyrinth walk.*

New Moon Online Class, Oakland, CA 2020 – 2021  
*How to utilize the moon phases for emotional and psychological support.*

University of California San Francisco, San Francisco, CA 2019  
*Three-day intensive workshop on mental health for current medical students.*

University California, San Francisco School of Medicine, San Francisco, CA 2019  
*Guest lecturer with Dr. Esmeralda Zamudio on mental health as an integrative model for trauma informed patients.*

University of California, San Francisco, San Francisco, CA 2019  
*Zoom presentation on lung health from a Chinese Medicine perspective, during the COVID-19 pandemic for the clinical mental health team of student health & counseling.*

University of California, San Francisco, San Francisco, CA 2019  
*'Manifesting Your Medicine' workshop for the clinical mental health team of student health & counseling.*

Banyan Roots, Oakland, CA 2019  
*Cupping and Gua Sha Technique Workshop for massage therapists.*

Elevate Performance and Physical Therapy, Redwood City, CA 2019  
*Cupping and Gua Sha Workshop for manual therapists and adjunct healthcare providers.*

Commonweal, Bolinas, CA 2018  
*Four-day intensive retreat for chronically ill teens and their caregivers. Taught self-care acupressure and provided table massages.*

Latino Behavior Health Institute Conference, Los Angeles, CA 2014  
*Six-hour session co-led with Dr. Yvette Flores, Ph.D. on 'Indigenous Healing: Bridging the Eastern/Western, Mind-Body-Spirit Connection'.*

Tree of Life Yoga, Emeryville, CA 2013  
*Half-day 'Back to Basics' workshop on selfcare for the public.*

## **ACUPUNCTURE CLINICAL INTERN and EXTERNSHIP**

Acupuncture and Integrative Medicine College, Berkeley, CA 2008 – 2010  
*Public and community acupuncture clinic hours.*

Herrick Hospital, Berkeley, CA 2009  
*Lifelong Medical Care public clinic hours.*

Lifang Lian, DOM, LAC, San Francisco, CA 2008  
*Private Practice - Fertility treatments with Chinese Medicine clinic hours.*

## **HEALTH & WELLNESS COMMUNITY OUTREACH**

Kids and Caregivers, San Francisco, CA  
*Advisory committee member.*

Argosy University, Alameda, CA  
*Table massage for team building workshop.*

San Francisco Woman's Shelter, San Francisco, CA  
*Chair massage for staff team-building.*

Kehilla Community Synagogue Retreat, Sonoma, CA  
*Table massage for participants.*

The Crossings, Austin, TX  
*Presenter for opening ceremonies.*

United States Rowing Olympic Trials, Oakland, CA  
*Chair and table massage for athletes.*

Kaiser Hospital, Oakland, CA  
*Taught women living with HIV massage techniques.*

## **PROFESSIONAL CERTIFICATION & MEMBERSHIPS**

Certification in Integrative Pediatric Care  
American Massage Therapy Association  
California Massage Therapy Association Certification  
Cardio Pulmonary Resuscitation and First Aid Certification  
Yoga Alliance, Registered Yoga Teacher