

Ratka Mira Popovic, DACM, CMT
510-967-7563 / ratka@nectarhealth.net

EDUCATION

Doctorate in Acupuncture and Chinese Medicine <i>American College of Traditional Chinese Medicine at CIIS, San Francisco, CA</i>	2018
Master of Science in Oriental Medicine (3,200 hours / four-year program) <i>Acupuncture and Integrative Medicine College, Berkeley, CA</i>	2010
Massage Therapy Certification (672 hours) <i>Santa Fe School of Massage (Dr. Scherer's Academy) Santa Fe, NM</i>	1991
Bachelor of Arts in German with an Emphasis in Physical Education <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 throughout the campus. Assigned case study externships. Created curriculum and syllabi, selected text books and recommended readings	2016 - 2019
• <i>Table Shiatsu 6-unit semester class with lecture and lab</i> • <i>Introduction to Chair Massage 3-unit semester class with lecture and lab</i>	

MASSAGE THERAPY EXPERIENCE

Owner of Nectar Health, Oakland, CA Private Practice and Telehealth Coach	1991 - Present
• <i>Zoom sessions</i> • <i>Walk and talk and phone sessions</i> • <i>Workshops.</i> • <i>Manual therapies: massage; shiatsu; acupressure; cupping; and, gua sha.</i>	

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.

Sutter Health, Institute of Health and Healing, San Francisco, CA <i>Part-time integrative medical massage therapist.</i>	2024 - Present
--	----------------

Nectar Health, 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 Fitness Center, San Francisco, CA 2014
Part-time massage therapist.

Nectar Health, Oakland, CA 1996 - 2004
Part-time doula and midwife assistant.

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

CONFERENCE PRESENTATIONS, WORKSHOPS & LECTURES

Private Retreat Center, San Miguel De Allende, Mexico 2024
Calling in the Circle: Sacred Feminine Woman's Gathering
A multi-day workshop, Priestess of Ceremony, altar builder, workshop and conference facilitator.

Manzanita Wellness Clinic, Berkeley, CA 2023
Spring Equinox mini-retreat, taught herbal medicine usage for self-care.

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.

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

Lifang Lian, DOM, LAC, San Francisco, CA 2008
Private Practice - Fertility treatments.

PROFESSIONAL CERTIFICATION & MEMBERSHIPS

CPR/ AED

American Massage Therapy Association

California Massage Therapy Association Certification

Certification in Integrative Pediatric Care

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.