**Elena Ochoa, L.Ac.***Acupuncture Physician | Educator | Bon Buddhist Meditation Leader*

With over 23 years of experience as an acupuncture physician, Elena Ochoa is a seasoned practitioner deeply committed to helping her patients achieve physical, emotional, and spiritual wellness. She specializes in Five Element Acupuncture, integrating Traditional Chinese Medicine with a compassionate, patient-centered approach. Elena’s treatments focus on balancing the body, mind, and spirit to foster long-term health and vitality.

In addition to her formal training, Elena spent five years studying **indigenous medicine** with renowned healer **Doña Vicenta** in Tepoztlán, Mexico. This deep dive into ancestral knowledge profoundly shaped her approach, adding another dimension to her practice by incorporating traditional healing wisdom passed down through generations.

Before pursuing her passion for acupuncture, Elena had a successful career in business and taught finance at Universidad Iberoamericana. Her diverse background brings a unique perspective to her practice, blending pragmatic understanding with the profound wisdom of the Five Element tradition. She was also a respected teacher and supervisor at the **Academy for Five Element Acupuncture**, guiding the next generations of acupuncturists in both theory and clinical practice.

In addition to her healing work, Elena is an **Umdze** (meditation leader) in Bon Buddhist meditation, leading meditative practices that promote inner peace and spiritual growth. Her deep involvement in meditation enriches her acupuncture practice, allowing her to treat not only physical ailments but also deeper emotional and energetic imbalances.

Outside of her professional life, Elena’s vibrant personality shines through her love of dance, from tango to ballroom and salsa. She is also a devoted mother of two sons and a proud grandmother of two granddaughters. Elena’s passion for cooking adds warmth to her life, especially when hosting guests at her beautiful **bed and breakfast in Tepoztlán, Mexico**. It is here, in the serene surroundings of Tepoztlán, that she holds retreats, combining her expertise in acupuncture, meditation, and healing to create transformative experiences for her guests.

**Certifications & Specialties:**

* Bachelor in Business Administration with mayor in Finance
* Licensed Acupuncturist (L.Ac.) with 23 years of experience
* Former Teacher and Supervisor at the Academy for Five Element Acupuncture
* Former Finance Teacher, Universidad Iberoamericana
* Umdze of Bon Buddhist Meditation
* Specialization in Five Element Acupuncture, Stress Relief, and Mind-Body Healing

**Personal Interests:**

* Enthusiastic dancer: Tango, Ballroom, and Salsa
* Passionate cook and host of retreats at her bed and breakfast in Tepoztlán, Mexico
* Mother of two sons and grandmother of two granddaughters

**Clinic Address:**[Clinic information]  
**Phone:** [Phone number]  
**Website:** [Website]