



AFRICAN CENTRE OF CHINESE  
MEDICINE AND ACUPUNCTURE  
非洲中医及针灸中心



## Mr Rebaone Monama *BHS* Registered acupuncturist

National secretary: Chinese Medicine and Acupuncture Association of Africa

Director: World Federation of Chinese Medicine Societies, Chinese Medicine Health Management Committee

Director: World Federation of Chinese Medicine Societies, Committee for the Inheritance of Distinguished Experts

A graduate of the University of Johannesburg, Rebaone Monama combines time-honoured healing techniques with contemporary approaches to address a broad spectrum of health concerns, including chronic pain, stress management, fertility challenges, and emotional well-being. In 2025, he refined his expertise in Chengdu, China, where he undertook advanced, intensive training in pestle needle therapy. During this period, he also expanded his proficiency in acupuncture and tuina massage, further enhancing his clinical capabilities. Notably, he is among the first five South African practitioners to receive professional training in pestle needle therapy, a practice officially recognised as one of China's National Intangible Cultural Heritages.

Moithuti wa Yunibesithi ya Johannesburg, Rebaone Monama o kopanya mekgwa ya kalafi ya setso e e tlotlegang ka nako le ditsela tsa sejo santsintsi go alafa mathata a mantsi a botsogo, a akaretsa botlhoko jo bo sa khutleng, taolo ya kgatelelo ya maikutlo, dikgwetlho tsa go ima, le boitekanelo jwa maikutlo. Ka ngwaga wa 2025, o ne a oketsa bokgoni jwa gagwe kwa Chengdu, China, kwa a neng a tsaya ko dithutong tse di tseneletseng tsa pestle needle therapy. Mo nakong eo, o ne a atolosa bokgoni jwa gagwe gape mo acupuncture le tuina massage, go nonotsha le go feta bokgoni jwa gagwe mo kalafing. Se se botlhokwa, ke mongwe wa dingaka tse tlhano tsa ntlha mo Afrika Borwa tse di boneng thuto ya semmuso mo pestle needle therapy, e leng kalafi e e lemogilweng semmuso jaaka nngwe ya Bokgoni jwa Setso jwa Sechaena jo bo sa bonaleng.