

Mechanisms for Reclaiming Your Health and Your Life

The evidence-based solutions and transcendent practices in this workshop include:

- Accelerated Evolution Processes to achieve higher levels of being
- Breathing techniques to stimulate the vagus nerve and the parasympathetic nervous system
- Emotional Freedom Technique to discharge strong emotions
- Energy medicine to shift beliefs, release heavy energy, manifest desires
- Expressive Arts to express and reveal the soul's messages
- Integrative Nutrition
- Psych-K to shift limiting beliefs
- Vocal Toning – self-created sounds to increase the oxygen level, lymphatic circulation, melatonin, pain reliever hormones, nitric oxide which releases oxytocin, and decrease blood pressure