













Acupuncture Float tank Reflexology Chiropractic Meditation Yoga Massage





Alternative therapy video

- Lots of different types https://youtu.be/4FBxwL7l6qo
- How to meditate
- Hypnosis (TED talk)



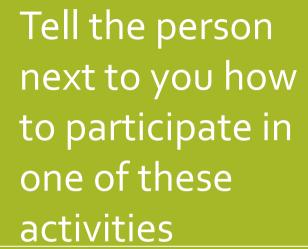














What do you see in the images?

Don't watch this video until the class

- What do you see in the photos https://youtu.be/7Y76u3UyQd8
- Short animation for migrains

Thoughts

- 1. Walk a mile in my shoes
- 2. The grass is greener on the other side of the fence
- 3. Holding onto anger is like grasping a hot coal
- 4. When two elephants struggle it is the grass that suffers