



Acupuncture
Float tank
Reflexology
Chiropractic
Meditation
Yoga
Massage





Alternative therapy video

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



Tell the person next to you how to participate in one of these activities



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](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
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