

White Barn Healing Arts Center Invites You to Join us for

# “The Fabulous 4” a Holistic *On-Line* Class Series

with a special monthly focus on either **Mental/Emotional Well-Being**; **Physical Pain Management**; or **Spiritual Growth**

Sat., April 23<sup>rd</sup> 6:30pm—7:30pm

**Releasing Past Burdens and Negative Energy**



**ACUPRESSURE:** Fingertip pressure or light massage applied to specific energy centers of your body to achieve healing and wellness.



**MUDRAS:** Symbolic hand gestures or head and body poses that promote good physical/mental/emotional/spiritual health



**CHAIR TAI CHI-QIGONG:** Meditation in motion for those who find it difficult to be still; gentle movements done from the comfort of your chair.



**MEDITATION TECHNIQUES:** These can include breathwork, guided visualization, grounding exercises, and reflective meditations.

Register at [www.whitebarnhealingarts.org](http://www.whitebarnhealingarts.org)  
Class Fee \$15

*Class will be available on video if you can't make it to the live presentation.*