

White Barn Healing Arts Center Presents

# "The Fabulous 4"

4 DIY Holistic/Healing Practices  
for Bringing Healing to Body, Mind, Spirit

## Focus: Healthy Sleep & Immune System

Sat., Jan. 29<sup>th</sup> 6:30pm-7:30pm



**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.*

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