

HEALING TOUCH

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Well Expo — January 25-26

Heart Centered Yoga by Candlelight is just one of the events scheduled at Well Expo. Healing Touch Madison practitioners will participate in the 2 days of classes, presentations and mini sessions, January 25-26, 2019, Monona Terrace Convention Center. Our booth is #115 and the classroom presentation will be in the Hall of Fame Classroom on Saturday January 26 from 2:00-2:45pm. For complete information: wellexpomadison.com

New Year's Special Offering

With each Healing Touch session in January 2019

Receive instruction on breathing technique to improve well-being

Receive instruction on Self Chakra Connection

to connect, open and balance energy flow for self-care



Dr. Andrew Weil calls learning to breathe correctly "the master key to self-healing," and says "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." Nancy Hausauer, a practitioner in Tacoma, WA, writes about strategies for chronic pain management. She advises using the belly breathing, or diaphragmatic breathing, technique 5 minutes twice a day or when stressed. <https://www.the-energy-healing-site.com>

Energy approaches to healing were used for thousands of years and have been documented worldwide. Huang Ti Ching Su Wen established their use in China 2500-5000 years ago. The healers of ancient Egypt freely used energy symbols like the *ankh* to enhance the breath of life and healing. The land of the Wiracocha, now Bolivia and Peru, abounded in *huaca*, the spirit energies of sacred healing places. Indian traditions called the vital life force *prana* and the Chinese word for such energy is *qi*; both of these terms have been widely used for more than five thousand years. The biofield, another name for the human energy field, was acknowledged by Hippocrates in Classical Greece.

History and Theories of Energy Healing, Dorothea Hover-Kramer, Ed.D., RN

Healing Touch Advanced Practice

In May 2018 I received certification from the Healing Touch Program for completion of Advanced Practice 1 & 2.

Cynthia Hutchison, DNSc, RN, MSN, Educational Program Director was the course instructor and I was fortunate to learn new techniques benefiting from her guidance and insight. The course was held in St. Louis, MO.

The Advanced Practice techniques create opportunity to sink deeply into a relaxation response as they are applied addressing exhaustion, fatigue, grief, and need for emotional release. Techniques are applied for muscular-skeletal issues as well strengthening and balancing the physical body.



Benefits of Healing Touch

- Connect, open and balance energy flow in preparation for surgery
- Assist in releasing emotional congestion
- Pain management and self-care for pain management
- Support immune system
- Deepen spiritual connection
- Release from biofield post-illness congestion
- Creative problem solving and mental clarity often result from deep relaxation



To schedule a Healing Touch Session from my website click on the Contact tab for my Calendar. You may also call/leave a message at 608-244-2635 or email tigan225@icloud.com. Suggest a day and time if one that works for you is not available on the Calendar. Please know sliding scale fee always available.

Happy New Year!

Anne