

Preparation for Our Webinar: "Healing the Hurt to feel Whole Again: A Practical Approach to Stop Triggers in Their Tracks"

1) Please have the documents I provided handy during registration so you may refer to them during the webinar.

2) Dress comfortably as we will be doing relaxation exercises as part of our webinar.

3) Sit in a comfortable space. When we go into the exercise, you want to feel safe and ready to allow healing. Bring a pillow or blanket, etc. if you want.

4) Plan to rest after the webinar, if not immediately, as soon as you can, so that you may integrate the energy flow.

5) Bring an open mind, body, and spirit to the class with you.

6) Show up 5 minutes early so we can start on time. Thank you :)

7) Disclaimer: Please note that what I am sharing is meant to enhance your life, enabling you to participate actively in your own healing. Please continue to see your doctor or therapist for examinations, advice, and treatment. This is not intended to be a substitute for medical advice, but to complement your care, enabling you to take a vital role in your wellness.

