



I'm not a robot

































In this 10-minute video, Anne Drogin, M.Div., M.Ac., Lic.Ac., Dipl. (NCCAOM), demonstrates how to identify and stimulate certainÂ ... In this 7-minute video, Bambi P. Mathay, LMT, BCTMB, RMT, leads you through In this 4-minute video, Heather Woods, MA, MT- BC, shares tips that may help you establish healthy In this 17-minute video, Juliana Berfield, PhD, E-RYT 500, CPT, leads you through a gentle yoga flow designed to put you in aÂ ... In this 6-minute video, Nancy Campbell, MS, explains the traffic light system â€“ a way to gauge your energy levels and move yourÂ ... This 45-minute class is done seated in a chair or standing with the support of a chair. The focus of the class is Massage and Nourish your Internal Organs In this class I will teach you and you will practice the spine wave. We will coordinateÂ ... Healthy Spine and Strong Internal Organs In this 45 minute class, you will learn and practice movements from Chi Kung and TaiÂ ... In this 13-minute video, Ramel Rones, Tai Chi Master and Mind/Body Consultant, leads you through three breathing exercisesÂ ... Animal Chi Kung and Tai Chi for the 5 Building Blocks of our Being: Body, Breathing, Mind, Energy, Spirit In this 45 minute class,Â ... Upgrade your Energetic system and Strengthen your Core According to Chi Kung, acupuncture and shiatsu, our energetic systemÂ ...