

# Mind/Body Practices

**Private, Individualized Mind/Body Sessions offered as a Complementary Therapy:**

***Safe, effective and non-invasive.*** The goal is to empower the client to activate the innate wisdom of Universal Energy within the Mind/Body allowing for self-regulation and healing of all aspects of the self.

***Private, Relaxing, Healing and Empowering.*** Sessions offers a quiet, nurturing and reflective period creating a deeply calming and restorative healing experience. The client relaxes fully clothed on a massage table or in a chair while the practitioner uses light touch, tapping, breathing and focused intention along with Universal Energy to facilitate the energetic balance. The client experiences ...

◦ *reduced stress* ◦ *the transformation of limiting beliefs* ◦ *the release of constricting mind/body energy patterns* ◦ *balanced chakras* ◦ *improved feelings of well-being* ◦ *clarity and understanding*

***The Body is Designed to Heal Itself.*** Accumulated stress is released through the energy system using focused intention, visualization and breathing. Gently and effectively returning from a chronic fight-or-flight stress response, the whole mind/body system engages the vitality, balance and general well-being state of homeostasis.

**Mind/Body Practices are effective for a variety of health concerns, some of which include:**

- Pain
- Headaches/Migraines
- Trauma/Wounds/Breaks
- Pre and Post Surgical Recovery

- Stress/Anxiety/Deep Relaxation
- Chronic Fatigue / Fibromyalgia
- Hypertension
- Depression
- Neck and Back Issues
- Allergies
- Arthritis
- Insomnia
- Digestive Disorders
- Viruses and Infections
- Pre-natal Care
- Learning Challenges
- Phobia and Emotional Disturbances
- Grief/Loss
- Sports and Creative Performance
- Preventative Healthcare
- Overall Health, Vitality and Well-Being
- Chakra Balancing/Meridian Clearing
- Personal/Spiritual Growth and Transformation

**Haymount Healing and Wellness Mind/Body Practices include:**

- Access Consciousness™ Bars
- Biofield Therapies: Chakra Balancing • Energy Medicine • Healing Touch • Reiki
- BodyTalk™
- Holistic Ceremonies
- How do Mind/Body Practices Work?
- Hypnotherapy
- Matrix Energetics®
- PSYCH-K®
- Sacred Contracts
- Thermography
- ThetaHealing®
- Transpersonal Hypnotherapy • Inner Counselor • Past Life Regression • Soul Retrieval and Integration • Ancestral/Genetic Balancing

- Empowerment Consciousness Transformational Sessions and Workshops