



**Reclaim Nursing-Empower-Inspire**  
**2018 Annual Conference**  
**Thursday, November 1, 2018**

**Healing Sessions**

**Feldenkrais Method**® Somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since how you move, is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities.

The Feldenkrais Method is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, “We move according to our perceived self-image.” By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists you to live your life more fully, efficiently, and comfortably.

**Emotional Intelligence** The ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.

**Havening** -Techniques are based on a fundamental neuroscientific understanding of how the brain processes memory and emotion. When a traumatic experience or event occurs, it becomes immutably encoded along sensory and somatic neuropathways, often with life-altering consequences. Havening techniques use touch, attention and imagination to trigger electrochemical changes, which permanently alters these traumatic pathways, thus relieving stress-related physical and psychological conditions.

**The BodyTalk System™** A healing system for the whole being: mind, body and spirit. You are a manifestation of every experience, thought and belief. Your story influences how you are WITH and IN your body and the environment. The challenging symptoms look like allergies, chronic pains, unhealthy relationships, financial woes, illness, and learning difficulties, **BodyTalk** connects to your innate wisdom to re-establish the communication within, initiating a set up for health and well-being. **BodyTalk** can support you in becoming a greater version of yourself.