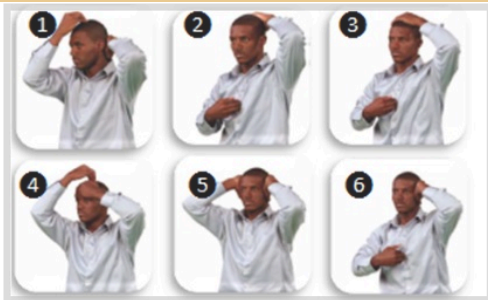


BodyTalk Cortices Technique Reduce Stress in 3 minutes

Check out "How To" Video on Website
& YouTube Channel at LaShonda Janae



Benefits include:

- * Balance left/right hemispheres of the brain
- * Reduce Stress & Anxiety
- * Improve Concentration
- * Feeling Relaxed

Instructions:

Take 2 full breaths w/
each hand position.

Tap on head (Brain),
then sternum (Heart),
& abdomen (Gut).

Focus while Tapping:

To balance both right and left sides of brain. To improve communication and circulation within the whole body and mind for optimal health and well-being.

MINDBODY Healing, Life Alignment & Equus Coaching

CERTIFIED BODYTALK PRACTITIONER
CERTIFIED HOLISTIC HEALTH COACH
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