



A Satellite Chapter of Therapeutic Touch International Association
Presents

Ultradian & Circadian Rhythms: Their Relationship to Physical & Mental Wellness

**April 23, 2022
9:30am-12:00pm
On ZOOM**

How TT can influence these rhythms: Sleep/wake, light/dark, cortisol cycle.
Exploring hypnosis & biorhythms: mind/brain, brain/body, cellular/genetic.

Ultradian Rhythm Healing Response exercise, meditation
and TT breakout sessions with

Karen Kinman, Ph.D, RN, LMFT, Certified in Clinical Hypnosis.

Christine Lim, MSN, RN, ANP-C, AGPCNP-BC, QTPP. Mary Ann Zanotta, RN, TTP

Take a morning to share energy and compassion for yourself with like-minded spirits.

Contact Linda Gurick to register: lgurick@gmail.com

Retreat FEE:
TTEC Members-Free
\$30 non-members (fee toward first year membership)

***Please make checks payable to TTEC
Nonmembers may mail check to:
TTEC
PO BOX 851
Middlebury, VT 05753***