

SEAOA STATE CONVENTION COMPANION PROGRAM

SIMPLE, EFFECTIVE, NATURAL METHODS FOR STRESS MANAGEMENT

Join Helen Hess, NP, CHt, BFRP, KRI Level 1 instructor on Friday June 13 for one or all three of the following events. This is open to all companions and vender/exhibitors who do not attend the technical programs. There is no additional charge for attending these sessions.

Pre-Session at 5:30 AM to 6:30 AM:

KUNDALINI YOGA

Bring your yoga mat, wear loose clothes, and be prepared for an energizing and relaxing hour. This is open to all levels of fitness.

Morning Session One:

BACH FLOWERS: A Natural Approach to Stress Management.

The Bach Flower Remedies are a simple, safe, healing system developed by Dr. Edward Bach. The participants will learn who is Dr. Bach, what are the Bach Flowers, and how to choose and use the appropriate remedies to reduce stress. Each participant will have the opportunity to choose their own remedies and make up their own treatment bottle.

Morning Session Two:

QUICK AND EASY SELF HYPNOSIS FOR RELAXATION

Have you ever wished you could just *relax*? Let Helen guide you through easy to learn, easy to do self-hypnosis techniques and do that, *relax*.

Your instructor:

Helen Hess has over 35 years of experience in the exploration of the Mind Body. She is certified as a Clinical Hypnotherapist, Awakened Mind Practitioner, Bach Flower Registered Practitioner, Kundalini Yoga Instructor, and a Psychiatric Mental Health Nurse Practitioner. Her strong grounding in the health sciences brings life and practicality to the practice of Mind Body integration.