

Holistic Healing & Wellness Group

Leader: Gloria Payne, PhD, LMFT, BCDCH, CBP

Wednesdays at 6:00 p.m.

Incorporating Hypnotic Mind/Body Healing & Body Talk

Hypnotic Mind/Body Healing

Similar to meditation with an emphasis on general or specific healing. Dr. Gloria Payne will teach and guide each participant to tap into the power of his/her own mind to increase healing and/or optimize health.

BodyTalk

A revolutionary energy medicine system that optimizes the body's internal communication. The body's innate wisdom knows how to heal itself when the lines of communication within the body are clear. Many physicians, Chiropractors, Child Psychologists, Physical Therapists, and other healthcare providers are incorporating this method of healing into their practices.

Each participant will receive
Hypnotic Mind/Body Healing & Basic BodyTalk Treatment

One participant each week will receive a
FREE Full Body Talk Treatment

BodyTalk has been helpful in addressing a wide variety of health issues – including asthma, reproductive disorders, allergies, chronic fatigue, infections, digestive disorders, anxiety, depression, learning disorders, back pain, and arthritis.

\$25.00 per session or 5 weeks paid in advance for \$20.00 per session.

www.meridiancounselingcenter.net

E-mail questions or register for the group via e-mail:

info@meridiancounselingcenter.net

or

Phone Cindy at (352) 518-5232

