

Self-Healing Sampler

Sample this interactive program to experience and learn simple ways to promote self-healing with a variety of modalities including massage, reiki, reflexology, gentle yoga, laughter and meditation. The participants will experience and learn how to incorporate these modalities into their daily lives.

Program Type [Single](#)

Time 1 hour 30 minutes

Language English

Audience Adults, Elderly/Disabled

Season All Year

Topic Wellness

Region Boston, Central, Metro Boston, Northeast, Southeast

Program Contact

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