

# 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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