

A person is shown from the chest up, splashing in a waterfall. Their eyes are closed, and their hands are raised near their face, with water splashing around them. The background is a lush, green forest with mossy rocks.

Mind Body Wellness: Refresh Your Life

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Self-Care For You

Mind-Body Health Connection

How do I know I'm in a stressed state?

What's a quick game-changer?

Tuning In

How to release neck and shoulder tension quickly

The “Oh My Goodness” Hold

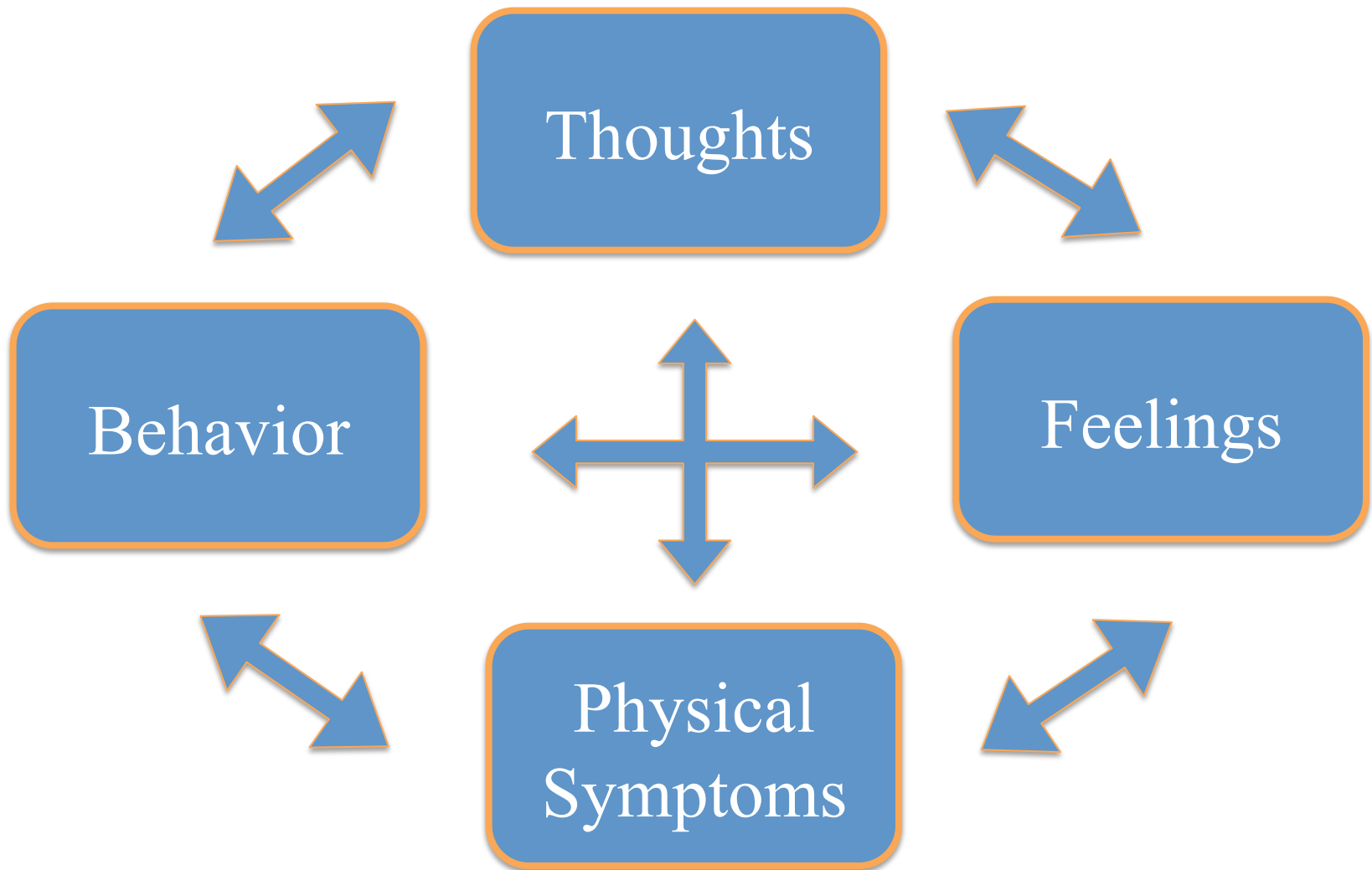
*How to activate the prefrontal cortex
and rediscover calm*

Nourishing Depleted Energies

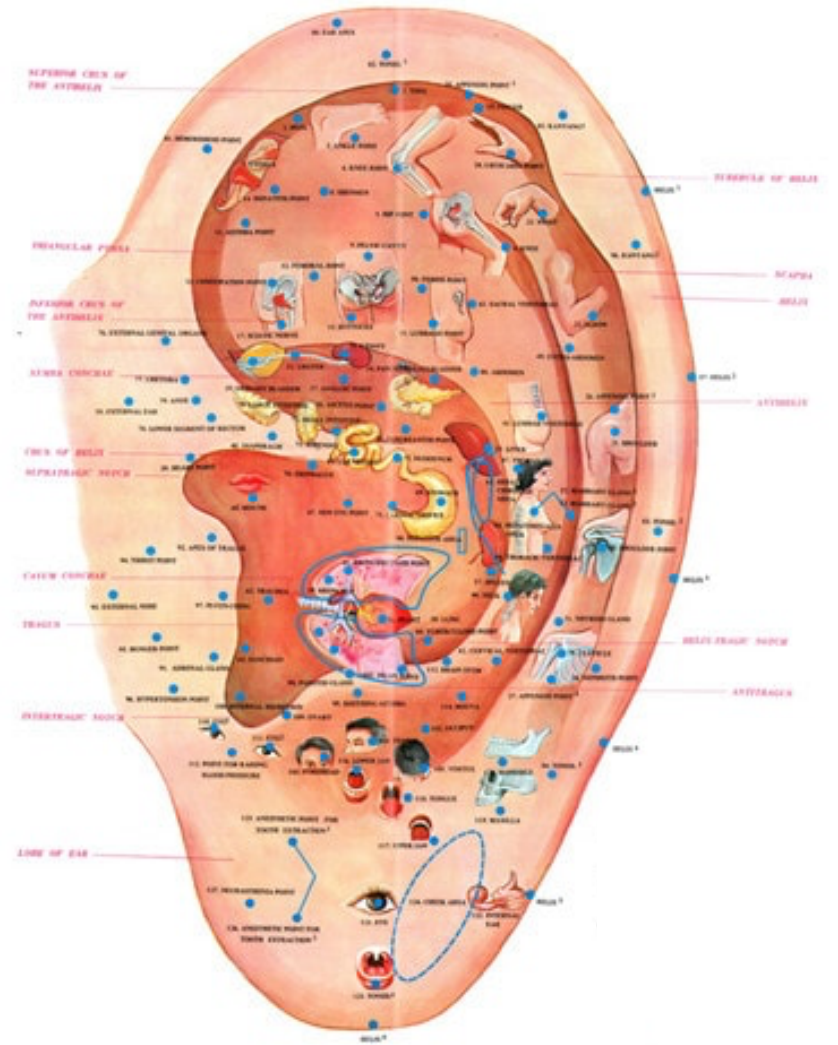
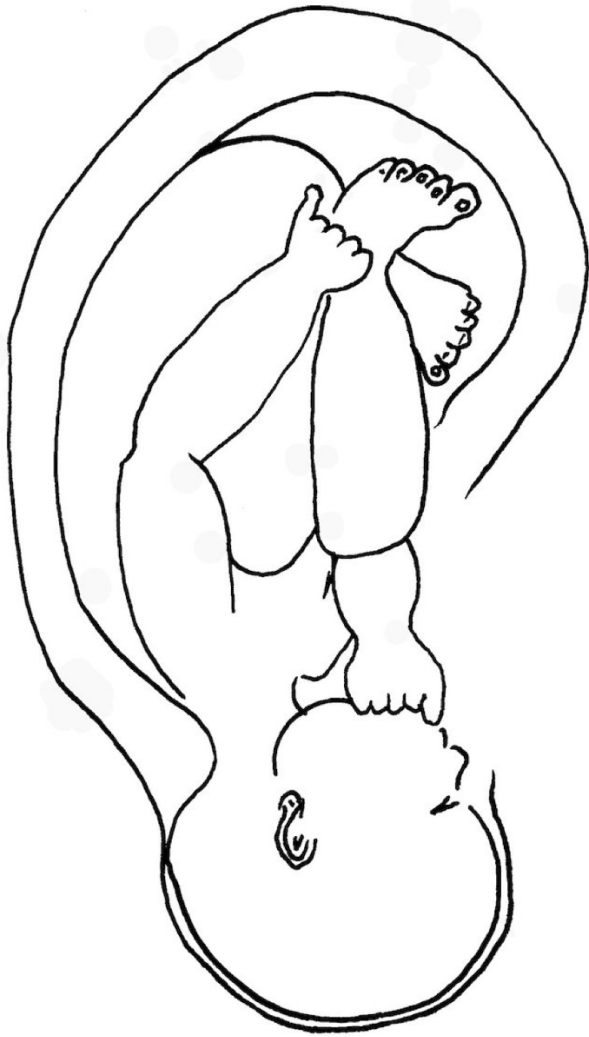
*How to recharge, and redistribute energies that
have been “leaking”*

The Mind Body Health Connect

How do you know when you're
Stressed Out? Out of balance? Off?



The Hologram in Your Ear



Acupressure Hold for Stress Relief



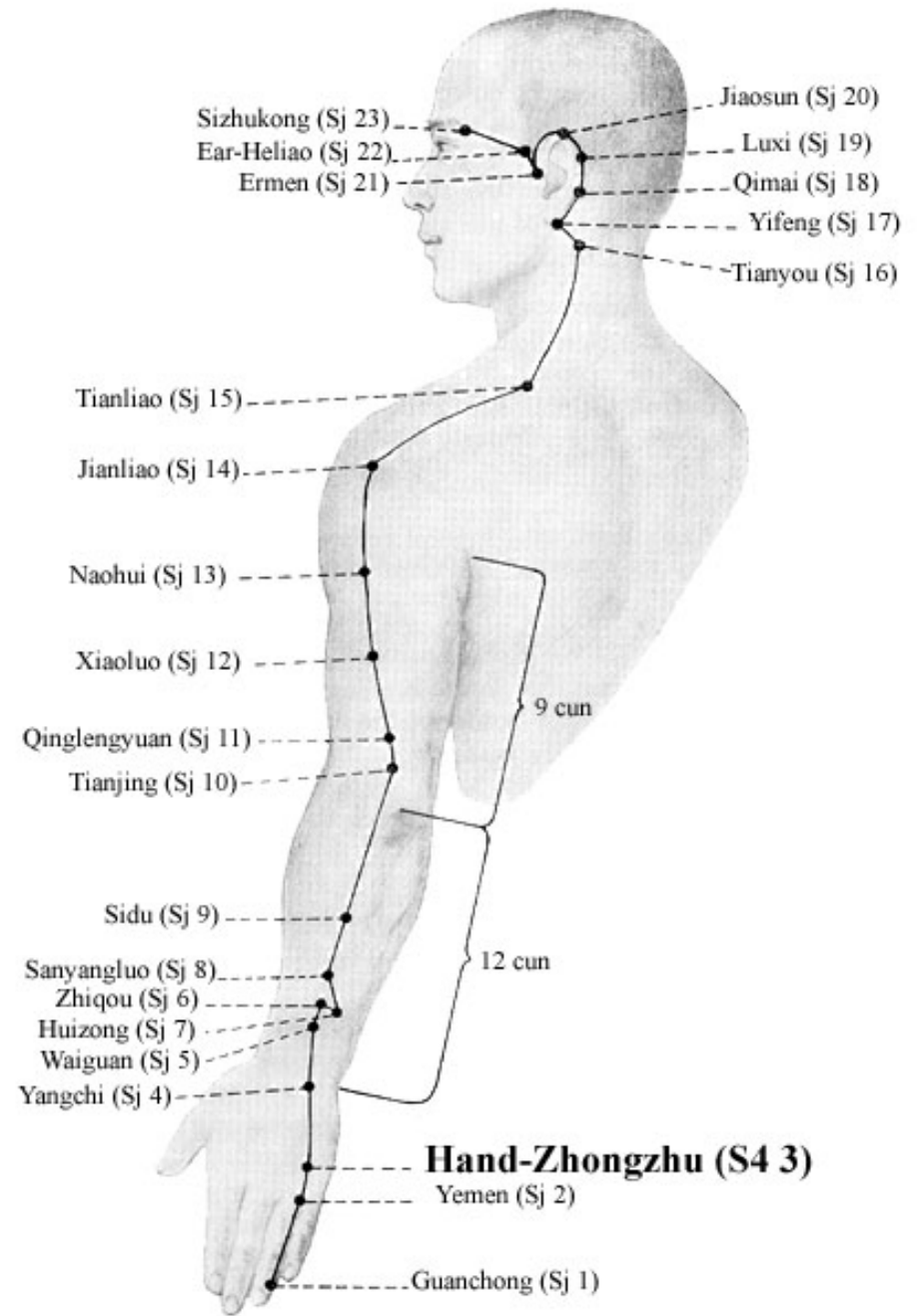
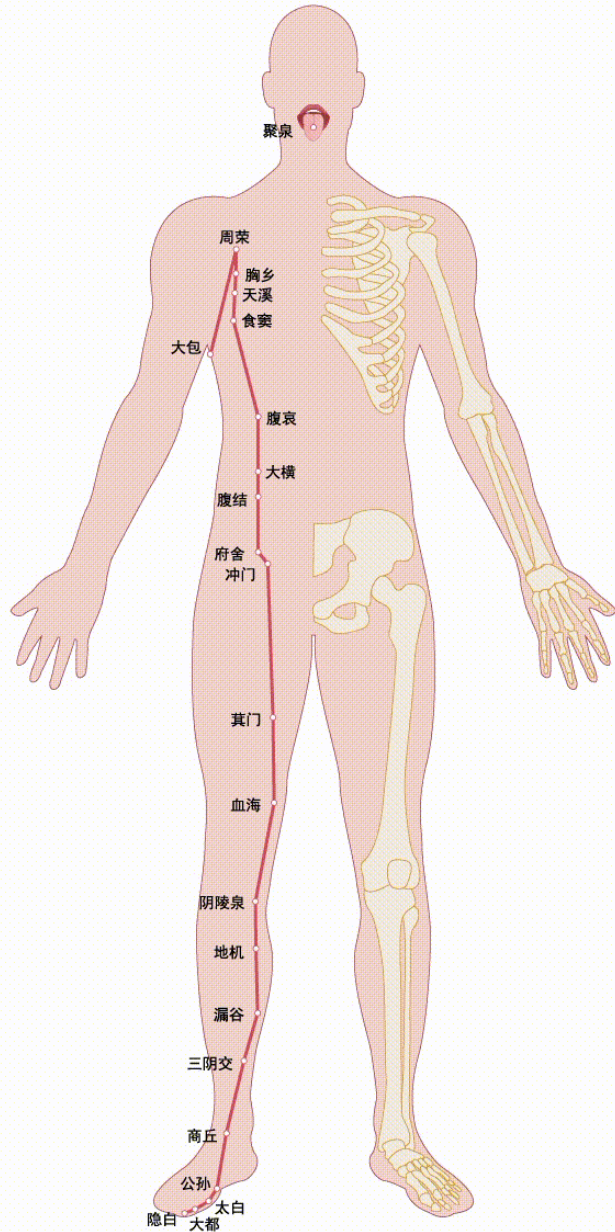
**The
Oh My Goodness
Points**



Nourish Your Depleted Energies

Spleen Meridian 脾经

(Strongest 0900-1100 | Weakest 2100-2300)



Sanjiao Channel of Hand-Shaoyang



thank you!