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Breathing techniques are very effective methods to quiet the mind and begin getting grounded. I will also address some effective awareness techniques the help bring

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Quiet Minds trained under expert Arvigo techniques of Maya Reiki and K.O.R.E. therapy including Chinese cupping (fire and/or vacuum), Stress release

Relaxation tips to relieve stress - stress,

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Tips for quieting your mind for a good night's rest. Whatever your personal mental chatter sounds like, it can be hard to quiet your mind and get to sleep.

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