



hugs

*A special Time for You
and Your Friends to gather
for FUN, RELAXATION
and HEALING...*



hugs parties

Hosting
Unique
Gatherings for
sharing



The Host of the Party receives a Private Healing Session just prior to the gathering and a Healing treat at the end of the evening.

Guests receive a relaxing gathering with friends, tools to take home and share, fun and friendship.

HUGS sharing is \$20 per guest.
6-10 Guests per Party.

HUGS Club: A group of committed friends who rotate hosting a HUGS Party as they develop their healing skills as a group.



HUGS Parties are led by Energy Kinesiologist, **Michelle B. Waines Greenwell**. Michelle's professionalism to explore the dynamics of your dreams, your goals and your personal objectives leads every gathering through a series of techniques that will assist in a magical experience of growth and achievement. To learn more about Michelle, please have a look at her website at www.dancedebut.com.



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Party Themes

Tender Tootsies

Sore feet, ankles, knees and hips? Arthritis, plantar fasciitis, tight tendons? Learn how to alleviate pain and discomfort from your feet, and move with confidence and ease. These techniques you will be able to utilize every-day and are easy to do and remember.

Walk with Confidence

Move with Grace –Posture, spinal alignment, and power in movement will be explored using specialized kinesiology techniques to move with greater ease and coordination.

Personal Wishes

Redefine your pathway, set goals, repattern fears, and find motivation to achieve your own Personal Wishes.

Simplify Stress

Open up your heart to experience each day for its glory. These simple Stress Releasers will leave you feeling lighter, successful and supported in your daily life.

Energy and Vitality

Based on the ancient use of Figure 8 Energy flows, stamina, energy and vitality tools will be put into your hands to lift your spirit and rejuvenate you.



Brain Gains

Opening up the pathways in the brain will calm, collect and clear your thoughts. These simple tools will support your passion for learning, creating and growing.

Tai Chi Connections

Dramatically improve your health and boost your energy with the ancient eastern art of Tai Chi. Improve circulation, increase lymph drainage, open the joints and improve the quality of movement in the body with these simple tools.

Internal Energy Dance

Learn how to expand the lungs capacity to use oxygen and nourish the organs, hydrate the body and treat yourself to a healing experience with the easy and unique "Inner Smile" meditation.

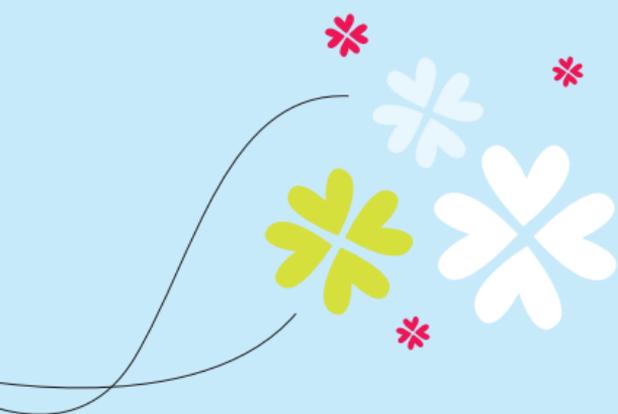
Finding Fluidity

Sharing dance fun together, party gatherers will play with music, movement and games to enjoy energy in motion.

Living your Passion

Learn how to embrace the parts of your life that you are most passionate about, and find a new path for making choices to help you achieve your ultimate goals.

Book your
hugs
party today!



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