

One-on-One Session with Corliss Chan, CMT



1:1 Mindfulness and Guided Relaxation Sessions

Mindfulness and guided relaxation are important tools for experiencing the mind-body connection. This one hour, one-on-one session will help you build skills to manage stress and explore ways to deal with physical pain, emotions, and side effects of medical treatment.

During this Session:

- Experience conscious awareness using your breath to relax
- Form mental images of relaxing places and situations using guided relaxation
- Explore acceptance of living in the present with life as it is without judgment
- Enhance your capacity to cope with life's challenges on a moment to moment basis

PRACTITIONER

Corliss Chan, CMT

COST

\$163 (1 hour)

Payment is due at the time of your service.

For more information or to schedule an appointment, please call 628-336-7689.