

# Rapid Relaxation Techniques

## Part 1 - The Science of Relaxation

### Parasympathetic Nervous Function

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### Sympathetic Nervous Function

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## Part 2 - The Art of Relaxation

### Interoception

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### Self-Care

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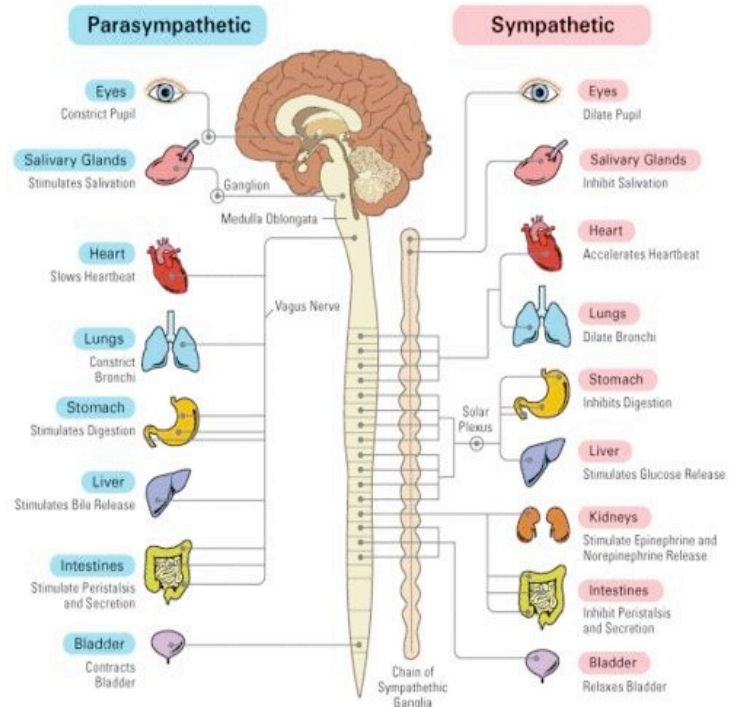


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# touch

## EDUCATION

Where the Art and Science of Massage Blend



## FSMTA Self-Care Show Special. \$85

- Pink & Blue Sacrowedgy
- DVD - Instructional
- Still Point Inducer
- Neck Roll
- Knobber

**Saves you over \$30**



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