

To register for a TT distance Clinic:

Please email co-facilitator Linda Burke at nl.burke@sympatico.ca to indicate your interest in participating by noon on Monday for Tuesday Clinic. You will receive a follow-up email with suggestions on how best to receive your TT session.

How to participate in a distance Therapeutic Touch Practice for self care:

- Choose a place to receive your session. You could be seated or lying down on a couch or your bed with a blanket or shawl covering you. You may choose to imagine yourself in the sanctuary receiving this session.
- Enhance the quiet in your home for this time by sharing your need for quiet at this time with others in your household. Turn your TV off and silence your cell phone,
- You may choose to have calming music playing. We often play Robert Haig Coxon's Silent Path (full album) which you can find on Youtube. https://www.youtube.com/watch?v=lyXWUfN6-tk&list=OLAK5uy_m87CffHZ7qzrePNkthwq_42CjIRtXHP9g&index=2
- Have your healing bag (if you have one) in your hand, on your body or next to you.
- A glass of water nearby is helpful for you to drink after receiving the session.
- Follow any personal meditative or relaxation practice for a few minutes. Alternatively, take 3 slower breaths and focus on your breathing for a couple of minutes to assist you in relaxing.
- Silently ask for the TT session to begin. As simple as this, the TT energy will begin flowing and you will receive a TT session (including a top up of your healing bag). The first 10 - 20 minutes will be the TT session.
- Rest for the next 20 minutes. During the rest period your body responds to the healing changes and your own healing momentum continues.
- Thank yourself for making time to practice this self-care.

St. Mark's TT Clinic Facilitators,

Lynn Vukosavijevic, TT Recognized Teacher and Recognized Practitioner

Linda Burke, TT Recognized Practitioner