Healing Tips
Ancient Wisdom–Intuition–Social Support–Science

• Open your mind to all possible healing modalities, avoid dogma.

• Create a super clear intention: write it and speak it

• Know your personal health history ~ write it down

• Know your family health history ~ interview your relatives ~ write it down

• Discover Ancestral Health Patterns and heal them

• Manage Your Mind with meditation, Yoga Nidra and/or contemplation

• Create a trusted healing/healthcare team and commit to your healing

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