

Relax and Restore

for women

Cost: \$15

Featuring:

Mari Arnaud, MS, LMT; Barbara Fasulo, RM;
Joan Harovas, RN; Bill Priftis, CH;
Malcolm Shute, RMT; and Carol Tyler, MA, RD

Produced By:

Malcolm Shute, RMT

To Order: please call (860) 714-4450

About the CD

Relax and Restore for Women

Saint Francis Integrative Medicine designed this recording to offer you some quiet time to yourself – time to chip away at the tension and stress of the day – and time to relax the body, mind and soul.

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Contact us at 860.714.4450 for more information about our Integrative Medicine services or to schedule an individual session with one of our practitioners.

TRACKS

Introduction – Sharon O'Brien; Manager of Integrative Medicine

Track 1 – Gentle, Energizing Yoga

Mari Arnaud, MS, LMT is an Integrative Medicine massage therapist and yoga teacher, dedicated to the relaxation and wellbeing of patients and staff at Saint Francis Hospital.

Track 2 – Breath Awareness Meditation

Carol Tyler, MA, RD has been trained in Mindfulness Based Stress Reduction under the direction of Dr. Jon Kabat-Zinn.

Track 3 – Permission to Let Go

Bill Priftis, CH is a hypnotist through Integrative Medicine and conducts sessions to reduce anxiety, manage pain, and achieve a healthier lifestyle.

Track 4 – Appreciation

Joan Harovas RN, Energy Therapist and Nurse Liaison for Integrative Medicine is the instructor for multiple holistic programs including *Prepare For Surgery*, *Heal Faster* and *Horizontal Respect*.

Track 5 – Heart Centered Meditation

Barbara Fasulo, Energy Therapist, is deeply committed to supporting others on their journey.

Track 6 – Peaceful Space & Gnarled Pine

Malcolm Shute is a practitioner who uses sound, energy, EFT, and Mantra Modalities.

