

BECOMING YOUR OWN MEDICINE

Wednesday, July 28, 2021
10:00 AM - 3:30 PM EST



FREE ZOOM WORKSHOP



REGISTER VIA EMAIL TO TCONYERS@RCNC.ORG

WHY THIS WORKSHOP?

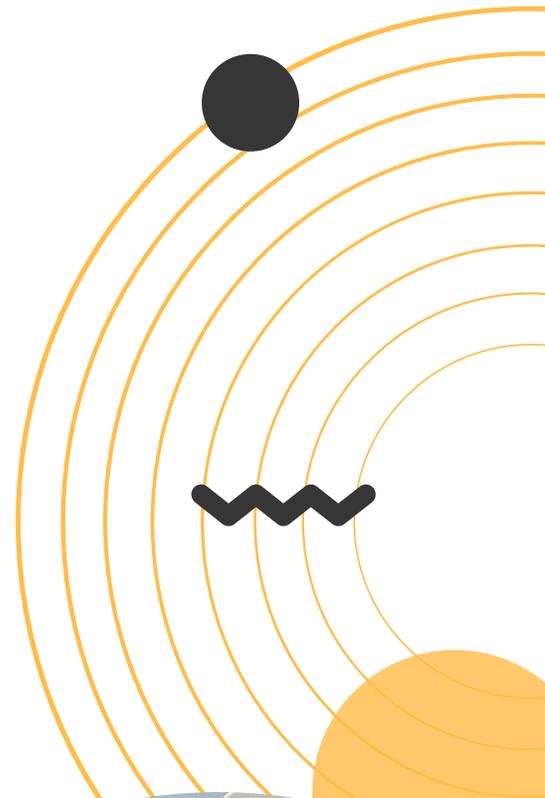
Life offers us every opportunity to become our own medicine. When we look within, we receive guidance for what the body is calling for. Through this journey of life we get to explore holistic ways of relieving stress and balancing the challenges we face.

Join us as we take a journey through the Mind & Body to awaken the healing powers within.

**FREE WORKSHOP
THANKS TO OUR SPONSORS:**



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Mental Health, Developmental Disabilities and Substance Abuse Services



Becoming Your Own Medicine

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Learning Objectives:

- Learn about how stress affects the Mind & Body
- Explore evidence-based Mind-Body Medicine experiential exercises for health & wellness, mind, body, Spirit
- Experience techniques that awaken your own medicine for supporting recovery, healing and peace of mind

RCNC FACILITATOR

Yoga Teacher E-RYT500 YACEP (Classical Hatha, Trauma Informed, Mental Health, Adapted Yoga)

Marma Therapist, Reiki Master, Essential Oil Specialist, Educator & doTERRA Wellness Advocate [5125324](https://www.mydoterra.com/lotusrising)

[mydoterra.com/lotusrising](https://www.mydoterra.com/lotusrising)

(Symphony of the Cells & AromaTouch Practitioner) Certified Mind Body Medicine Practitioner, Medical Qi Gong Practice Leader, Akashic Records, Past Life Regression & Angel Healing Practitioner



Lisa Martin, RCNC Recovery and Wellness Consultant

Lisa Martin has been a healing arts therapist serving Veterans and individuals in need of recovery, from substance use disorders and mental health concerns for 20 years. She leads, inspires and guides through a holistic whole health approach to wellness. She is a Certified Mind-Body Medicine Practitioner, Marma Therapist, Reiki Master, Trauma Informed Yoga Teacher, Essential Oil Specialist & Wellness Advocate, Medical Qi Gong Practitioner.