

Helpful youtube clips for Health and Wellness

Copy and paste the link into your web browser

EFT – information page/benefits/how to do - <https://www.thetappingsolution.com>

EFT – how to do EFT for different issues - <https://youtu.be/XRfLTQjJhp0>

Eft – for anxiety – short and easy - https://youtu.be/HWM_j0iSv-4

Cross crawl - https://youtu.be/2Jx_OIVtdrU

ESR Points – for stress relief - https://youtu.be/8JQSI_E4uNA

Self Meridian Massage for Rejuvenation - <https://youtu.be/rgDrRIC3klU>

Superbrain Yoga - Jack Canfield - <https://youtu.be/FbidPZ2VWDA>

Superbrain Yoga – benefits and how to do - <https://youtu.be/KSwHpF9iJSs>

Superbrain Yoga – lets practice - <https://youtu.be/NIUe8wCdido>