

BODY PRAYER AS A PERSONAL SPIRITUAL PRACTICE

with Cynthia Hutchison DNSc, RN, HTCP/I

A 4 part DVD for understanding and practicing four universal body prayers....plus Bonus Track with Hara Alignment Meditation.

Body prayer is an ancient and contemporary spiritual practice that can support and strengthen the inner connection to Higher Power and fortify one's energy body, thus enhancing body-mind-spirit health. Through intentional gestures and movement that can be personalized, experience a direct, and possibly new, way of connecting to Higher Power/God/Spirit.

Body Prayer as a Spiritual Practice Track List

Track 1: Introduction (02:42)

Part 1: Offering of Theoretical Framework

Track 2: Five Types of Prayer (07:25)

Track 3: How did we get from "There"
(Spiritual World) to "Here" (Planet Earth) ?
(17:01)

Part 2: Introduction to Body Prayer

Track 4: About the Body Prayer (06:41)

Part 3: Video Demonstration

Track 5: Demonstration -
Gestures with Meanings (25:36)

Part 4: Practice

Track 6: The Four Universal Body Prayers
(10:46)

Bonus: Guided Meditation

Track 7: A Guided Hara Alignment Meditation
(19:39)

Purchase through: Cynthia's website:
BoulderHealingTouch.com or email
Cynthia@BoulderHealingTouch.com

**PRICE: \$17 (discounted to \$15 with
5 or more orders) plus S & H**

DVD comes in a slim envelope and includes
the words to the four universal prayers.
Length of DVD: 90 Minutes

Presenter: Cynthia Hutchison,
DNSc, MSN, RN, HTCP/I, is a
Healing Touch Certified
Practitioner/Instructor, serves
as the Educational Program
Director for Healing
Touch Program™
(HTP).

She lives in
Boulder, CO and
is passionate
about teaching
and practicing
body prayer.

