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.