



TTouch for You® - Inspiring Self Care

“Live with Linda” January 2, 2024 - Class Chat

13:50:47 From Teresa Cottarelli-Guenther to Everyone: Inner PEACE

13:51:02 From Judy to Everyone: My word of the year is peace

13:51:15 From Marnie Reeder to Everyone: Reacted to "My word of the year ..." with ♥

13:51:26 From Juel Duke to Everyone: Change big ones and small ones

13:51:28 From Marnie Reeder to Everyone: Reacted to "Inner PEACE" with ♥

13:52:42 From Denise Müller to Everyone: my word is music

14:03:43 From SageLewis to Everyone: I'm Alive: <https://www.youtube.com/watch?v=Fw0oOjZydZY>

14:07:20 From Teresa Cottarelli-Guenther to Everyone: Thank you Sage Micheal Franti is on my Spotify!!!

14:40:04 From Marnie Reeder to Everyone: Stability Cushion
https://www.amazon.com/Inflated-Stability-Cushion-Including-Exercise/dp/B00IUNL260/ref=sr_1_10?keywords=Therapy%2BCushion&qid=1704227845&sr=8-10&th=1