



## **TTouch for You® - Inspiring Self Care**

### **“Live with Robyn Hood” March 15, 2022 - Class Chat**

12:09:44 From Dilly B to Everyone: Tried that

12:13:40 From Dilly B to Everyone: I'll just listen

12:13:43 From Angela to Everyone: Dilly, can you write in the chat

12:16:38 From Dilly B to Everyone: I've got a really bad ear infection. On antibiotics and steroids. Any suggestions on a wrap or TTouches please xxx

12:20:53 From Dilly B to Everyone: If you focus on relaxing the shoulder it relaxes the hand and fingers

12:30:05 From Marnie Reeder to Everyone: The rolling is fantastic!

12:32:13 From Katarina Drage, Maine to Everyone: Are you saying you uses the wrap from the top of the back?

12:54:20 From Marnie Reeder to Everyone: That would be amazing for people, too! Especially the rolling!

13:08:13 From Dilly B to Everyone: Sorry I'm going to go and do some TTouch with a warm cloth on my ear. Thank you so much Robin. Will catch up on recording xx

13:27:58 From Marnie Reeder to Everyone: All Wrapped Up: Improving function, performance & behavior with TTouch® Body Wraps (Horse) by Robyn Hood with Mandy Pretty

All Wrapped Up: Improving function, performance & behavior with Tellington Body Wraps  
by Robyn Hood with Mandy Pretty

All Wrapped Up For You: Improving balance, posture & overall well-being with Tellington TTouch Body Wraps by Robyn Hood with Mandy Pretty

14:06:52 From Katarina Drage, Maine to Everyone: also Love your hair !

14:09:07 From Angela to Everyone: Thank you Robyn. This has been great xx

14:09:23 From megan to Everyone: Yes, just wonderful Robyn!