TTouch for You® - Inspiring Self Care
"Live with Linda" October 11, 2022 - Class Chat

13:53:28 From Angela to Everyone: Megan, put some ribbons on too and send a photo of your magic stick x

14:03:52 From Angela to Everyone: That's awesome Denise!!!!!!

14:09:09 From Marnie Reeder to Everyone: Code of Authentic Living, Bruce Lipton

14:12:44 From harrietcowan to Everyone: what is the name of the study that mentions the effect of light pressure vs heavy pressure and which neurotransmitter is released?

14:15:05 From Marnie Reeder to Everyone: Man On His Nature, Sir Charles Sherrington

14:16:40 From Marnie Reeder to Everyone: Harriet, that was a massage group study, which I don't have. Ask Linda

14:21:35 From Eva to Everyone: I am connecting from my cell phone on the J3rusalem Roof...running out of battery . See you all at the Cell ebration...meanwhile I ' m geting into the new habits of sipping my water instead of gulping it + taking clld showers in the morning...thanks Linda , Elinor and everyone of you for being such an amazong source of inspiration.... ❤Hug

14:22:09 From megan to Everyone: Love you Eva!

14:22:16 From Angela to Everyone: Bye Eva and great to see you. Heart Hugs xx

14:58:47 From teresa.tteam.ttouch@bluewin.ch to Everyone: If I'm right, the difference between a massage and the TTouch is, that with the massage cortisol (stress) is activated and in case of TTouch occitoxine (trust)

©2020 Linda Tellington-Jones & TTouch-for-You® Online