



TTouch for You® - Inspiring Self Care “Live with Linda” December 20, 2022 - Class Chat

11:57:35 From dianesept@aol.com to Everyone: Hello - 12 degrees in Valley WA

12:16:20 From Anke Recktenwald to Everyone: Our Bodywraps can be amazing in different ways

12:19:12 From Anke Recktenwald to Everyone: There is a great lesson from Ruthy Alon on a roller, that's an amazing support for many people. It's called Magic roller, maybe you can find some information that way

12:27:10 From dianesept@aol.com to Everyone: Feldenkrais Roller

12:29:05 From Anke Recktenwald to Everyone: Mindful Spontaneity: Lessons in the Feldenkrais Method

12:29:09 From Anke Recktenwald to Everyone: Maybe that?

12:31:54 From Anke Recktenwald to Everyone: Movement nature meant, is the YouTube film

12:32:46 From Anke Recktenwald to Everyone: <https://youtu.be/igpJeOkgfzw>

12:36:14 From Anke Recktenwald to Everyone: When Children TTouch us we just feel „right“

12:36:34 From Anke Recktenwald to Everyone: Not judge, ne need to change, just fine

12:39:28 From Denise Müller to Everyone: I have to say good night for tonight, tomorrow I have to get up early. I wish everyone a wonderful Christmas time, lots of warmth, love, gratitude and good feelings. heart hugs for you

12:39:57 From Angela to Everyone: Happy Christmas Denise xxxx

12:40:20 From Anna Oeste to Everyone: Ruthy Alon's — book: Mindful Spontaneity, Returning to Natural Movement

12:40:31 From Anke Recktenwald to Everyone: Sending Hearthugs to support your energy

12:47:02 From DorothyDee to Everyone: Colouring books are very calming.

12:52:24 From Angela to Everyone: That reminded me about 'sipping' water too!

13:01:16 From Angela to Everyone: Marnie - you are doing a great job leading class and really appreciate you taking the first session today. Thank you xxx

13:02:10 From Anke Recktenwald to Everyone: I need to say Good night, happy to see you all

13:02:17 From Anke Recktenwald to Everyone: See you next week again <3

13:19:34 From Sage Lewis to Everyone: Bowl of Light - Trevor Hall:
https://youtu.be/5uNQAig_RIc

13:19:56 From Marnie Reeder to Everyone: Thx, Sage

13:43:39 From Marnie Reeder to Everyone: I think of you dancing in a labyrinth, Anna!

13:44:53 From Sage Lewis to Everyone: Netflix: Feminists: What Were They Thinking?

13:45:54 From Marnie Reeder to Everyone: Thanks, Sage!

13:46:15 From Juel Duke to Everyone: Thank you, Marnie and Sage.

13:46:46 From Marnie Reeder to Everyone: Have a great holiday!!

13:46:51 From Anna Oeste to Everyone: ..thank you Sage...Anna Oeste