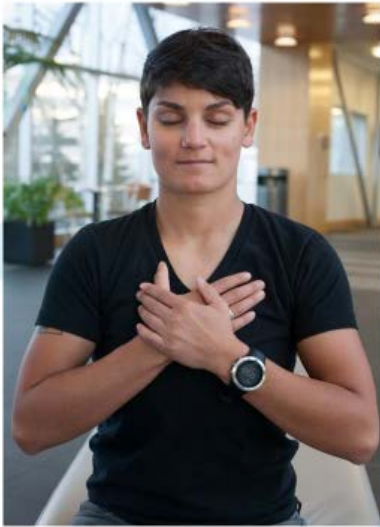


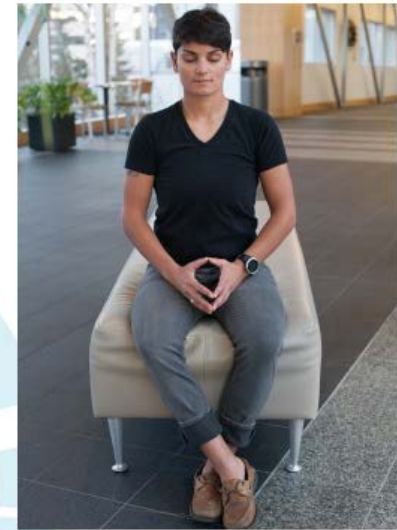
# Brain-Body Healing Movements from Capacitar International



Brain-body healing movement:  
Resting in Your Safe Place



Source: Capacitar International, Dr. Linda Chamberlain  
Photo by Laura Norton-Cruz



Brain-body healing movement:  
Centering



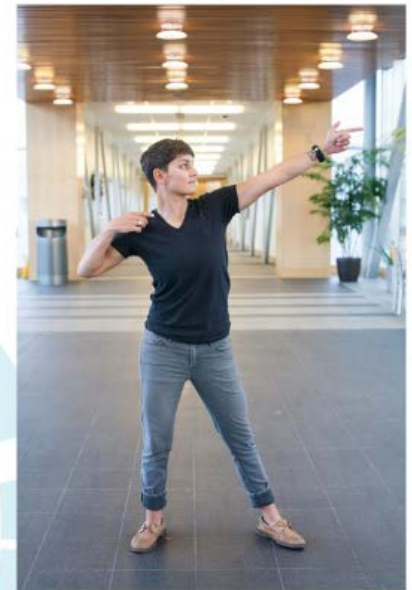
Source: Capacitar International, Dr. Linda Chamberlain  
Photo by Laura Norton-Cruz

Brain-body healing movement:  
Upholding the Heavens



Source: Capacitar International, Dr. Linda Chamberlain  
Photo: Laura Norton-Cruz

Brain-body healing movement:  
Archer



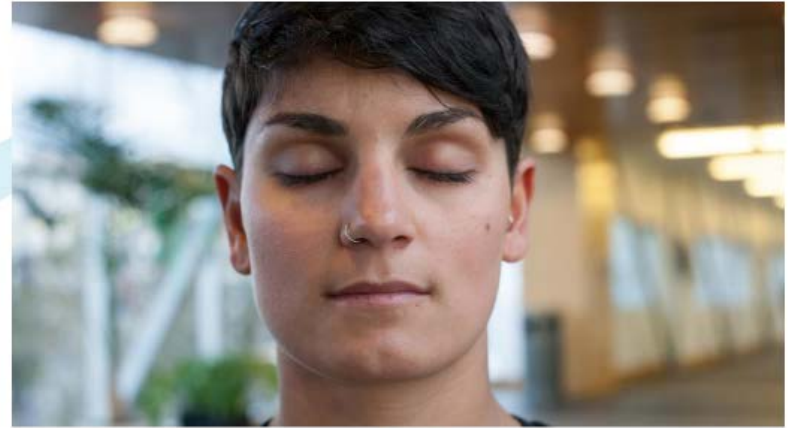
Source: Capacitar International, Dr. Linda Chamberlain  
Photo: Laura Norton-Cruz

## Brain-body healing movement: Switching



Photo by Laura Norton-Cruz

## Brain-body healing movement: Belly Breathing



Source: Capacitor International, Dr. Linda Chamberlain  
Photo: Laura Norton-Cruz

## Brain-body healing movement: Accupressure Point for Anxiety & Panic



Source: Capacitor International, Dr. Linda Chamberlain  
Photo: Laura Norton-Cruz

## Brain-body healing movement: Fingerholds



Source: Capacitor International, Dr. Linda Chamberlain  
Photo: Laura Norton-Cruz