

Power of the Inner Smile

Power of the Inner Smile – Mind-Body Medicine for Inner Health

Dr. Keri Brown, N.D.

Wide Awake Wellness, Colorado 80301, USA



Power of the Inner Smile: We will cover a variety of ideas and hands on techniques that can be used to reduce stress and help you breathe easier in today's world. The Power of the Inner Smile is an ancient, powerful system of physical, psychological and spiritual development encompassing meditation and internal energy practices. This unique awakening and circulation of energy through the path of medians in the body supports health and wellness. In a clear and easy to understand approach with many details, these practices will aid in the development of powerful energetic flow, for physical, psychological, and spiritual health and balance. Stress related anxiety can vary greatly regarding the symptoms that occur. This system stresses the circulation of the energy along the inside of the body to help heal and elevate stress. If we do not live healthy, these channels will gradually close and prematurely sickness and old age can occur before its time. These practices are for oneself and can also be taught to one's clients in support of body and mind medicine. The Power of the Inner Smile is designed to help attain an inner sense of presence and awareness of the wonderment around you. This class will enhance your learning of the mind, body, and spirit connection. It will provide tools to help move through stress towards health and lighten some of the fears that are prevalent in today society.

Objectives:

Perceive your own inner smile

Direct energy for your health

Adjust brain waves from a beta to an alpha state with ease

Understand the body's association to wisdom and health by centering the mind

*This program is presented from a 1-hour seminar to a series of seminars that build on themselves.

About Dr. Keri Brown, ND

Dr. Keri Brown, ND has practiced naturopathic medicine since 1998 starting a large scale, non-profit health care clinic Vermont and currently directs a private practice and wellness education company in Colorado. She speaks widely on naturopathic medicine, healing through nature, disease prevention, and detoxication in the 21st century. Dr. Brown received a B.S. in Environmental Biology and Chemistry from Fort Louis College in Durango, CO and her Doctor of Naturopathic Medicine from Bastyr University in Seattle, Washington in 1998. She has been living sustainably and studying meditation and healing for over 30 years.

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