

Little People of America
Trifecta 2015

Healing Aches & Pains... Naturally

Saturday 8:30-9:30 am
Arizona Ballroom F

This session will focus on the mind-body connection and tapping in to the body's innate ability to heal itself. Studies show that the brain can rewire itself and alter its set points - simply by the self-healing power of thought. Our thoughts, feelings, beliefs, and attitudes truly do either positively or negatively affect our biological functioning.

A few of the healing modalities we will briefly look into will include -
EFT (also known as Tapping)

Meditation and Deep Breathing

Visualization and Positive Thinking

Class Requirement - An Open Mind To The Possibility of Feeling Good

Facilitator –

Gaill Blackburn has been a member of LPA for almost 18 years and is the past 2012/14 President of the Phoenix Chapter. She is the average-height mom of Britney who has Achondroplasia and Hydrocephalus. Gaill has a BS in Business Management and Co-Founded a Non-Profit for 7 years that specialized in bullying prevention, diversity education, and dwarfism awareness. She spent the last two decades studying various methods of healing modalities and like most healers has developed her own unique style encompassing the best of each of them. Gaill is an Intuitive & Reiki Master, and holds various certificates in Energy & Spiritual Healing, Shamanic Studies, Angels, Hypnosis, NLP, Soul Realignment, Law of Attraction, etc.

