**Healing Resources**

**Grow You Healing & Art Center** – Intuitive healer & spiritual counselor with a diverse toolbox for change. Services include; Reiki, yoga, meditation, hypnotherapy, sound, essential oils, emotion code and expressive arts. Judy Giovangelo, 360 Woodland St., Holliston, MA. Tel: 617-592-6715. judygio.com / Ben Speaks Founder

**Geralyn Kruger Acupuncture** – Chinese and Japanese style acupuncture (including a Japanese non-insertive acupuncture), detox treatments, Eastern and Western herbs/nutrition and lifestyle advice. Geralyn Kruger, 317 N. Main St., Natick, MA. Tel: 781-264-4952. geralynkrugeracupuncture.com/

**The Boston Alphabiotics Center** – Benefit from whole brain – full alpha function, reclaiming energy wasted on the stress response. Benefit from physical, mental and emotional renewal. Sessions are brief and affordable. Clark Reddick, 23 Chamberlain Terrace, Waltham, MA. Tel: 617-930-2133. alphabioticsboston.org /

**Walk With Spirit** – Master Intuitive healer, teacher & coach. Reiki Master, certified Angelic life coach utilizing Emotional Freedom Techniques and Chakra dance facilitator. Carolyn McGee, 66 Thomas St., Ashland, MA. Tel: 508-745-7248. carolynmcgee.com /

**Creating Calm, LLC** – Meditation teacher, Reiki Master, shamanic practitioner and second-degree black belt in Tae Kwon-Do. Works with children, teens and adults to reduce stress and anxiety, facilitates group meditation classes, and offers both private meditation and Reiki sessions. Providing meditation and relaxation training incorporating a variety of techniques, including guided meditation, visualization, Native American healing techniques, gentle stretching and breath work. Marci Zieff, 317 North Main St., Natick, MA. Tel: 508-733-1653. creating-calm.com /

**Neurofeedback/Brain Training**

Training Waves – provides Neurofeedback and Trauma/tension Releasing Exercise (TRE). Dr. Anita Kite, 770 Washington St., Holliston, MA. Tel: 508-208-9551. trainingwaves.com /

**Crystal Reiki**– Reiki, crystal chakra balancing, space & land healing, reiki classes and workshops. Intuitive coaching and healing readings also offered. Deborah Strafuss, Gentle Place Wellness Center, 79 Main St. #104, Framingham, MA. Tel: 508-353-5136. crystalreikienergy.com /

**Holistic Dragonfly Child –** Yoga. nutritional consults, addictive behaviors, child grief, stress and anxiety management and related sleep disturbances, special needs and homeopathic consulting. Receive a complimentary 15-minute discovery session. Veronica Boske, 26 Maple Ave, Upton, MA. Tel: 508-964-3320. holisticdragonflychild.com /

**Roots & Wings Yoga and Healing Arts** – Healing arts support services for teens, kids and families including yoga, meditation, counseling services, energy sessions, holistic physical therapy, acupuncture and more. Karen Kuhl & Maggie Sky, 317 N. Main St., Natick, MA. Tel: 508-315-8088. rootsandwingshealingarts.com /