

# sole to soul transformation: self-care reflexology with Hue Lan Tracy Chau

Got headaches? Back pain any pain? Digestive issues?  
Head too busy? Overwhelmed? Feeling anxious and can't relax?

Come and join HueLan's practical workshop to uplift, restore and transform your mind and body. This workshop will help you to address the imbalances we face in our daily lives from stress to insomnia. Learn hands-on tools to use for yourself and loved ones for quick relief with reflexology and meditation to calm and soothe the mind. The workshop will demonstrate how to bring your mind and body back into balance with open space, reconnecting from the inside out.

You will learn:

- Useful acupressure points for reflexology
- How to tap into your own energy system
- Breathwork to entangle physical and emotional knots
- How to establish a daily routine for mental hygiene

[HueLan](#) studied reflexology using the TCM system. Over the years she has established her own style of using mind and body awareness meditation whilst giving reflexology. HueLan is an experienced meditator under the tutelage of Tsoknyi Rinpoche and Mingyur Rinpoche. She is also trained as a cultivating emotional balance trainer with Dr Paul Ekman and Dr Alan B. Wallace under HH Dalai Lama's guidance. She has recently qualified as an advanced rapid transformational therapist and as a clinical hypnotherapist. For more information, please visit: [www.omfeet.co.uk](http://www.omfeet.co.uk) or [www.loveyourmind.co.uk](http://www.loveyourmind.co.uk). A portion of profits from this workshop will go to Tsoknyi Gechak Nunnery in Nepal.

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Saturday 01st September

10.00 – 12.00pm

£25

[triyoga](#) camden

57 jamestown road, london nw1 7db

020 7483 3344 [info@triyoga.co.uk](mailto:info@triyoga.co.uk) [www.triyoga.co.uk](http://www.triyoga.co.uk)

