

DESCRIPTION OF SERVICES

MIND:

Mental Health Counseling

Mental health counseling is counseling provided to individuals and couples by a licensed counselor that helps promote optimum mental and emotional health and wellness using a variety of therapeutic techniques. This counseling aids individuals to deal with issues associated with family, parenting, marital problems, stress management, self-esteem, depression, anxiety, loss, trauma and sexual health concerns.

Hypnotherapy

Hypnotherapy is a form of psychotherapy that uses relaxation, concentration, and intense attention to achieve a heightened state of consciousness or mindfulness. This form of therapy uses the mind to reduce or alleviate a variety of issues, such as psychological distress, phobias, and unhealthy habits.

Eye Movement Desensitization and Reprocessing (EMDR)

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, post-traumatic stress and other emotional problems. EMDR therapy involves the client placing attention to a negative event and an image, belief, and body feeling related to this event. While the client focuses on the event, the therapist will begin sets of side-to-side eye movements, sounds, or taps. The client is guided to notice what comes to mind after each set. As a result of this therapy, clients experience shifts in insight or changes in images, feelings, or beliefs regarding the event. The sets of eye

movements, sounds, or taps are repeated until the event becomes less disturbing.

Stress Management

Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen the quality of one's life. Stress management offers a range of strategies to help you better deal with stress to help you lead a more balanced, healthier life.

Mindfulness

Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness can be cultivated through proven techniques, usually while seated, walking, standing, and moving with pauses one can insert into everyday life. It may also be practiced with other activities, such as yoga or sports. When we're mindful, we reduce stress, enhance performance, and gain insight and awareness through observing our own mind.

Life Coaching

Life coaching helps you reach a goal or make a change in your life. It helps you plan and start taking action in the areas of your life that you wish to change. Life coaches play the roles of motivator, planner, strategist, and accountability partner who guides you to achieve from the planning stage all the way through the execution and follow-up stage of establishing a new direction in your life.

Career Coaching

Career Coaching helps people who feel stuck in a rut in their job, are looking to change jobs/careers, or find work they feel passionate about. Being unemployed or unfulfilled can foster negative emotions, including

doubt, low self-esteem, and lack of confidence. Being in a high-stress job with countless demands can also be unhealthy. Career Coaching empowers you to take action in changing your work environment by identifying career goals and provide you with a state-of-the-art resume, LinkedIn profile and optimization, networking plan, and interviewing techniques to better enable you to move forward in your career.

Leadership or Executive Coaching

Leadership or Executive coaching is an individualized process that builds a person's competencies and skills to enhance their performance or promotability. This type of coaching helps leaders or business professionals sharpen their interpersonal, influencing, management, collaboration, and emotional intelligence skills so they may be more effective in their career.

BODY:

Acupuncture

Acupuncture involves the insertion of very thin needles through the skin at strategic points on the body. A key component of traditional Chinese medicine, acupuncture is used to treat pain and enhance overall wellness. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force believed to flow through meridians in the body. By inserting needles into specific points along these meridians, energy flow is restored, and the body and mind return to a state of harmonious balance.

Cupping

Cupping is an ancient practice which uses heat and glass cups to create negative pressure on the body. The suction of the glass cups draws stagnant energy to the surface of the skin allowing for a healthier flow of the life force that flows through the body and blood. Cupping is used to relieve muscle tension, increase blood flow, promote cell repair, treat colds and congestion in the lungs, and more.

Moxibustion

Moxibustion is a technique that uses a dry herb called mugwort, combined with heat, to promote the flow of energy in the body. Often used in conjuncture with acupuncture, this method can be used for arthritis, digestive issues, immune system function, and more.

Gua Sha

Gua Sha is a natural therapy that involves a light scraping of the skin with a massage tool to stimulate microcirculation of the soft tissue, which increases blood flow. Gua sha is intended to address stagnant energy in the body that may be a source of pain and inflammation. The light scraping of the skin's surface exercises the fascia and stimulates blood flow, which can help reduce inflammation and promote healing.

Meditation

Meditation is a technique for resting the mind and attaining a state of consciousness that fosters clarity, relaxation and focus. During meditation, the practitioner is awake and alert, yet the mind is singularly focused on the internal world, not the external world, or the events taking place. Meditation facilitates a state where the nervous system is balanced, allowing one to achieve inner peace.

Tai Chi

Tai Chi is an ancient Chinese tradition that involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Tai Chi is a slow-paced system of gentle exercise and stretching without pause, allowing the body to be in constant motion.

Health Coaching

Health coaching supports the achievement of health goals through lifestyle and behavior modifications. It bridges the gap between medical recommendations and your abilities to successfully implement those recommendations including the areas of nutrition, exercise, stress management, and cultivating a positive attitude. Health coaching uses conversation, clinical interventions and strategies to actively and safely engage clients in health behavior change.

Community Healing Sessions

Community healing sessions will be conducted monthly to allow all members of the community to participate in individual healing sessions with MBB sponsored practitioners using alternative healing modalities such as Reiki, acupuncture, sound therapy, etc.

Blessing of the Animals

The blessing of the animals is a service in which people bring their animal companions to a gathering to give thanks for the animals that enrich our lives and share positive healing energy for these companion animals. MBB will also offer acupuncture for our clients and their animals on a quarterly basis along with this blessing service.

Yoga Classes:

The objective of yoga is to create a harmonious balance between the physical body, the vital energy (prana), and the mind. Yoga involves the practice of various physical postures, breath control, and meditation to promote vitality and wellbeing.

Power or Vinyasa Yoga

Power or Vinyasa Yoga is a flowing, dynamic sequence of poses that involves synchronizing the breath with a continuous flow of movement between postures. This class provides a vigorous workout that burns calories, enhances fitness and stamina, increases flexibility, posture, and mental focus. Vinyasa, is a breath-initiated practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us.

Restorative Yoga

Restorative Yoga involves gentle stretches and controlled breathing with the aid of blocks, bolsters, and blankets to sustain postures which facilitate restoration of the mind, body, and spirit. This form of yoga aims to activate the parasympathetic nervous system, which supports immune function, stress relief, and balanced regulation of all bodily functions.

Yin Yoga

Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes or more, accessing deeper layers of fascia. The longer holds and relaxed states allow Yin Yoga to offer deep states of meditation while applying moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments— which increases circulation in the joints and improving range of motion. Yin Yoga targets the nervous system which

is regulated through deep rhythmic breathing, relaxed postures and guided visualizations, building resilience in the nervous system responses and providing relief from stressors and anxiety.

Yoga Nidra

Yoga Nidra is a systematic meditation and conscious relaxation practice that induces a state of deep, blissful awareness. In this practice, students lie on their backs and are guided via verbal instruction to set a heartfelt intention or affirmation deep within the subconscious mind.

Chair Yoga

Chair Yoga is suitable for students who are unable to participate in a traditional yoga class because of aging, injury, or disability. Chair yoga offers a practical alternative as it increases flexibility, strengthens muscles, and enhances personal body awareness. Students can learn many yoga postures, breathing techniques, and ways of relaxation while using the aid of a chair.

Pranayama Yoga

Pranayama Yoga uses breathing exercises which clear the physical and emotional obstacles in the body to enhance the flow of life force energy (prana). Pranayama Yoga moves beyond the awareness of the breath by using specific rhythms and techniques to calm the mind, reduce anxiety, improve focus, and rejuvenate the body.

BEYOND:

The Science of Breath Workshop

The Science of Breath Workshop allows participants to learn Sudarshan Kriya, a practice that uses unique rhythms of breath, calming the mind, and producing a profound physical and emotional cleansing. This breathing reduces stress, allows for greater concentration, energy, clarity of mind, and expression of creativity.

Reiki

Reiki is an energy healing treatment that works holistically, on the body, mind and spirit. Reiki uses energy fields to help the body heal itself through the creation of a calm state of mind and relaxation that promotes healing. Reiki taps into life force energy that improves health, enhances personal growth, and the quality of life. It loosens blockages in the body's energy centers or chakras and releases negativity, promotes relaxation, harmony and balance, speeds healing, and reduces pain and anxiety.

Reiki Plus

Reiki Plus clients participate in the healing treatments and become aware that they, as individuals, are attached to, and own, their own healing process. Clients learn to view their blocked energy as a learning tool and are guided to forgive themselves and others and learn techniques in order to transform their health, their wellness, and their lives.

Reiki Certification I

Reiki Level I initiation and attunement invites you to come into harmony with yourself and unlocks your innate power to heal yourself and others. In this entry-level Reiki training, participants will study Reiki history, learn how to perform self-Reiki, how to give Reiki to someone else (or pets), and are attuned for life to Reiki energy.

Reiki Certification II

Reiki Level II further develops and strengthens Reiki energy mastery. Participants will learn to send Reiki energy using only their eyes, thereby strengthening the magnetic auric field. Using a teddy bear, participants are trained to provide Reiki energy to people across distances effectively, sharing powerful healing energy to others.

RoHun Therapy

Ro Hun Therapy is an in-depth process that accesses the higher regions of the mind and has proven to be a breakthrough in the transpersonal healing of body, mind, and spirit. It is a process of enlightenment and spiritual psychotherapy that allows the individual to remove faulty perceptions of themselves and return to a state of self-love and attunement to the higher self.

Chakra Assessment and Guidance

Clients are guided to understand why they are attracted to certain colors and how to use colors strategically to make the changes they want in their lives. Through guided imagery, meditation, and intuitive counseling, clients gain a deeper understanding of themselves and how to shift energy patterns in the body and the mind to create harmony.

Intuitive Life Reading/Counseling

An Intuitive Life reading/counseling allows an empathic intuitive to read a person's energy and sense vibrations directly from one's energy field. The energy detected begins to flow in a series of images, feelings, or inner knowing. This is time with an advisor that provides information that can be helpful to individuals with questions about their health, wealth, purpose, career, relationships, or their spiritual growth. This type of reading can enable one to learn about blockages or negative patterns and can focus on releasing blocked energy, past trauma, working through a current hardship, or understanding one's life path. The overall purpose of a reading

is to allow an impartial third party with specialized heightened awareness to help you “see” yourself with more clarity, and gain insights into how to create the life you desire.