

OPINION

# Practitioners Discuss Alternative Health Therapies

BY MARA BENNER  
FOUR DIRECTIONS WELLNESS, AFFILIATED  
WITH THE CW CENTER FOR INTEGRATIVE  
MEDICINE



**D**o you ever take a moment to listen to your body? Try it now. Take a moment to evaluate yourself. Think about any tension, aches or draining emotions you might be experiencing. Are you feeling tension in your back? Do you have a headache? Or are you feeling anxious or depressed today? Scan your whole body and sense any areas that have pain and any emotions that seem to be present.

Everything that you are sensing and so many more symptoms may benefit from healing techniques developed long ago. As

we age and start to feel our bodies changing, anxiety and nervousness can set in. When facing life-changing situations such as impending surgery, retirement or moving, incorporating stress-reducing techniques such as practicing "mindfulness" can help as you cope with life's changes.

Our culture is currently experiencing a resurgence of ancient healing techniques that include: Reiki, yoga, acupuncture, meditation, massage, reflexology and essential oils, to name a few. Each one is derived from a different culture but all point in the direction of the body-mind-spirit connection. Each approach provides a safe, effective

and nonpharmacological technique to resolving tension, aches, emotional/mental distress and so much more.

These alternatives offer an opportunity for us to explore our own health and wellness. To explore various techniques and determine which approach or approaches seems to resonate with us personally. The more a person begins to work with a technique, the more they begin their individualized journey towards health, healing and wholeness.

On Nov. 17, come hear local experts talk about how ancient techniques are becoming part of routine treatments for everything from stress to pain relief and try out some of the techniques for yourself. The speakers will present "whole person care" and techniques for your own personal use. The

SENIORS  
SERVICES OF  
ALEXANDRIA

second part of the morning will be experiential. Practitioners who specialize in Reiki, meditation, guided imagery, massage, and yoga will offer an opportunity for participants to relax and experience the benefits of whole person care.

This free event will be informative, interactive and a lot of fun. Reserve your space today for "Living a Purpose-Filled Life: Connecting Mind, Body and Spirit to Obtain Optimal Health." The event will be held on Thursday, Nov. 17, 10 a.m. – noon at Westminster Presbyterian, 2701 Cameron Mills Road in Alexandria. Registration starts at 9:30 a.m. There will be light breakfast served and plenty of parking. To register online go to [seniorservicesalex.org](http://seniorservicesalex.org) or call 703-836-4414, ext. 110.