

Healing touch for both body and mind

HEALTH - Looking to liberate the human mind from the neurophysiological and biochemical systems, and to use the energy, information and power of human philosophy and healing, a group of people are working to liberate the mind from the constraints of a body.

The founder of this movement is Yoko Takahashi, a Mind and Body Therapist, who has developed a unique approach to the liberation of the mind.

She teaches the practice of Mind and Body Therapy, a holistic approach to the liberation of the mind, which involves the use of visualization, meditation, and other techniques to liberate the mind from the constraints of a body.

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PANACEA / Mind-body therapy

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motivation using mind power and workshops to build self-confidence among students and adults
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