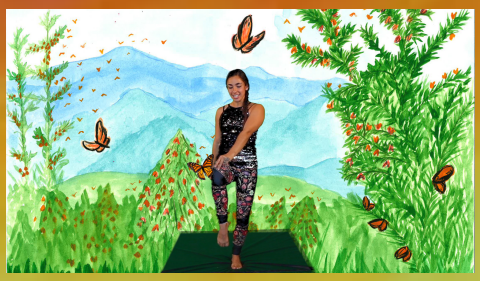
Creative Action Adventure

bringing functional creative movement to the whole family

Children of today have more academic pressure, more stagnant screen time and less access to movement opportunities in their daily lives then any previous generation. The repercussions of not getting enough movement as a child are manifesting in dysfunctional behavior, deficits in learning and child obesity. Doctors are so worried about today's inactive kids that they are literally giving their patients prescriptions for physically active play, and these prescriptions are encouraged by the American Academy of Pediatrics.

Children NEED to run, jump, crawl, roll, climb, and they need to do it more then our current culture is allowing for. We want our kids to be able to read and write and succeed, but yet, they are sitting in chairs, and car seats, and on couches for so much of their day.



Creative Action Adventure is a playful and educational exploration of movements specifically targeting the physiological progressions that lead to being able to read, write, concentrate and function with spacial awareness of the body.

The show is a fun and imaginative work out made up of very intentional movements to integrate the reflexes, promote sensory development, and foster body strength and control.

Our target audience is 3-6 year old children, but the fun integrated movements will bring benefit to all members of the family young and old.

Creative Action Adventure is a fabulous tool, endorsed by Occupational Therapists and Early Childhood experts, to help children and their parents bring more physical play and exercise into their daily lives. **There is a huge need and market for this kind of programming. For how much children's content is available to choose from these days, there are only a few childrens exercise shows streaming on amazon prime and NONE at all on Netflix. I want to change that!**

Please Continue reading for a detailed program pitch, our multi platform strategy, how and why, this show is going to be incredibly beneficial to so many children and families.

Manya Lasagna's

Creative Action Adventure

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Link to Pilot Episode
https://vimeo.com/301988119

Manya Crippen monk_e_monnya@yahoo.com 720-939-4199

Synopsis

Creative Action Adventure is essentially an exercise show for kids and their families. The show is a fun and imaginative work out made up of very intentional movements to **integrate the reflexes, promote sensory development, and foster body strength and control.**

Executed in a super fun way, Creative Action Adventure will feature movement techniques from Gymnastics, Dance, Yoga, and Occupational Therapy.

Creative Action Adventure Core Curriculum

- **Power Posture**
- **Gymnastics positions of Tuck Pike and Straddle**
- **Vestibular system balance posture.**
- **Cross Lateral Brain Integration. Crossing the midline with ease**
- **Elevated Heart Rate**
- **Abdominal Muscle activation**
- **Barefoot articulation of the feet**
- **Deep Breathing**
- **Practicing manners for asking " May I please" and "Thank You"**

Format

Each Episode of Creative Action Adventure is composed of movement that fulfills the Creative Action Core Curriculum. The movements essentially are very similar from episode to episode but the themes and imagery in which they are performed are very different. There is some repetition that makes the exercises and body positions familiar and also creativity to make them feel brand new.

Season 1

Episode#1 The Monarch Butterfly.
Explore the incredible migration and life cycle of the monarch butterfly
Episode#2 Transportation
Swim, bike, drive a car, row a boat and be a train
Episode #3 Nature Hike
Climb a huge mountain, walk through the woods and camp under the stars
Episode #4 Eating Healthy
A culinary themed episode discovering how eating "Always foods" make our bodies feel good and "Sometimes foods" are important to eat just sometimes.
Episode #5 Space Travel
Pretend to blast off and explore the galaxy
Episode #6 Community helpers
Imaginative movement exploring all the jobs and helpers in our communities: deliver the mail, put-out a fire and pick up the trash.
Episode #7 Summer Olympics
Imagine you are an olympic athlete! Swim, Run, Jump, Play Soccer, Volleyball and stick the landing!
Episode #8 Winter Olympics
Imagine you are an olympic athlete! Ski, snowboard, Luge, Ice skate and use our strong bodies to pretend we are going off the biggest ski jumping ramp ever!
Episode #9 Ocean
Row a boat, boat, glide like manta, flap your flippers like a seal and chomp like a shark
Episode #10 Mystical Creatures
Be a mermaid, ride a dragon and make friends with a giant Troll
Episode #11 Garden
Pick some apples, plant a veggie bed, water the roses and eat a farm fresh meal.
Episode #12 Being Kind
Explore different ways you can show you care. Rescue an animal, Give a hug, write a note, and help a friend.

Multi Platform Strategy

Along with full episodes Creative Action Adventure will be available in “snippet” format on a web site and mobile App.

The Creative Action Adventure web site and application will feature short 30 second-1 minute movement sequences that target a specific result. Snippets made specifically to improve pincher grip for writing, integrated ATNR (Asymmetrical tonic neck reflex) for reading, posture correction and crossing the midline of the body with ease. The Snippets can be used by teachers, doctors, occupational therapists and parents.

From Sara Gimarc Pediatric Occupational Therapist:

My particular soapbox as an OT is crossing the midline and bilateral coordination, so I loved the various ways that you incorporated those skills into movements! This is the kind of programming that I encourage parents to use with their little kids regularly, and also use myself within my OT sessions. Kids getting to "watch a video" while they’re at my sessions can be incredibly motivating, and it gives me a chance to be a quiet bystander and evaluate how they follow directions, self-regulate, and their attention to task, all without ME being the primary direction-giver and attention focus.

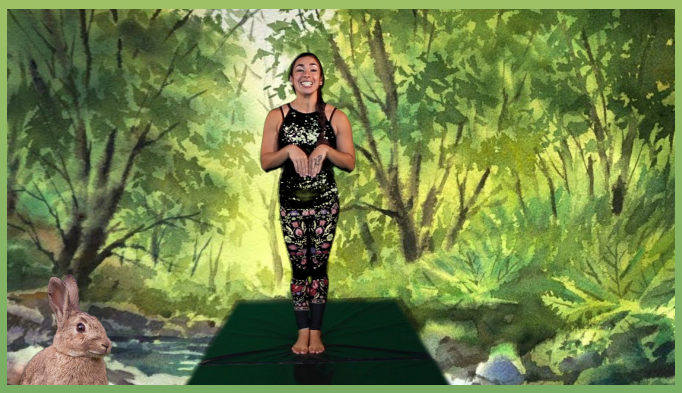
Exercise of the week subscriptions will be available and can help children make more progress from home. It will be an easy and fun way to give a child some extra exercise in a particular area they may be struggling in. The web site and app will bring clinically proven methods brought to families in a way that just feels like fun.

Creative Action Home gym

Playroom Furniture line of hybrid chairs, ramps, beams, bars and play tables that are made from high quality foam and covered in vinyl, like a gymnastics mat. Pieces are foldable, cleanable and more importantly Jump-able! Inspired by our own living room we want to emphasize the importance of gross motor movement opportunity in the home.

Merchandising

A creative Movement Toy kit will be sold to go along with season two. It Includes a juggling scarf, rhythmic ribbon, bean bag and a balancing stone. Season two will feature fun ways to get exercise and integrate the body using toys that promote creative movement.

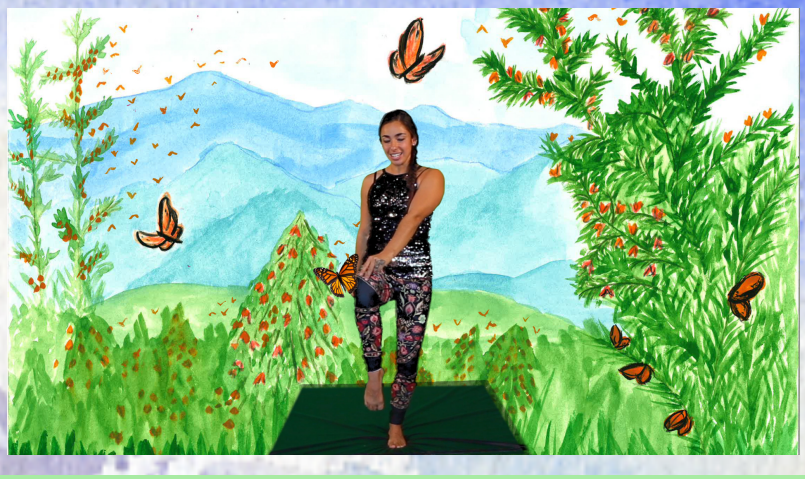


The Need for this show

The child who lives in a small apartment in a big city needs this show. The parent trying to cook a family dinner while their kids won’t stop jumping on the furniture needs this show. The over scheduled child who is being carted around the town from school, to one enrichment activity after another may still not be getting enough movement opportunity in the day and needs this show. The child who is showing delay in reading and writing but not enough to be qualified for occupational therapy, needs this show. The children who can not go out and play outside for hours on end because of safety or weather conditions need this show. My own two children need this show and I want to make it for them and I know it will also help so many others.

The 2018 October Parent Magazine just published a featured article by Danielle Braff “ RX for Play”. Describing that doctors are so worried about today’s inactive kids that they are literally giving their patients prescriptions for physically active play, and these prescriptions are encouraged by the American Academy of Pediatrics.

Manya Lasagna’s Creative Action Adventure aims to provide an easy and accessible movement program that can foster strong, integrated life learners of the future.



Directors Statement

Take a look around, ask any parent, and ask any teacher, the life of a child in our society is rapidly changing. I am not here to debate whether it is good or bad. What I do know is that kids naturally have so much physical energy because it is through movement that they learn and grow. For their physical and cognitive development they need to be moving. **They NEED to run, jump, crawl, roll, climb, and they need to do it more then our current culture is allowing for .** Our entire brain structure is intimately connected to and grown by the movement mechanisms within our body. We want our kids to be able to read and write and succeed but they are sitting in chairs, and car seats, and on couches for so much of their day. Children of today have more academic pressure, more stagnant screen time and less access to movement opportunities in their daily lives then any previous generation.

It is my life's passion to help support children in harnessing the incredible power of their own physiology. It is my calling to give children an appropriate place for their wild and crazies and help them use their abundant physical energy with focus.

Kids have so much physical energy because it takes **a lot** of practice to gain mastery over their own bodies. Through hours and hours of varied physical play children build the neurological synapses that are the pathways for critical fine and gross motor skills . **Through this show I want to bring awareness to children and adults of their own physical power**.

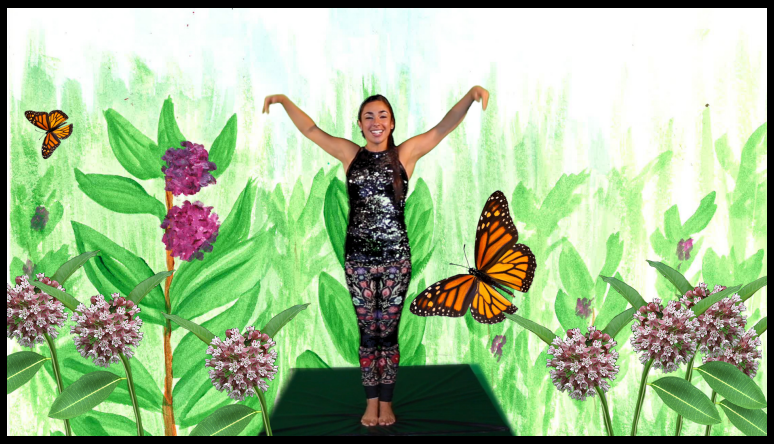
No matter how academic our thinking may appear to be, it can only be manifested through the use of muscles in our bodies. Speaking, writing, making music and computing, are all functions of our eyes being able to focus on the page, our hand to hold the pencil, our fingers to dance on a key board.

Through Manya Lasagna's Creative Action Adventure I want to bring experiential learning of reflex integration, sensory development, posture, deep breathing and the power of a strong healthy body to children and parents.
I want to give families an easy tool that is fun to practice, that will strengthen bodies and minds BEFORE their child may have trouble concentrating in school, BEFORE their child may have a hard time learning to read, BEFORE their child may be labeled as having a learning impairment. Not to discredit these challenges at all, but I really do believe that bringing more movement opportunities into our childrens lives can make a big difference. We are going to be silly, dance, jump, have so much fun and possibly elevate the way our culture thinks about learning at the same time.

About Manya Lasagna

Manya Crippen is a Circus performer and SAG/AFTRA stunt woman. She has a background in Aerial circus disciplines, equestrian vaulting, dance, Bharatanatyam, and Gymnastics. She has over 15 years of experience coaching youth gymnastics and circus. In Evergreen, Colorado she built and sold a youth circus program and also coached the High school Gymnastics team to win their first State championship. Manya and Aaron Crippen (SAG/AFTRA stunt man and rigger), have two sons and a family circus show together. One of Manya's greatest strengths is being able to engage with children. She has a special knack for getting kids to want to participate and learn more.

I have always felt that movement was so important to human development. But I got my first glimpses of the medical and scientific practice of movement and it's connection to the developing brain in the NICU at Hinsdale hospital when our first son Colt was born 2 1/2 months premature. I don't think most people think much about the incredible advancements in Neonatology that have happened in the last 50 years until you are there, peering in through the plexiglass of an incubator at your tiny undeveloped newborn son. He was 3 lbs and looked like an unfinished work of clay. It was a very intense time, now that he is 5 and an incredibly healthy and happy boy, I can find more fascination in the experience. It was a very eye opening view into the world of the developing reflexes, and how they each systematically lead to the many developmental milestones that can foster or inhibit our greater abilities to, crawl, walk, talk, eat, speak, read and write. Colt was rigorously evaluated for the first 3 years of his life. What struck me the most was that the Cognitive, Gross Motor, Fine Motor, Receptive Language, Expressive Language, Social Emotional and Sensory Processing milestones he was being assessed for were all measured from movements in the body. A simple evaluation of a movement that may seem like an isolated skill was really a building block for so much more. Interestingly enough our second son Koa Kai was also born premature. Koa was born at 32 and a half weeks and while he did spend 3 weeks in the hospital, his birth gestation did not qualify him for any… not one… developmental check up other then normally scheduled pediatric visits. We were grateful for this because he was healthy and happy and apparently his development was of no abnormal concern. But the information I received, and the milestones I saw Colt achieve because he was specifically being evaluated on them, and the **awareness that it brought to his father and I as parents compared to what we received at normal pediatric checkups is incomparable.** I am not suggesting that all babies and children need to be vigorously screened by a team of medical professionals for their developmental milestones in the same way that premature babies under 32 weeks do. What I do want to do is bring education and awareness about integrating the reflexes and the importance of sensory development through movement to mainstream childrens programing. **All children and adults can benefit from the functional movement in this show and I want to bring it to them!** - Manya Lasagna



Visual Motif

The visual appearance of the show will be unique and stand out amongst other childrens programing. Creative Action Adventure will feature real water color paintings as backdrops and animated photos of real images to bring the creative action imagery to life.

The Inspiration for the use of water color paintings comes from the integral use of water color in Waldorf education. Waldorf education is based on the theory of anthroposophy and was developed by Rudolph Steiner in the 19th century. Wet on Wet water color paintings are used for children to discover the color wheel in a way that is malleable and explorative. This painting technique is reflective of the qualities of learning development at ages 3-6 and is used to intentionally create deep ambient space for learning.

Expert Opinions

"Creative Action Adventure is so much Fun!"
-Ellie Feretti Age 4

" This is such important info for parents to know and yet, they do not get it anywhere. As a kindergarten teacher, I agree! Self regulation is the most important skill for learning, especially for the long periods of focus public schools (inappropriately) require of our littlest learners! Exercising self regulation through body control, spatial awareness and breath work is fabulous . Creative Action Adventure is so in-tune with the needs of our children and parents."
-Che Chenall
20 years as an early childhood educator (public and private), dual licenses in Elementary Ed and ECE, Colorado level 4 credential

My particular soapbox as an OT is crossing the midline and bilateral coordination, so I loved the various ways that you incorporated those skills into movements! This is the kind of programming that I encourage parents to use with their little kids regularly, and also use myself within my OT sessions. Kids getting to "watch a video" while they're at my sessions can be incredibly motivating, and it gives me a chance to be a quiet bystander and evaluate how they follow directions, self-regulate, and their attention to task, all without ME being the primary direction-giver and attention focus.
-Sara Gimarc Pediatric Occupational Therapist

Manya's energy and enthusiasm is contagious! She has a delightful dramatic flair which serves to enhance her movement sessions with our preschool children. her love of children and passion for her work clearly shows. Her program has been an asset to our school.
-Ann Marie Berlino
Director at NAEYC accredited Hinsdale Community Preschool, B.S. in Early Childhood Education, B.S. in Special Education, 30 years of early childhood educational experience.

Creative Action Adventure
Supporting Information and Resources

Posture

Good posture effects the way we project ourselves into the world. Power Posture is a key element in the Creative Action Adventure core curriculum because I believe it is a little physical skill that can go such a long way. Power posture is used to train a “home base” for our bodies from which all other movement can be done with strength, power, and healthy ergonomic alignment. Posture reflects mood and emotion and can be used as another tool to change your state. One can learn to shift a sad slouchy state just by bringing your body into a strong, confident Power posture position. Posture also affects how other people receive our physical presence and message. Power posture will give kids a physique of strength and confidence on the inside and out.

Kids "have bad posture because they have lost their core stability," says Scott Bautch, past president of the American Chiropractic Association's Council on Occupational Health, who used to run programs that encouraged good posture in Midwestern schools. As children's overall fitness has declined, the muscles in their abdomen, upper back, shoulders and lower back have become soft as well, Bautch and other experts say. Good posture "is remembering to hold your shoulders back," adds Todd Galati, director of academy for the American Council on Exercise and a former researcher on youth fitness at the University of California at San Diego. "And it's getting your body to function in a way that allows your shoulders to stay back."One hundred fifty years ago, most people performed tasks each day that taxed the muscles of their trunks in every direction, Bautch says. This led to a balanced upper body, roughly equal strength in the muscles of the front, back and sides of the torso. Good posture was a natural result. Today, studies show that most physical work is likely to be repetitive: the same small keyboard strokes or assembly line tasks over and over again. There is little chance that balanced opposing muscles will develop from such efforts and be capable of holding the body upright. (1)

Sensory Systems

Commonly recognized sensory systems are those for vision, hearing, touch, taste, smell, and balance. In short, senses are transducers from the physical world to the realm of the mind where we interpret the information, creating our perception of the world around us.(2) A developed Sensory system is what makes learning possible. Learning is not just about reading writing and math. These are the higher abilities that are built upon the integrity of the relationship between the brain and the body. (3)

The following post was written by Marcia Washington OTR/L, who has been practicing pediatric occupational therapy for 20 years.
Parents often ask me –
What is sensory integration and how can I help my child with it?
Here’s my explanation:

Picture yourself in the middle of a lake sitting in a row boat. You stand up to see something off in the distance. When you stand up, you feel the unsteady movement underneath your feet. Are you able to steady yourself as the boat moves under you? You decide the view is breathtaking and pull your camera up to your face from around your neck. You are now looking through a lens and focusing on a distant picture all while maintaining control of your body on an unsteady surface.

How well are you able to do this, would this be a high challenge for you or not even take a second thought? Are your senses fully integrated during that challenge, can you meet the demands of the task? This is sensory integration.

We all have sensory "preferences" and things that cause us to feel an imbalance to our nervous system. However, if you are able to maintain a steady control from the outside in: body in space, senses in check and emotions not exploding continuously then you are experiencing typical sensory integration. Your coping skills allow you to stay "in check."

Sensory integration means our senses are complementing each other rather than out of balance. Our senses are more than the 5 outward senses we learn as a young child in the classroom. Yes, they include hearing, tasting, smelling, seeing and touch. However, they also include the vestibular sense and the proprioceptive sense, which give us information from inside our bodies and help us balance and coordinate our movements.

What are the Vestibular Senses?

The vestibular system is very important to a child's early development. The vestibular sense perceives balance, spacial orientation, and equilibrium. This system relays information to the brain that tells us where we are in space in relation to gravity.

If our vestibular system is not functioning well, we would not be able to stand in that row boat.

What is the Proprioceptive Sense?

Proprioreception is your inner experience of where your body is and what it's doing. It's what allows us to pick up the camera and plant our feet to stabilize our bodies in the row boat. Proprioceptors are found in our muscles and tell us where our bodies are and what our bodies are doing. (4)

Creative Action Adventure and Foot Health

Creative Action Adventure is designed to be practiced barefoot.The sole of the foot is a sensory organ by which we perceive the ground while standing and walking. The sole of your foot has over 200,000 nerve endings in it, one of the highest concentrations anywhere in the body.(5) Our feet are designed to act as earthward antennae, helping us balance and transmitting information to us about the ground we're walking on. As well as not moving enough, children today in our culture are also not moving barefoot enough. It is manifesting in yet another sensory deficiency in coordination, balance, behavior and learning.

Reflex integration and Clinical Observations

Scientific findings to support the theory and practice of reflex integration can be found in many different sources and is being used in many different medical professions around the world.

Possibly most decorated is Dr. Masgutova, founder of the Masgutova Neurosensorimotor Reflex Integration method or the MNRI method. She is the author of "Reflexes: Portal to the neurodevelopment and learning". Her book is a compilation of 120 articles by 60 authors describing MNRI® history, theory, and the science behind it, along with many case studies and testimonial stories written by Core Specialists, professionals, parents, and sometimes, the individual themselves. Her work focuses on the concepts of Reflex Integration to facilitate sensory-motor rehabilitation, emotional recovery from traumatic stress, as well as learning and developmental enrichment.

It has become apparent through the thousands of assessments completed by Dr. Masgutova that as the number of non-integrated primary infant reflexes increase in an individual, the range and severity of motor, communication, and cognitive challenges and emotional and behavioral regulation issues correspondingly increase. In 2004, Dr. Masgutova and her team tracked primary infant reflex assessment results for a population of 850 children, ages 1-12. The children and their conditions were classified according to the predominant diagnoses provided by their parents. From this work emerged the following general non-integrated reflex profiles for each characterized condition: (6)

Diagnosis *As Reported by Parents*	General Dysfunctional Reflex Profiles *Listed in rank order from most commonly present dysfunctional reflex to least*
Aggressive Behavior	1) Bonding, 2) Asymmetric Tonic Neck, 3) Robinson Grasp, 4) Labyrinthine Tonic, 5) Thomas Automatic Gait, 6) Babinski, Hands Pulling, 7) Leg Cross Flexion, 8) Moro, 9) Hands Supporting
Autism	1) Labyrinthine Tonic, Bonding, 2) Asymmetric Tonic Neck, Thomas Automatic Gait, Trunk Extension, Flying and Landing, 3) Symmetric Tonic Neck, 4) Babinski, 5) Bauer Crawling, Hands Supporting, Leg Cross Flexion, 6) Landau, Spinal Pereze, 7) Hands Pulling, Moro, 8) Robinson Grasp
Cerebral Palsy	1) Labyrinthine Tonic, 2) Asymmetric Tonic Neck, Flying and Landing, Moro, Trunk Extension, 3) Symmetric Tonic Neck, 4) Babinski, Robinson Grasp, Thomas Automatic Gait, 5) Bauer Crawling, Leg Cross Flexion, 6) Spinal Galant, Spinal Pereze, 7) Hands Supporting, 8) Palmomental
Chronic "Latecomers" & Dyslexia	1) Asymmetric Tonic Neck, 2) Symmetric Tonic Neck, 3) Bauer Crawling, Moro, 4) Labyrinthine Tonic, 5) Bonding, Robinson Grasp, Hands Supporting, 7) Flying and Landing, Spinal Galant, 8) Hands Pulling, Pavlov Orientation
Delayed Development	1) Palmomental, 2) Bauer Crawling, 3) Thomas Automatic Gait, 4) Labyrinthine Tonic, Pavlov Orientation, 5) Asymmetric Tonic Neck, Symmetric Tonic Neck, 6) Robinson Grasp, Spinal Pereze, 7) Spinal Galant, 8) Flying and Landing
Hyperactivity	1) Bauer Crawling, 2) Trunk Extension, 3) Spinal Galant, 4) Flying and Landing, Spinal Pereze, 5) Leg Cross Flexion, Robinson Grasp, 6) Moro, 7) Labyrinthine Tonic, 8) Symmetric Tonic Neck, 9) Babinski, Hands Supporting, 10) Asymmetric Tonic Neck, Bonding, Landau, Palmomental, Pavlov Orientation
Laziness & Low Achievement Motivation	1) Asymmetric Tonic Neck, Bauer Crawling, 2) Robinson Grasp, Symmetric Tonic Neck, 3) Thomas Automatic Gait, 4) Labyrinthine Tonic, 5) Bonding, 6) Flying and Landing, 7) Pavlov Orientation, Palmomental
Worry & Fear (Phobias)	1) Robinson Grasp, Bauer Crawling, 2) Hands Supporting, Spinal Pereze, 3) Spinal Galant, Symmetric Tonic Neck, 4) Landau, 5) Labyrinthine Tonic, 6) Babinski, Bonding, Flying and Landing, Leg Cross Flexion, Moro, 7) Hands Pulling, Palmomental 8) Pavlov Orientation

Breath Awareness and Deep Breathing with children

Breathing techniques offer easy-to-practice activities for building basic self-regulation in the body of youngsters. When you connect children to an awareness of how they are breathing and give ways they can change and manage their breath themselves, you give them a life-long tool for healthy self-regulation.

The Self Regulated Learner

Self-regulation is a critical competency that underlies executive function in two major ways: social-emotional (appropriate behavior in a social context) and cognitive (focus, academic learning, problem-solving). It is crucial that children learn basic self-regulation in early childhood because research indicates that children who cannot control their emotions at age four are unlikely to be able to follow the teachers' directions at age six, and will not become reflective learners in middle and high school.

Self Control vs. Obedience

Self-regulation is not obedience or compliance but rather the ability to control and navigate one's feelings, impulses, and behaviors. When children are self-regulated, they can both stop or start doing something, even if they don't want to. They can delay gratification; think ahead; control impulses and consider options. Breathing techniques give children something specific to do to support themselves when confronted with the challenges of transitions, sharing, waiting, and re-directing impulses.
Kindergarten teachers rank self-regulation as the most important competency for school readiness. They find it more important than IQ or reading or math skills for social success and academic achievement. Unfortunately, early childhood teachers are also reporting that more and more children are coming to school dysregulated or with low levels of self-regulation.

Breathing exercises are a first step in helping children enhance their capacity to monitor and manage themselves, so they can start to self-regulate sufficiently to feel successful in a school setting. Dr. Becky Baily, of Conscious Discipline, calls breathing the first step in any discipline encounter because it shifts children out of fight or flight mode.
When we teach breathing exercises to kids, we give them a life-long tool for managing their stress and cultivating inner peace. Each and every one of us has the ability to feel calmer, more relaxed, and more alert at any given moment. This ability is called "Conscious Breathing". Whenever we use it, we are less stressed, more mindful, more creative and just plain cooler and kinder. When we focus on breathing fully and deeply, we move out of our sympathetic nervous system (fight or flight) into our parasympathetic nervous system (relaxation and receptivity). When we consciously connect with, and manipulate our breath, we plug into the communication highway, linking body and mind, with the messages we want to send. With specific breathing exercises, we can calm, soothe, support or energize our"state" as needed.7

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Creative Action Arts Consulting Team

Spacial Dynamics expert and Waldorf teacher

Julianna Lichatz BA,MA

20 years’ experience as a Waldorf Movement teacher. Her background covers everything movement, from circus arts, dance, athletics, gardening and outdoor education. Ms. Lichatz has a Bachelor of Arts in Human Ecology from the College of the Atlantic, a Master of Arts in Education and Waldorf Certification from Antioch University and is a graduate of the Spacial Dynamics Institute, where she now serves as a Level III Trainer.

Early Childhood Education expert

Che Chenall

20 years as an early childhood educator (public and private), dual licenses in Elementary Ed and ECE, Colorado level 4 credential

Pediatric Occupational Theripist

Sara Gimarc MA, OTR/L

15 years experience in Pediatric Occupational Therapy.

Editor and concept consultant

Andrea Silver LCSW, MAT, RYT

Andrea Silver has 35 years in private practice as a holistic psychotherapist, she also is a yoga teacher and a laughter yoga leader.

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