

**Introduction
to Heart
Centered
Therapy
(HCTO)**

**Heart
Centered
Therapy
(HCT1)**
Touching from
the Heart

**HCT
Diaphragms
(HCT-DIA)**
Healing the
Pelvic Floor &
Integrating Our
Sacred Diaphragms

**Heart
Centered
Therapy
(HCT2)**
Touching from the
Heart - Foundations
of Your Health

**Heart Centered
Transformation
& Holographic
Relationships
(HCT-H)**
Healing the
Matrix of Dis-Ease

**Heart
Centered
Therapy
(HCT3)**
Connecting To
All That Is