

Open House activities

During the open house on Nov. 1 each of the providers will offer something different to give attendees a chance to experience everything with mini-events between 4-6 p.m.

Margaret Knoblauch will give iTOVi scans to help you learn which essential oils will work best for you.

Gretchen Forster will be doing ear seeding — a form of acupressure — where a small “seed” is attached to a spot on your ear where the mild pressure will assist in reducing symptoms in a specific area of your body. She will also have herbal healing teas brewing during the whole event for you to sample.

Tracie Kapaun will offer a class in chakra connection.

There will also be guided meditation and mini yoga, followed by a staff “meet and greet” at 6 p.m. Wrapping up the evening Tom and Val from Alternative Frequencies will be performing a sound bath at 7 p.m. to share the healing vibrations of sound from crystal bowls, gongs, tuning forks and more. They provide these sessions every Saturday at 7 p.m. for a recommended \$10 fee.

For more information check the HendersonHealingHub on Facebook, email info@hendersonhealinghub.com or their website at hendersonhealinghub.com.