

Creative Visualization Syllabus

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Summer 2026

MAB2 Wednesday 10:45am-12:15pm

1. Tai Chi for Beginners (Don Fiore) ... ten-minute video
2. Energy Tapping (Donna Eden) ... twelve-minute video
3. Energy Tapping (Chunyl Lin) ... seven-minute video
4. Energy Tapping (Chunyl Lin) ... twelve-minute video
5. Proper breathing (Michelle Kegal) ... four-minute video
6. Self-Hypnosis (Barrie Konicov) ... ten-minute video
7. Visualizing for Health (Mei Lan) ... nine-minute video
8. Group Healing (Bernadette Ben) ... ten-minute video

Exercise Videos ... one-hour and thirteen minutes

Classroom Discussion ... seventeen minutes