Holistic Health

Presentation Guidelines

Each student will prepare a 20-30 minute presentation on a topic of their choice. This presentation will be an interactive one, using PowerPoint and/or handouts. Videos may be used for no more than half of the presentation. Along with the presentation, a typed one page summary or outline, with at least three references, is due on the presentation date.

Topics include, but are not limited to:

- Reiki
- Magnetic therapy
- Tai Chi
- Qigong
- Yoga
- Meditation
- Relaxation Therapy
- Chakra Balancing
- Chiropractic
- Massage
- Supplementation
- Organic Nutrition
- Homeopathy Remedies
- Art Therapy
- Music Therapy
- Aromatherapy
- Reflexology
- Alexander Technique