

“A Conscious Connection to Wholeness & Healing...”

You... Living Your Life With
Intense Passion, Joy & Satisfaction
That's Our Goal – *Is it Yours?*

Welcome to
The SHEN Wellness & Tao Center | Sedona
Where Modern Science & Ancient Wisdom Join As One

What is SHEN? In Egyptian hieroglyphics **Shen** means ‘The Totality of Everything.’ In ancient Chinese wisdom, the word **Shen** merges *Soul* (Consciousness), *Heart* (Emotions) and *Mind* (Perceptions). Together with our native biofield ‘Chi’ energies and physical body, **Shen** is the very essence & totality of who we are.

SHEN Therapy is a revolutionary and profoundly effective hands-on biofield therapy for accessing your authentic self, for emotional delayering, release, recovery and re-empowerment. Through **SHEN**'s pressureless touch relaxation, clients report having rediscovered their innate strengths while deeply embodied traumas, sorrows, guilts, shames, current stresses and future-based anxieties are resolved and released. With **SHEN**, clients can rediscover their natural self-confidence, joy, well-being and love, all within the calm, powerful and ever-present ‘Now.’

What are you waiting for?
It's Your Life: *Live It Now!*

Learn more at: SHENTherapyNow.com
For an Appointment: Text 928-821-5721
Russell “Russ” Fox, CST, CSI
Certified SHEN Therapist & Instructor

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Free Download:

SHEN Therapy: The Role of Emotions in Your Health & Recovery

<https://shentherapynow.com/wp-content/uploads/2023/02/Role-of-Emotion-230118.pdf>