

# A Healing Space For EVERYONE

That Centers Black † Indigenous † Immigrant People

## A Cross-Cultural Healing Haven

A restorative wellness space that features a therapeutic journey through images, video, storytelling and introspective studies.

## A Mixed Media Hammam

Includes visually stunning meditative images, Sacred Geometry, art and video. [PHYLLISHUBBARD.COM](http://PHYLLISHUBBARD.COM) uses mixed media to communicate healing messages that transcend the written or spoken word.

## Pictures † Video

The images and videos illustrate accurate and multidimensional representations of Black † Indigenous † Immigrant People and are designed to help us learn how to focus our attention and meditate.

## Storytelling

The purpose of the storytelling is to guide us past the drama of the story so that we can learn the lessons that the story was intended to bring and recognize that we are not alone in our healing endeavor.

