

Contact: Cherie Byrd, MA  
Kissing School  
Phone 206.324.2526  
Cherie@KissingSchool.com

Lotus Holistic Therapies  
2808-II East Madison  
Suite 202  
Seattle, WA 98112  
www.KissingSchool.com

KISSING SCHOOL

# Press Release

## Free Hugs Event on Valentine's Day

*"Free Hugs"* is a grassroots movement and now an event aimed at opening hearts and creating a loving connection with total strangers at Greenlake Park, Noon on Sunday, February 14, 2010.

Seattle, WA January 28, 2010: The premise is simple, stand in a public place with a sign offering Free Hugs, and welcome all comers with open arms. The movement has spread globally and virally as visions from YouTube will testify, and is becoming an "arms-on" path for willing huggers to activate the healing resonance of love.

If you've got heart and hugs to share this Valentine's Day consider joining the team. Byrd anticipates at least a thousand hugs shared on this special day dedicated to loving. Huggers will meet at Greenlake at noon on Sunday, February 14<sup>th</sup> for free lessons, and share the hugs throughout the afternoon.

This Valentine's Day, Cherie Byrd, the Holistic Psychotherapist who created, authored and facilitates Seattle's internationally recognized Kissing School, is taking the practice one step further. Byrd is offering free hugging lessons for all volunteer huggers.

Ms. Byrd notes that, "Hugging comes in many styles and it's nice to have a full repertoire. It's also important to have an awareness of how energy is exchanged between people because there are exchanges that can leave you depleted or exchanges that can send your heart soaring and curl your toes."

Contact Ms.Byrd for all the details.

For Release 9 a.m. EDT, January 29, 2010