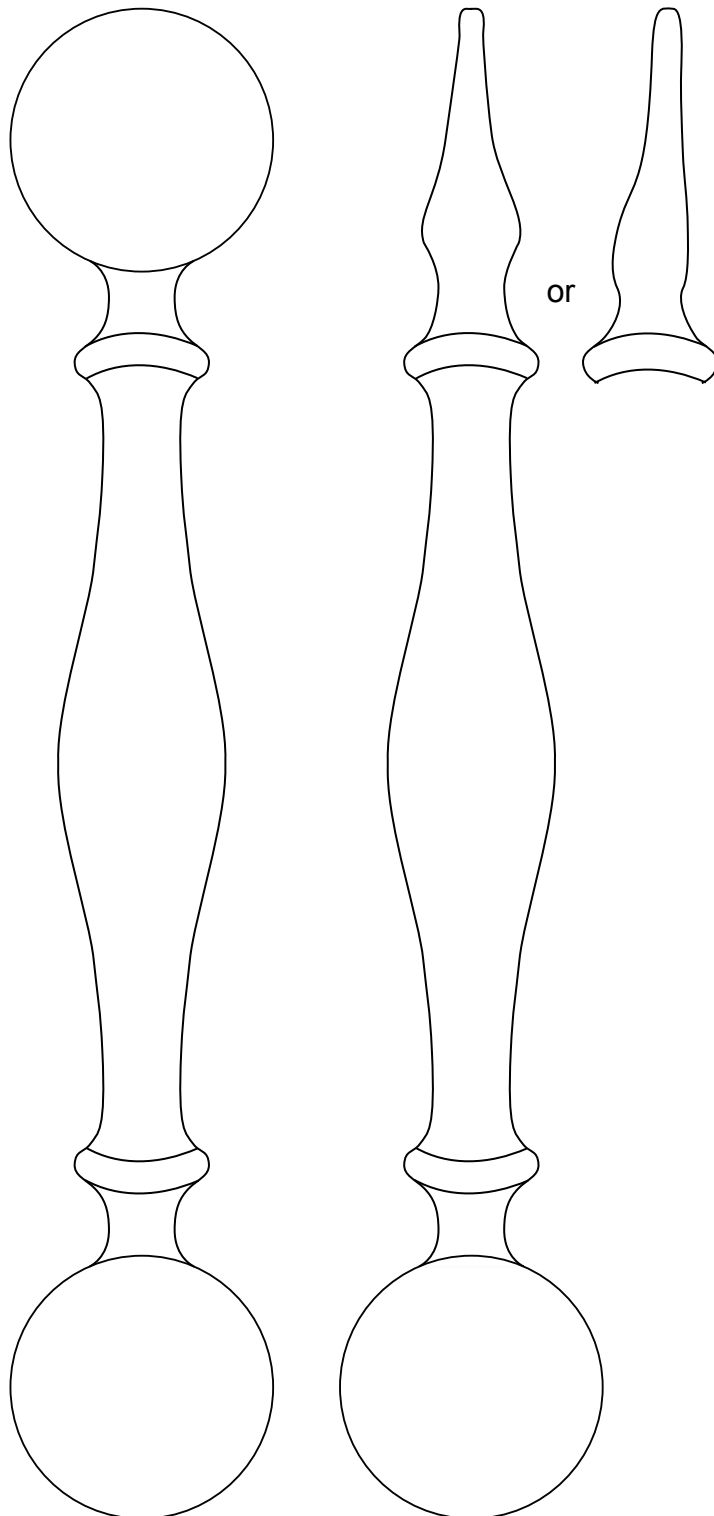


# #RUAC Spoon Challenge 45

Upload and tag your images on Instagram.

Zoom discussion Saturday, December 10th at 9:00 am Eastern US / 2:00 pm UK



## *Dimensions*

7 7/8 inches/20 cm tall  
1 3/8 inches/3.5 cm wide

A spoon as a tool for manual (self) therapy of the spine, joints and muscles based on dorn-therapy.

It has two sides: one is a globe/ball and the other side is flat and spoonlike. You can use it for massaging pain spots, but it's also a gentle way to correct misalignments of the skeletal structure.



A daily Virtual Spoon Carving Gathering using the Zoom video conferencing app.  
Meeting ID: 529 157 0928 pw: 671121