

## Corporate Events



Eat Well, Think Well, Sleep Well - to Age Well  
Corporate Events are designed to educate your group on the unintentional consequences of living in an industrialized society & offer holistic techniques to counteract the realities of our current world. Each Mini Workshop is 45 minutes long & will include evidence-based research documenting the treatment of everyday ailments and the longterm effects on the body and mind. Each session will then teach a holistic approach to reactivate, heal & maintain your body's natural systems.

The length and content of these workshops make them suitable for employee development programs, small group bible studies, as well as any event or trade show that has access to audio-visual equipment.

Cost \$50 - \$100 based on topic, printed materials and props.



Daneen Meissner - 500 RYT  
WELLNESS JOURNEY

My commitment to wellness began in 2006 shortly after turning 40 years old. During this time I began running, started to participate group fitness programs & took workshops on nutrition. I saw notable results with adherence to a plan. I also noticed that a few of my coworkers were just as committed as I did not achieve the same results.

After I achieved my 200 RYT Alignment Yoga certification in 2016, I decided to concentrate my practice on helping people learn what works for their physical bodies, minds, & souls. Knowing that a significant portion of a person's health is emotional & spiritual, I sought certifications in Reiki & Mindfulness Meditation. In 2019, I went to the source of holistic health and studied in Rishikesh, India. At the Vedansha Institute of Vedic Science and Alternative Medicine, I earned a 300 RYT certification in Yoga Therapy. It was there that I learned the answer to "Why could two people who eat & exercise in the same way can have two different results?". Armed with the answer, I now seek to share how to Eat well, Sleep well, Think well, to Age well!

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## Corporate Events

# EVENT TOPICS

## Eat well

- Eating to Feel Better
- The Five Elements of this World
- How Food Effects Your Emotions
- Food has Taste for Specific Reasons
- Eating Foods Based on Your Body Type
- Does it Matter What Time I Eat and Sleep
- OTC Medications and their Long-term Affect on Your Body
- Why You Should Exercise Your Digestive Tract



## Sleep well

- What is Energy Healing
- Take a Healthy Breath
- How to Get a Better Night Sleep
- Breathing to Lower Blood Pressure
- OTC Medications & their Long-term Effect on Your Brain
- Your Body was Designed to Heal Itself
  - Using Yoga to Eliminate Acid Reflux
  - Why You Should Adhere to Your Body Clock

## Think well

- Develop Your Own Mantra
- Why it is Important to Sit with Emotion
- What Type of Meditation is Best for You
- Emotional Behaviors
- What is Meditation
- Why Fear is Good
- What is Yoga



## Age well

- Mindful Strength Training
- Elements of Alignment Yoga
- Balance & Stability Exercises
- Move to Heal Your Body
- Creating Strength in your Spine
- Stretches for the Office Worker
- Releasing Tension in the Face & Neck



### Location:

Our facility (5-25 people) or location of your choosing

### Information

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