

Eat Well, Sleep Well, Think Well - Age Well

After spending 31 days in India to become a Yoga Therapist, I discovered several daily habits of the Indian culture that I believe are the true secrets to maintaining a healthy body, mind & spirit. The Indian culture primarily uses holistic methods to regulate & protect the body systems. Using yoga exercise and meditation is just a small part of the equation. Each segment of the workshop will breakdown healthy eating, sleeping, and thinking. You will receive printed reference materials outlining each processes based on your unique body type. Each workshop will end with a gentle yoga asana, breathing exercises & short meditation.

*Eat
well*

Sep 12, 2020
8 am - 11 pm

*Sleep
well*

Sep 19, 2020
8 am - 11 pm

*Think
well*

Sep 26, 2020
8 am - 11 pm

Location: **\$30/Class**

*Color
Ink*

Color Ink, Inc.
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Wellness Journey
DANEEN MEISSNER



My personal commitment to wellness began in 2006 shortly after turning 40 years old. I found that I have a natural desire to learn how to keep my body healthy & I saw notable results with adherence to a plan. What I also noticed was that a few of my coworkers who were just as committed as I was 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 individuals learn what worked for their physical bodies, minds and souls. Knowing that a significant portion of a person's health is emotional & spiritual I sought certifications in Reiki and Mindfulness Meditation. In 2019, I went to the source of holistic health & 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 eat & exercise in same way and each have two different results?". Armed with the answer, I now seek to share of how to Eat well, Sleep well, Think well, to Age well!



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Think Well - Age Well*

**SEPTEMBER 12, 19 & 26
2020**



Eat well



SEPTEMBER 12, 2020 8AM-11PM

"Eat Well" is a half day workshop designed to educate you on a holistic approach to "Healthy Digestion". Each person's body responds to stimuli and food in completely different ways. You will learn simple, low cost ways that will increase your body's digestive power.

We will explore how to create a "healthy container" to digest your food. You will learn how to re-ignite your digestive power using three simple "digestive breathing" techniques. We will discuss what over-the-counter medicines play a role in decreasing our digestive power. You will learn what specific foods you should eat based on your body type. The workshop will end with an easy yoga class aimed at increasing your digestion and metabolism.

Sleep well



SEPTEMBER 19, 2020 • 8AM -11PM

"Sleep Well" is a half day workshop designed to educate you on your body's specific sleep needs. Sleeping well is critical to our bodies ability to fight disease and function at its highest level.

You will learn holistic cleansing techniques to open your nasal passages to reduce headaches and increase the flow of oxygen to the brain. You will learn how to reactivate the pineal gland to allow it to secrete the hormone melatonin. We will perform simple "breathing" exercise that will allow us to fall asleep faster and stay asleep longer without the use of over-the-counter or prescriptive medicines. You will discover your body clock cycle and why it is critical we respect the body's need for consistency.

The workshop will end with an easy yoga class aimed at calming the mind leading to a good night's rest.

Think well



SEPTEMBER 26, 2020 • 8AM - 11PM

"Think Well" is a half day workshop designed to educate you on how to find peace and joy in the midst of chaos. We will demystify "Meditation", demonstrating how & when to use the various meditation techniques based on your individual body type. We will explore the use of "Mantras" (word repetition) to decrease anxiety & increase our self esteem. We will learn breathing techniques to create healthy blood flow to critical glands, release appropriate endorphins and hormones to eliminate depression and relieve the continuous stress being put on our adrenal glands.

The class will end with an easy yoga session that develops healthy blood flow, good vibes and a strategy to counter anxiety, fear & anger.

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