1. **Transformation in Ten..**

Chaos to Calm in 10 minutes

Denise DeForest Pastoor, MEd, APRN, BC, CHTP, CWP, RYT-200

2. **Quick Reflection**

- I feel happiest when....
- I feel out of balance when....
- I feel at peace when....

3. **What feeds your mind, body, spirit?**

4. **Energy Energy Energy**

5. **How do you shift energy?**

- Physical activity (sports, running)
- Movement arts (yoga, dance, martial)
- Introspective (meditation, prayer)
- Expressive arts (journaling, art, music)

6. **Transformation starts with...**

- A simple thought has the power to change the world.
- An intention- a purposeful plan to perform an action, which will lead to a desired outcome.

7. **The Hidden Messages in Water**

   By Masaru Emoto

   Thoughts carry energy......

8. **So We Begin....**

   “The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”
One Conscious Breath at a Time
  diaphragmatic, rhythmic, slow, deep

#1-Breath- Pranayama
  ➢Hissing/ Victorious breath
     (Ujjayi)
  ➢3 part breath
     (Dirgha Svasam)
  ➢Alternate nose breathing
     (Nadi Suddhi)

#2- Ground and Center
  ➢Focused breathing
  ➢Body scan
  ➢Anchor into the earth- visualize
  ➢Pull energy from the heavens

The ebb and flow of your body
  ➢The mind deceives
  ➢The body never lies
  ➢Listen to the wisdom of your body
  ➢Hear its truth

#3- Office Yoga
  ➢Focus on neck, shoulder, & back muscles
  ➢Improves strength & flexibility, increases focus & energy.
  ➢Hold each pose 3-5 breaths
#4- Meditation…. 
Mastery of the Mind

- Mind is like a lake.
- Surface broken by ripples of thought.
- To access inner peace and light, must quiet the ripples.
- Let’s dive in…….

Create a Meditation Practice

- Sacred seating
- Follow breath
- Create mantra
- Detach thought

#5- Guided Imagery

- Set intention
- Practice mindfulness
- Focus on imagery journey with all senses
- Let thoughts float by
- Create affirmations to reinforce intention

#6-Joy of movement

Shake, Rattle, and Roll

7. Journal your Inner Wisdom

- I feel joyful when…
- I feel empty when…
- I feel energized when…

Create a Daily Self-Care Practice
Toolbox for Transformation
- Access divine energetic realm
- Tap into intuitive wisdom
- Speak your truth authentically
- Love with heartfelt compassion & gratitude
- Live with mindfulness
- Practice holistic self-care
- Develop meditation practice

Connections...Pay Attention
- Use positive affirmations
- Tune into energy of self and others—healing presence
- Sense the reality of manifesting your intentions
- Be ONE with the universe

Become part of it ....