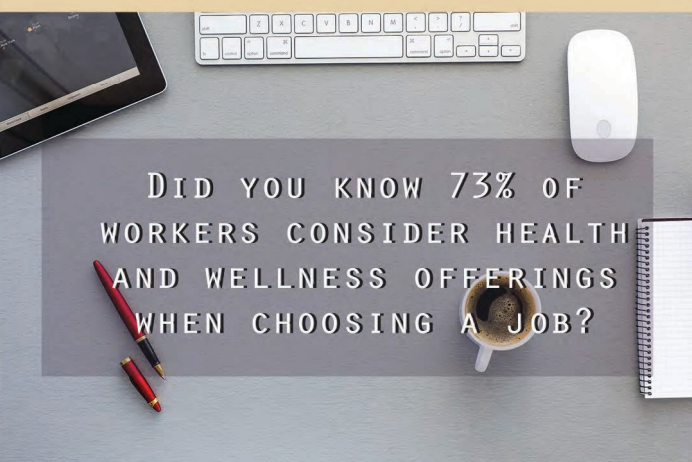


## Corporate Offerings

The fast-paced and ever-changing work environment causes employees to feel stressed and burnt out. Long term stress negatively impacts employee's overall well-being, which in turn impacts your bottom line (productivity loss, absenteeism, lack of motivation, turn-over, healthcare costs and more).



DID YOU KNOW 73% OF WORKERS CONSIDER HEALTH AND WELLNESS OFFERINGS WHEN CHOOSING A JOB?

WHEN YOU INVEST IN THE WELL-BEING OF YOUR EMPLOYEES, YOU INVEST IN THE WELL-BEING OF YOUR COMPANY.

Have you considered meditation, Reiki, or personalized, professional coaching? My wealth of experience in Corporate and Change Management in combination with wholistic techniques such as **Reiki**, **Neuro-Linguistic Programming**, **Timeline Therapy™**, and **Asian Bio-Energetic**, puts me in a unique position to help your organization.

**“My wholistic approach is personal and individualized. I leverage my breath of experience and training in healing energy and science to help you improve your health, find solutions to your problems and achieve your goals”.**



### About me:

I am a certified:

- Reiki Master Teacher
- Asian Bio-Energetic Therapy practitioner
- Master Practitioner & Coach of Neuro-Linguistic Programming
- Master Practitioner of Timeline Therapy™

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# WHOLISTIC WELLNESS



HEALTH IS A STATE OF COMPLETE HARMONY OF THE BODY, MIND AND SPIRIT.

- B.K.S. IYENGAR



[www.liveyouryellowbrickroad.com](http://www.liveyouryellowbrickroad.com)



## Reiki

Reiki is a deeply relaxing, stress reducing, hands-on, technique which promotes healing. Reiki originated in Asia and uses energy to balance the mind, body, and emotions, facilitating your body's ability to heal.

REIKI IS LOVE,  
LOVE IS WHOLENESS,  
WHOLENESS IS BALANCE,  
BALANCE IS WELL-BEING,  
WELL-BEING IS FREEDOM  
FROM DISEASE.

– DR. MIKAO USUI

A Reiki session includes a light, gentle and static touch using standard hand positions from head to toe. You may feel so relaxed and peaceful that you fall asleep during the session.



## Asian Bio-Energetic Therapy

IN EVERY CULTURE AND IN EVERY MEDICAL TRADITION BEFORE OURS, HEALING WAS ACCOMPLISHED BY MOVING ENERGY.

– ALBERT SZENT-GYORGYI,  
NOBEL PRIZE WINNER

Disease, physical and mental health conditions are caused by energy blockages from physical, mental or emotional trauma such (accident); your environment (pollution); your mental state (negative thinking or emotions); or your lifestyle (diet).

**Asian Bio-Energetic Therapy [ABET]** rebalances your body's energy channels naturally. It's a combination of lifestyle habits and holistic and non-invasive natural healing techniques, which include:

### For testing:

- Bi-Digital O-Ring Test [BDORT]

### To restore your balance and stimulate your energy points:

- Magnets and natural crystal piezo
- Tibetan breathing techniques
- Moxibustion
- Reiki

Transform yourself,  
transform your life

WHEN YOU MAKE CHANGE WITHIN YOU, THE WORLD AROUND YOU WILL NOTICE AND CHANGE TO RESPOND TO THE NEW YOU.



Feeling stuck?

Struggling to achieve a goal?

Ready to change and don't know how?

Ready to live the life you've always dreamed?

Did you know that your subconscious is the 'program' that drives your conscious behaviors and actions? It stores memories, emotions, beliefs and values, which drives everything we do.

Lasting and successful change can be made by first clearing out what no longer serves us (e.g. limiting beliefs, negative emotions & negative thinking). Like removing old files from your computer and starting with a clean slate.