

- 1 **Transformation in Ten..**
Chaos to Calm in 10 minutes
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- 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...**
 - ¹ ➤ 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.”

9 **One Conscious Breath at a Time**
diaphragmatic, rhythmic, slow, deep

10 **#1-Breath- Pranayama**
 ➤ Hissing/ Victorious breath
 (Ujjayi)
 ➤ 3 part breath
 (Dirgha Svasam)
 ➤ Alternate nose breathing
 (Nadi Suddhi)

11 **#2- Ground and Center**
 ➤ Focused breathing
 ➤ Body scan
 ➤ Anchor into the earth- visualize
 ➤ Pull energy from the heavens

12 **The ebb and flow of your body**
 1 ➤ The mind deceives
 ➤ The body never lies
 ➤ Listen to the wisdom of your body
 ➤ Hear its truth

13 **#3- Office Yoga**
 2 ➤ Focus on neck, shoulder, & back muscles
 ➤ Improves strength & flexibility, increases focus & energy.
 ➤ Hold each pose 3-5 breaths

14 **#4- Meditation....
Mastery of the Mind**

- 1 ➤ 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.....

15 **Create a Meditation Practice**

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

16 **#5- Guided Imagery**

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

17 **#6-Joy of movement**

18 **Shake, Rattle, and Roll**

19 **7. Journal your Inner Wisdom**

- I feel joyful when...
- I feel empty when...
- I feel energized when...

20 **Create a Daily Self-Care Practice**

21 **Toolbox for Transformation**

- 1 ➤ Access divine energetic realm
- Tap into intuitive wisdom
- Speak your truth authentically
- Love with heart felt compassion & gratitude
- Live with mindfulness
- Practice holistic self-care
- Develop meditation practice

22 **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

23 **Become part of it**