

BODY WISDOM, LLC

MELANIE L. PALM,
 PRYT, ADVCBP, PARBP, HHP, BAT

NEWSLETTER

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Supporting you in listening to your head, heart and gut.



Whole healthcare designed by your body!

BodyWisdomMelaniePalm.com

ADVANCED BODYTALK

When the body talks to itself, it can heal itself. Health really can be that simple! BodyTalk is safe, fast and effective, and is practiced worldwide! Advanced BodyTalk uses new findings to go far deeper into the inner workings of the body/mind complex to bring about startling and long-lasting results.

PHOENIX RISING YOGA THERAPY

Through practitioner assisted yoga postures and a dialogue process that is both open-ended and non-directive of the outcome of the session, one is facilitated through an experience of the present moment, with a deeper attunement to one's own internal guiding compass.



Melanie is now an internationally certified BodyTalk Access Trainer! Please call if you'd like this one day (or two evening) class offered to your community, organization or corporation.

Body Wisdom is also offering BioEnergetic remedies to support your body in restoring the natural flow systems within. Melanie is pleased to now be a Holistic Healthcare Practitioner after completing the BioEnergetic College.

Feel free to peruse the website BodyWisdomMelaniePalm.com to learn more about how to order:

- ☞ the **biomat** which provides deep-penetrating soothing, infrared heat while stimulating the regeneration of damaged cells in your body
- ☞ **doTERRA** Certified Pure Therapeutic grade essential oils

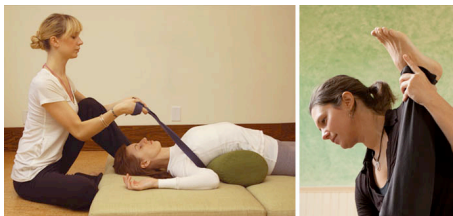
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Phoenix Rising Yoga Therapy



Excerpts from PRYT website:



What is Phoenix Rising Yoga Therapy?

Where do we begin? Phoenix Rising is interesting to verbally explain because of its highly experiential nature. But we will do our best! Here goes: Physically, it is like having a yoga class done to your body! But we add layers of deep introspection, which leads to the opportunity for creating a more fulfilling life. If this sounds intriguing, read on!

Through practitioner assisted yoga postures and a dialogue process that is both open-ended and non-directive of the outcome of the session, the client is facilitated through an experience of him or herself in the present moment. And what ever happens in the present moment — physically, emotionally, intellectually and spiritually finds richness in relationship to the bigger picture of how that client is being in the world in daily life — work, play, family and relationships. Using focused breathing and the opportunity to verbalize the in-the-moment experiences — thoughts, emotions, sensations, memories — client experience such a connection as well as a deeper attunement to

his/her own internal guiding compass.

Through this process of awareness and discernment, clients have the opportunity to release old undigested experiences, traumas, personal beliefs and out-of-date habits and patterns to then move more fully into life with new perspective and personal efficacy.

Whew! That was a lot, but these things really happen when the practitioner is skilled in creating safe space, loving presence, unconditional positive regard and non-judgmental witnessing. While a series of sessions are often most helpful, profound change has been known to occur in a single session.

Why Phoenix Rising Yoga Therapy?

Because it works! There is nothing quite so empowering as getting to know oneself better. When we become aware of who and how we are in relation to ourselves and others, we are able to move through self-acceptance and discernment toward making life choices that flow from inside us.

We are more likely to take action in accordance with our own truth instead of staying stuck in old patterns and beliefs. While prescriptions and plans for personal development are valuable, the internally driven “advice” that arises in a Phoenix Rising Yoga Therapy session is more likely to be taken to heart.

Excerpts from Melanie’s experience:

Phoenix Rising Yoga Therapy training was a very thorough internal ‘house keeping’ process for me. As I continued through the two year certification program with trips to Vermont for various training modules and heartfelt mentoring while I was home, I began to understand how PRYT certification offered a bridge between my passions and my career, which I had also experienced as a professional dancer and a mother. Here was my third passionate career! This powerfully effective healing modality combined the best of ancient yogic wisdom with the cutting edge of contemporary therapeutic insights. I learned to guide clients safely to the edge of deep physical sensation, guided by deep awareness, and supported by reflective dialogue. When I learned to remain neutral without the desire to ‘fix’ anything, I could simply and profoundly witness clients listening to their body’s wisdom — without judgment or a need to change — and that is where the deep healing occurs. When we allow the release of underlying emotions or beliefs that often manifest in chronic aches and pains, we move into ourselves and our health more deeply. Phoenix Rising Yoga Therapy has been a wonderful gift that I have thoroughly enjoyed sharing.

**Come experience it...
for yourself!**



Advanced BodyTalk, PaRama BodyTalk, BodyTalk Access

BodyTalk: WholeHealthcare designed by your body!

BodyTalk is 'WholeHealthcare'. It is about understanding the psychology of the body and the influence it has on your health. Instead of focusing on the symptom, BodyTalk finds the underlying causes of illness by considering the physical, emotional and environmental factors.

PaRama is considered post-graduate BodyTalk work. It is the meeting point of ancient philosophies and modern day quantum physics. Par.BT is a practical application of otherwise abstract ideas. It is designed so that the BodyTalk sessions will continue to work throughout the day and not just during the scheduled appointment. Mental issues, physical diseases and so forth are often very complex and involve all aspects of the person's life including their relationships, environments, past experiences and future aspirations. PaRama sessions are able to work within this complexity of life in a very dynamic yet simple manner.

Every session is different and they always unfold in the moment, in a very unique manner. The techniques are very subtle but powerful. The approach, being consciousness-based, seeks to unravel deep seated beliefs and misperceptions about who we are, who we think we are, and our relationship to the world around us.

Diseases and miscellaneous symptoms may come and go as life rolls on, but misery and lingering suffering are not necessary. As perception shifts and clarifies, deep seated suppressed fear caused by misperception also falls away. As the fear releases, tensions in the body lessen to allow the physiology to function in a more free and healthy manner.

PaRama BodyTalk does not attempt to diagnose, treat or cure any disease, problem or relationship issue. It sets out to discover the reality of the root cause of symptoms. When consciousness turns within to face itself, no actual enemy is found to fight against. In the absence of war, peace is abundant and the state of health overtakes and displaces the state of dis-ease.

from Tim Hall, CBP, ParBP

BodyTalk Access Trainer

Melanie became the 238th BodyTalk Access Trainer in the world. Now it will be much easier for South Dakota and surrounding communities to receive this information that offers 5 simple, safe and effective techniques that anyone can do to maintain daily health and manage many health challenges. These techniques are so simple they can be learned in one day, and so effective that they can be used a lifetime. Give the gift of healthcare at your fingertips, to yourself and your loved ones.

This winter, BodyTalk Access is taught in Germany, Austria, Japan, England, Scotland, Ireland, South Africa, Brazil, Switzerland, Australia, Netherlands, Singapore, Hong Kong, Thailand, Guam, New Zealand, Belgium, Nova Scotia, Alberta, Ontario, British Columbia, Saskatchewan, Manitoba, UT, MT, CA, NC, TX, OH, CO, PA, OK, ND, MT, FL and South Dakota!

The next BodyTalk Access class will be

Monday & Tuesday, February 24-25

5:00 - 9:15 PM each night

Sage Wellness Center

318 Mt. Rushmore Rd.

Rapid City, SD

Please pre-register

www.BodyTalkSouthDakota.com

Testimonials for Melanie's Advanced BodyTalk....

"Grandma Renee's prayer answered with BodyTalk!"

Ever since Ben, my precious 2 year old grandson, was born he has had uncontrollable crying episodes. This happens at nap and bedtime and sometimes in the middle of the night and we could not find a way to comfort him. It was heartbreaking to be able to do nothing but wait for him to wear himself out and fall asleep. Before Christmas 2013 Melanie did a Family Matrix BodyTalk session for me, and Ben was a special focus in the session. When the family was together for Christmas Ben often had these crying times. It would stop all of us as we waited and hoped for Ben to find relief. The day I was alone with the boys at nap time, Ben was crying with no signs of stopping, I knelt beside his bed placed a hand behind his head and started doing cortices. He stopped crying immediately and let me finish cortices, crawled into my arms and went to sleep. This was amazing because he would normally fight when touched during these times and he never did like to cuddle. Being the doubting Thomas that I am, I needed to be convinced this was real. That night when Ben's crying pattern started again I started cortices. Immediately the crying stopped, he laid still while I did the whole BodyTalk Access technique, reached over tapped me on the head and heart, and cuddled up and went to sleep. The answer to the prayers for Ben's comfort and peace fills my heart with JOY and GRATITUDE. Thank you Innate, Melanie and Bodytalk!" (nurse, grandma, CBP)

I have the best report in the whole wide world! I am so glad my daughter is receiving BodyTalk from you. Last night, she called me and she was happy! I haven't heard her happy for months... or years! She went on to tell me she has also accomplished many things that I've been praying she would accomplish. I am so grateful, so thrilled, that my daughter has finally come out of the dark, dark pit that she has been in for years. I am exceedingly grateful and thrilled, so thank you from the bottom of my heart! (mother, volunteer)



Melanie Palm with the Founder of BodyTalk, Dr. John Veltheim

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www.BodyWisdomMelaniePalm.com



Presenting...

If you would like Melanie to present to your group, or to offer community service through providing free BodyTalk Access balancings, please call 605.484.6765. It's always an enjoyable challenge to talk about something that is indescribable!

Enjoy BioMat benefits when you receive a Body Wisdom session!

The BioMat delivers soothing, deep-penetrating infrared heat while stimulating the regeneration of damaged cells in your body. It's a safe and natural way to achieve optimal health now and maintain a stronger, more resilient body in the future. Melanie is also a distributor if you decide you would like to purchase one and take it home!

For more information:
BodyWisdomMelaniePalm.com

dōTERRA Essential Oils

(CPTG Certified Pure Therapeutic Grade) are now available online. Check out: mydoterra.com/melaniepalm

It's helpful to schedule your first three sessions in advance to build your foundation.

Body Wisdom Packages:

3 sessions - \$250

10 sessions - \$800

Children under 12 - \$45

Families, couples, groups, businesses - please inquire

Thank you kindly for your support and referrals!

Word of mouth continues to be incredible! Please be patient when you call to book your appointment, as we are booked about 2-3 weeks out.

For an appointment
Please contact Melanie Palm
Call 605.484.6765
Or email: melaniepalm@rap.midco.net

Days	Time	Location
Tuesday Wednesday Thursday	8:30 -4:00 Fees/Length	Body Wisdom 2102 Arrow
other days	as needed	please call
Phoenix Rising Yoga Therapy	Advanced BodyTalk	Other Modalities
\$90 / 75 minutes	\$90/ ~ 50 min.* *1st session add 15 min.	please inquire

Testimonials from Clients

My Phoenix Rising Yoga Therapy experience was transcendent. I left more in tune with my body and myself. I also accessed some deep feelings and memories that I thought were long ago dealt with. I loved the experience of deep presence and I felt more whole and together at the end. This was a calm and deeply centering experience for me. - S

Melanie provided assistance in moving directly, compassionately and bravely towards my internal critic. Her support and strong presence allowed me a safe space to surrender more deeply into my own trust. It just gets better every session! - J

I have had several sessions of BodyTalk from Melanie for arthritis in my neck, and it always relieved the pain. The relaxation I felt after each treatment was always wonderful. I would very much recommend having a session with Melanie...just being with her is a calming experience. - B



2009 Isle of Palms, SC

"The rational mind is the faithful servant and the intuitive mind is the sacred gift. We have created a society that honors the servant and has forgotten the gift."

Albert Einstein

Testimonials from BodyTalk Access Students

"Loved the class! A privilege to attend! Thanks, Melanie!"

"I had felt overwhelmed before coming about being able to master these techniques, but with the great teaching and the hands-on practice, I feel like I can confidently do this at home!"

"Excellent timing and pacing! Absolutely awesome!"

"Very supportive, very well organized and presented. Thank you for bringing BodyTalk to South Dakota!"

"As a monitor, what impressed me the most is how much I got out of this class the second time!"

"Very knowledgeable instructor, friendly and very willing to help."