

BODY WISDOM, LLC

MELANIE L. PALM,

PRYT, ADVCBP, PARBP, HHP, BAT

NEWSLETTER

<p>Body Wisdom LLC Page 1</p>	<p>Phoenix Rising Yoga Therapy <i>and doTERRA essential oils</i> Page 2</p>	<p>Advanced BodyTalk <i>and Energetix products</i> Page 3</p>	<p>More gratitude... Page 4</p>
--	--	--	--



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.



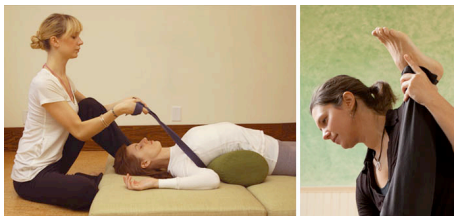
Melanie is an internationally certified BodyTalk Access Trainer! Please call if you'd like this one day (or two evening) class offered to your community, organization or corporation.

- 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
 - ☞ *BioEnergetic remedies such as homeopathics, nutritionals, and spagyric greens, to support your body in restoring your natural flow systems within.*

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 know 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.

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

Did you know that Melanie is now on the Phoenix Rising Yoga Therapy faculty as a mentor?

doTERRA®

Independent Product Consultant



CPTG Certified Pure Therapeutic Grade®

doTERRA essential oils family physician kit

Become a Wellness Advocate for yourself and your family! Sign up with doTERRA essential oils using Melanie's IPC #36419 on her website: www.mydoterra.com/melaniepalm/ and save money on the membership by purchasing the Family Physician Kit which contains six essential oils and four essential oil blends no family should be without! This kit also comes with a CD and descriptions of how to use the oils safely and effectively for physical, mental and emotional support for your whole family.

Lavender, lemon, peppermint, melaleuca, oregano, frankincense, Deep Blue, Breathe, Digestzen and On Guard

Explore the wonderful benefits of certified pure therapeutic grade essential oils!



Advanced BodyTalk, PaRama BodyTalk, BodyTalk Access

BodyTalk: WholeHealthcare designed by your body!

BodyTalk is healthcare that understands the psychology of the body and the influence it has on your health. Rather than focusing on the symptom, BodyTalk finds the hidden causes of illness by looking at the physical, emotional and environmental factors. BodyTalk is Whole-Healthcare, which means addressing the whole-person and their whole-story, using the entire context of their life to improve their health.

What is WholeHealthcare?

Communicating with the Whole-person

Health challenges often arise for a variety of reasons. When a practitioner is trained to look at the whole-person, emotional, physical & environmental influences - the true underlying causes of dis-ease can be balanced.

Synchronizing with the Whole-story

Every choice, every experience has contributed to your current state of health. Each scar, laugh line and mole has a unique story and a history. WholeHealthcare synchronizes the whole-story by understanding the influence it has on your health.

Balancing the Whole-spectrum

WholeHealthcare is integrative and is designed to draw upon all fields of healthcare. Each practitioner has a unique experience and skill set which can help to create a balanced approach to healthcare.

BodyTalk Access Trainer

Melanie has been teaching BodyTalk Access since 2013 in various cities and towns in South Dakota, Minnesota, Wyoming, and soon Montana! What a joy it is to spread these 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 for a lifetime. Give the gift of healthcare at your fingertips, to yourself and your loved ones.

The next **BodyTalk Access** classes will be **Saturday, Sept 12 in Sioux Falls** **Saturday, September 19 in Rapid City** **9:00 - 5:00 / Please pre-register www.BodyTalkSouthDakota.com**

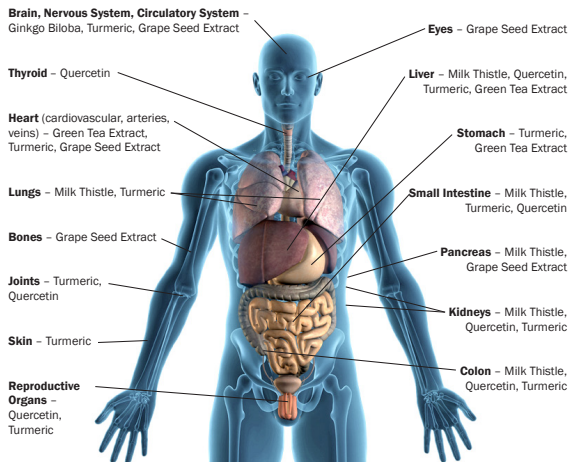


Melanie Palm with the Founder of BodyTalk, Dr. John Veltheim

Energetix Products ~ Contact Melanie for more information.

Phyto Rad Antioxidant

Full Body Nutritional Support



Added Benefits:

- Cell Metabolism, Krebs Cycle - Green Tea Extract, Turmeric, Milk Thistle
- Blood - Milk Thistle, Turmeric, Ginkgo Biloba
- Antimicrobial - Quercetin, Turmeric, Grape Seed Extract

Ingredients:

- Milk Thistle
- Turmeric
- Ginkgo Biloba
- Green Tea Extract
- Quercetin
- Grape Seed Extract



www.goenergetix.com

©2012 Energetix Corporation

What is The Opening Channels Program from Energetix?

The Opening Channels Program is a unique combination of homeopathic, botanical, and nutritional supplements designed to “set the stage” for healing by opening the pathways of elimination in the body, including the colon, liver, spleen, kidneys, etc. The synergistic ingredients in the Opening Channels products have been used traditionally to aid and assist with digestion, elimination, hydration, pH balancing, and liver/gut function. The products are all natural, safe, and designed to work with your body as the first step in an overall healing strategy.

How do the products work?

The Opening Channels Program works with the body’s natural flow system to assist in restoring a healthy balance. In today’s fast paced world, almost everyone accumulates unwanted toxins in their bodies. The combination of botanicals, nutritionals, and homeopathics in the Opening Channels products supports the body’s natural ability to eliminate toxins gently via the pathways of drainage and elimination.

BODY WISDOM, LLC

MELANIE PALM



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 BodyTalk - \$250**
- 3 sessions Phoenix Rising - \$300**
- 10 sessions any modality - \$800**
- Holistic Healthcare consult - free with other sessions, otherwise \$30 for 15 min.**
- Children under 12 - \$45**
- 12-18 years old - \$60**
- Families, couples, groups, businesses - please inquire**

Thank you kindly for your support and referrals!

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

Days	Time	Location
Monday through Thursday	8:30 - 5:00	Body Wisdom 2102 Arrow
other days	as needed	please call
	Fees/Length	
Phoenix Rising Yoga Therapy	Advanced BodyTalk	Other Modalities
\$90 / ~ 75 min.	\$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."