

# BODY WISDOM

MELANIE L. PALM, PRYT, CBP

## NEWSLETTER

<p><b>Classes coming to you!</b>  <i>BodyTalk Access</i>  <i>on Saturday, January 8, 2011</i>  <b>Page 1</b></p>	<p><b>Why Phoenix Rising?</b>  <i>Because it works!</i>  <b>Page 2</b></p>	<p><b>What does BodyTalk address?</b>  <i>You'd be surprised!</i>  <b>Page 3</b></p>	<p><b>Perpetual student...</b>  <i>Find out what's been happening!</i>  <b>Page 4</b></p>
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Supporting you in listening to your head, heart and gut.

[PRYT.com/MelaniePalm](http://PRYT.com/MelaniePalm)  
[mydoterra.com/melaniepalm](http://mydoterra.com/melaniepalm)



When your body talks to itself, it can heal itself.

Rapid City, SD  
 605.791.2707  
 605.484.6765  
[BodyTalkSouthDakota.com](http://BodyTalkSouthDakota.com)



**BodyTalk Access class was offered for the first time in South Dakota!**

*In September, 2010, twenty-two students received instruction in the 5 BodyTalk Access techniques, and since then, most participants have been using the 'Access Routine' daily with great results! Some of the students have reported lower stress, lower blood pressure, lower blood sugar levels, increase in vision and hearing, increase in life enjoyment, and significant decrease in pain and symptoms from various chronic issues.*

## BODYTALK ACCESS CLASS COMING!

Another BodyTalk Access class will be offered Saturday, January 8, 2011 from 8:00 am - 5:00 pm. Check out the BodyTalk South Dakota website for details or call Melanie Palm at 605-791-2707.

When the body talks to itself, it can heal itself. Health really can be that simple. BodyTalk Access teaches a simple set of techniques to maintain health and manage daily health challenges. BodyTalk is safe, fast and effective. BodyTalk Access is being taught worldwide in over 40 countries and 13 languages! For more information, please visit [BodyTalk South Dakota.com](http://BodyTalkSouthDakota.com).

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## 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 "self-advice" that arises in a Phoenix Rising Yoga Therapy session is more likely to be taken to heart.

## Who Are Phoenix Rising Clients?

Phoenix Rising Yoga Therapy has benefits to be enjoyed by almost everyone! As human beings, we share the common bonds of life stress, decision making, relationship issues and questions about who and why we "are". After Phoenix Rising sessions, clients often report improved physical and mental well-being, greater emotional stability, clearer thinking, a new relationship to stress, and a growing capacity for living life to the fullest.

Phoenix Rising is also an effective modality for supporting healing related to a myriad of trauma-related lifestyle disorders and psycho-emotional issues. The uniqueness of the approach creates a safe way to include one's body in the conversation of the healing process. Clients often report the disappearance of physical pain associated with these conditions.

For more information please visit the Phoenix Rising website at [www.pryt.com](http://www.pryt.com)

## What are some of the benefits of Phoenix Rising?

Although people experience a very wide variety of insight and benefits, the following are some of the more typical benefits that one can experience :

- Release anxieties that have a corresponding physical component
- Free up areas of tension
- Increase awareness and concentration
- Facilitate problem-solving and decision-making
- Overcome self-limiting beliefs
- Increase vibrant creative energy
- Alleviate pain
- Promote personal growth and transformation on all levels

## Profound Presence

*Excerpted from an article by Donna Raskin.*

Kaufman says that the end result (of a Phoenix Rising Yoga Therapy session) is something extraordinary and bigger than yoga or therapy on their own. "You get into a place of knowing as opposed to a place of thinking," Kaufman says, "which is a much more powerful place to be. Now I have the feeling that truly all the answers I really

need are within me. As long as I can get into my parasympathetic nervous system and drop down into a quiet place then I'll hear what I need to hear." In fact, says Kaufman, it is this

knowing versus thinking that brought her to Phoenix Rising in the first place. "I saw this line describing Phoenix Rising in a Kripalu catalog and I'll never forget it: 'Learn to discern the voice of the mind from the voice of the soul,'" Kaufman explains. "I'm very much an 'in my head' person and I didn't know there was a difference between my head and my soul. I was interested to see if this was true." Turns out, Kaufman says, that not only is there a difference, but that Phoenix Rising delivered on its promise.

## Bring Phoenix Rising to Your Yoga Class!

You do not need to have any experience in yoga to receive a Phoenix Rising Yoga Therapy session, but for those of you who are yoga students here are some tips on how to bring Phoenix Rising to your yoga practice. While it's impossible to recreate the support and witnessing you experience in a Phoenix Rising session, you can get more than a workout from your yoga practice. Here are some ideas from Michael Lee, the founder of Phoenix Rising Yoga Therapy.

1. Enter each posture slowly. Take a full deep breath to accompany each small movement into the posture.
2. Focus on what is happening. Place your full attention on what is happening moment to moment as you engage each posture (on the way to your edge). Ask yourself, "What is happening now?" And answer yourself without changing or fixing anything.
3. Play the edge. It's not about how far you get in each stretch or how good you are. Find your own edge in each posture and play with it as you breathe. Don't push or force your effort. Instead, try relaxing into the edge - that place that feels just right - not too much - not too little. Hang out at the edge and then focus again as in Step #2.
4. Feel it all. When you hang out in a yoga posture, breathe and feel. Notice what is happening not just in your body, but also what you are thinking and what you are feeling. Whatever it is, don't try to change it. Just experience it.
5. Notice and explore any connection between your yoga experience and your life experience.

Enjoy the process of listening to your head, heart and gut!

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## What Does BodyTalk Address?

### To Each a Unique, Dynamic Balance

In the BodyTalk System, we tend not to talk about addressing specific diseases. Instead, the BodyTalk philosophy is that every person has a unique balance that should be addressed. Once balanced, the client's own innate healing wisdom will successfully address specific symptoms and establish lasting patterns of good health. The ideal goal is to find the best, most dynamic point of balance within our bodymind complex, such that we are easily able to respond to the issues life throws at us with ease and grace.

### Your Body's Own Healing Process

Naturally, most clients arrive for a session with a health concern, and this problem is addressed. However, the BodyTalk Practitioner does not make a diagnosis for the purpose of establishing a specific session protocol. BodyTalk recognizes that although two people may appear to show the exact same symptoms, the communication links needed to balance their conditions may be entirely different. No two sessions are ever alike!

### Balancing the Brain

One of the core philosophies of the BodyTalk System is that all disease found in the body is reflected in the brain at some level. As an example, if there is a neurological connection in the brain that is mis-wired or disconnected, then there will be a corresponding reflection in the bodymind complex in the form of a physical, mental, bio-chemical or other malfunction. One of the main goals of BodyTalk is to balance communication between the two halves of the brain, as well as within all levels of brain function. Improving this communication can quickly and easily address many common issues, as well as improve brain function and memory overall. The BodyTalk Cortices Technique is one of the most powerful techniques within the system, and has been made available to the general public so that you can start feeling better and more balanced TODAY.

### A New Perspective

One of the major areas addressed by The BodyTalk System is the realm of personal and spiritual growth. Balancing the body biochemically, physiologically, and emotionally, while addressing specific beliefs and attitudes, the BodyTalk System is a very powerful tool in the field of personal development. Practitioners and clients alike can experience changes in the way they

relate to others, as well as the relationships they have with friends and family. Many individuals find new jobs or improvements within the work they are currently doing and also find an increase in the overall wellness and real happiness they experience on a daily basis. The personal development experienced through BodyTalk can affect an individual on all levels, in all ways.

## Some of Many Professional Applications

### General Wellness and Preventative Healthcare

General Wellness is one of the basic aspects of healthcare that the BodyTalk System provides an individual. Even though you may think you feel good, there is a good chance that you can feel even better than you currently do. If you have any sort of minor aches and pains, headaches, digestive imbalances or stress-related issues, BodyTalk will quickly and easily bring your body into a better state of balance. BodyTalk also is preventative, as it can help your bodymind have the best possible function so that you will not be susceptible to the stress you experience and so that your immune system is protecting you appropriately from external factors, such as germs and toxins.

### Sports Medicine

BodyTalk involves maximizing performance levels and addressing emotional and psychological factors in a straight-forward and practical way. BodyTalk amplifies the brain's focus to specific parts of the body, thus increasing the blood supply, lymph flow, nerve flow, energy flow, immune response, and tissue repair. This amplification of focus enables the brain to attune to the very specific needs of the body to greatly accelerate the healing process in rehabilitation settings. And this same ability to mobilize and focus the body's systems has been able to bring about enhanced performance results for athletes and performers of all kinds.

### General Rehabilitation

In a similar fashion, BodyTalk speeds up all the body's healing processes and shortens recovery time from injuries, surgeries and illnesses. Many Physical Therapists incorporate BodyTalk into their regular practices - with dramatic results.

### Pregnancy and Childbirth

BodyTalk can be used during pregnancy and childbirth, but can also be used on newborns and very young children as well. Receiving prenatal BodyTalk sessions allows the mother and baby to be in full and proper communication with each other, which will allow the baby to develop healthily, and can also address any particular

issues that may arise during the pregnancy. BodyTalk at the actual birthing can help the mother remain present and calm, and can assist the labor in being more efficient. Postnatal BodyTalk can help mom and baby recover from the stress of the birth quickly and easily.

### Cognitive Development and Brain Injury

BodyTalk facilitates the brain's ability to self-repair from any number of factors, including brain injury and trauma. BodyTalk has shown to be very effective in treating, Autism, ADD/ADHD, Trauma, and brain injury of all kinds, leading to improved brain function, and improved cognitive development.

### Organ/Tissue Transplantation and Joint Replacement

Pre- and post- operative BodyTalk sessions can aid the body in handling surgery, enabling faster recovery, while minimizing the rejection of new tissue.

### PTSD and Trauma

BodyTalk has shown some excellent results in individuals suffering from stress disorders. Balancing the brain helps the client work through shock, trauma, and disturbing negative associations and memories.

### Cancer and Chemotherapy Support

As an adjunct to allopathic cancer treatments, BodyTalk helps the body better handle the nausea and other side effects from chemo drugs or radiation, helping the body come back into balance and heal more completely. BodyTalk is also effective in pain management therapies.

### Immune System Dysfunction and Allergies

One of BodyTalk's strengths is its ability to facilitate recovery from allergies, immune system issues, hormone imbalances and body chemistry issues of all kinds. Allergy experts, endocrinologists and general healthcare practitioners are amazed at the body's ability to balance its own chemistry when stimulated to do so through BodyTalk.

### Hospice Care

BodyTalk has been used for those in hospice care as well as for their family members to help them handle this stressful situation more easily. For those individuals in hospice care, BodyTalk can help resolve any remaining resistance or fears that individual may have around dying and can assist them in transitioning smoothly and with dignity.

### Addiction Recovery and Cravings

BodyTalk can address cravings and addictions of all kinds, by addressing the underlying causative factor, stored memory, or emotion associated with that addiction. BodyTalk is an excellent addition to any addiction recovery program.



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Thank you for reading this newsletter!

## Perpetual Student...

In **August**, I attended the first gathering of Phoenix Rising Yoga Therapists at a conference in Chicago which attracted practitioners from across the country and throughout the world. One of the days included re-certification which involved exchanges with peers and senior instructors who provided incredibly valuable insight and feedback for one another's work. Elissa Cobb (author of The Forgotten Body) and Michael Lee (author of Turn Stress into Bliss) were both presenters for some of the topics for the remaining days, which included Phoenix Rising Yoga Therapy for children, special needs, partners (couples, business partners, parent/child, etc.), and various applications. There were 45 of the 1,050 therapists worldwide that attended the conference and we all felt enriched, rejuvenated and appreciative.

**September** marked the first BodyTalk Access class to be offered in South Dakota! On that same day, other BodyTalk Access classes were offered in various cities in the US, Australia, Austria, Germany, Ireland, Sweden, and Canada. In Rapid City, the 8 hour course included 22 students who were ignited with the possibilities of health from the simple techniques they acquired. Many have been sharing their testimonials since applying the Access routine on a regular basis. For anyone interested in attending one of these classes, we are planning another BodyTalk Access class on Saturday, January 8, 2011. Please check the website BodyTalk South Dakota for developing details.

I also trained in AromaTouch Therapy with the Certified Pure Therapeutic Grade doTerra oils. It is very exciting to smell and feel the profound difference that the purity of

these oils creates. If you've not yet experienced them, I highly recommend the doTerra oils. Also, if you are interested in ordering the CPTG doTerra oils, becoming a preferred customer or a distributor, please feel free to call me or visit my website. [mydoterra.com/melaniepalm](http://mydoterra.com/melaniepalm)

**October** included further training in Colorado with Advanced Modules for BodyTalk with Advanced Senior Instructor, Dr. Janet Galipo, as she presented Modules 6 and 9 to a group of practitioners from the US, Canada, Austria and the Middle East. Although BodyTalk is taught in over 40 countries and 13 languages, I was grateful to be learning in English, just driving distance from the Black Hills!

In **November**, I will be taking another BodyTalk Advanced training in Module 4/7 with Dr. Don Ka'imi Pilipovich. My goal is to continue training whenever possible, and perhaps pursue the Advanced Practitioner Certification.

I will also be taking a short break to teach in Yankton with the South Dakota Artist-In-Schools program. This is my opportunity to give back to the children of South Dakota in gratitude for the incredible dance training that I received growing up in the Black Hills.

And this Thanksgiving, I will be giving heartfelt thanks for all of you. I deeply appreciate the opportunity to work with you all! Thank you kindly!

In **January**, we will again be offering BodyTalk Access to anyone interested in learning more about taking their health into their own hands. Please consider joining us for this one day eight hour class. Check in often for updated information on the BodyTalk South Dakota website [www.bodytalksouthdakota.com](http://www.bodytalksouthdakota.com)

## Did You Know?

I am teaching **gentle yoga classes** at the Yoga Studio on Tuesdays at 8:30 a.m. and on Wednesdays at noon. Feel free to come!

**Aroma Touch Therapy** with the doTerra Essential Oils (CPTG Certified Pure Therapeutic Grade) is now offered for \$70. Also, if you'd like to order your own doTerra certified pure therapeutic grade essential oils, please see the September information above.

## Body Wisdom Package Offerings!

Many of you have expressed interest in the possibility of a reduced session fee if three sessions are paid in advance. I am now offering three different packages of options for an advanced payment for three sessions:

- 3 BodyTalk sessions \$180**
- 3 Phoenix Rising sessions \$220**
- 2 BodyTalk and 1 Phoenix Rising \$195**

Many are finding that both modalities dovetail well together to achieve deep, life enhancing affects. Enjoy listening to your head, heart and gut AND increasing the communication between them with Phoenix Rising Yoga Therapy and BodyTalk combinations.

For an appointment  
Please contact Melanie Palm  
Call 605.791.2707  
Or email:  
[melaniepalm@rap.midco.net](mailto:melaniepalm@rap.midco.net)

Days	Time	Location
Mon and Tues	10:00 -4:00	The Yoga Studio
Wed	8-11:30 and 1:15 -4:00	The Yoga Studio
Thurs	7:30 - 4:00	Acupuncture 4 Health
Other Days	As needed and possible	To be arranged
	<b>Fees/Duration</b>	
<b>Phoenix Rising Yoga Therapy</b>	<b>BodyTalk</b>	<b>Monkey Business</b>
\$80 / ~ 75-90 min.	\$65 */ about 45 min. *1st session add \$15 / 20 min.	~ \$65 per hour / times and costs vary

**Thank you kindly for your support and referrals!**