

# BODY WISDOM

MELANIE L. PALM, PRYT, CBP

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## NEWSLETTER

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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)

### MORE BODYTALK CLASSES COMING YOUR WAY!

Another one day BodyTalk Access class will be offered on August 20th and perhaps again in October in Rapid City. Another four day BodyTalk Modules 1&2 seminar will be offered November 3-6, 2011. Check out the BodyTalk South Dakota website for details or call Melanie Palm at 605-791-2707 for more information.

**When the body talks to itself, it can heal itself. Health really can be that simple! BodyTalk offers a simple set of techniques to maintain health and manage daily health challenges. BodyTalk is safe, fast and effective, and is being taught worldwide in over 40 countries and 13 languages!**

For more information, please visit [BodyTalkSouthDakota.com](http://BodyTalkSouthDakota.com)



**Instructor Wendy Nelson, MA, CMT, CBI**

**BodyTalk Modules 1&2** seminar was offered for the first time in South Dakota in May, 2011 at the Dahl Arts Center!

Eighteen students attended the first Module 1&2 four day seminar ever offered in South Dakota, while simultaneously around the globe, Module 1&2 students received the same information in Sweden, Brazil, Germany, Canada, Netherlands, South Africa, Italy, Ireland, Australia, England and various states within the United States!

**Another Modules 1&2 will be offered November 3-6, 2011!**

## Phoenix Rising Yoga Therapy and Yoga News



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.

### 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 corresponding physical components
- 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
- **For more information please visit the Phoenix Rising website at [www.pryt.com](http://www.pryt.com)**

### Yoga for everyone!

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

### More Expansion...

Besides participating in the various Anusara Yoga Immersions, workshops and classes that have been offered locally, I am also taking the **Anusara Teacher Training** courses this summer to continue the deepening of my understanding of yoga.

My original teacher training in the Iyengar style of yoga was completed 19 years ago and this additional teacher training will be a welcomed addition to both my teaching and my 32 years as a yoga student. For more information on Anusara Yoga, please contact The Yoga Studio at 605-390-2320 or visit their website: [www.rapidcityyoga.com](http://www.rapidcityyoga.com)

After 20 years of a professional dance career, I was experiencing many of the injuries and deterioration that many dancers and athletes experience after a long career. Yoga has helped immensely in my quest to return to more healthy alignment. In particular, I was assisted by the Anusara principals of alignment that Doc Savage offers in his **Yoga Therapeutics**. If you are interested in experiencing this incredible one-on-one modality, I highly recommend that you call him at 605-390-2320.

In March, I was fortunate to complete a course in **Thai Yoga Massage** to support my Phoenix Rising Yoga Therapy expansion. It was taught by Bobbi Madsen Buchholz who studied extensively in Thailand. If you've not yet received her incredible Thai Yoga Massage, you can reach Bobbi through Elements Massage at 605-545-2306 on 822 Main St., Rapid City, SD.



Primo, Melanie, Peter and Doc  
Bliss Brothers Legendary Heart Tour

*"Yoga makes the impossible possible, the difficult easy, and the easy elegant. Yoga helps us be strong in our convictions and flexible in our approach."*

### Independent Research Study!

Research Assistant, Amy Racanello, of the Educational Psychology Graduate Department at City University of New York is conducting a research study to independently assess the effectiveness of Phoenix Rising Yoga Therapy. This is an important time in the development of Yoga Therapy as a profession. Participating practitioners were selected based on 'high integrity, skill in facilitating the PRYT process, and ability to provide sessions that are cleanly in the essence of Phoenix Rising.' I am honored to be one of the practitioners participating in this groundbreaking study.

I am also very grateful for the resounding support from people willing to be clients receiving this work for the research study purposes and as regular clients. It has been a wonderful, mutually beneficial joint venture. As the results of this particular study are published, I will be share the research outcome.

A special thank you to Kayte Halstead of Acupuncture 4 Health who generously donated space to support me during the intense Phoenix Rising Yoga Therapy training process which led to certification. Thank you kindly!

### Who Are Phoenix Rising Clients?

Phoenix Rising Yoga Therapy has benefits to be enjoyed by almost everyone! **No prior experience in yoga is necessary!** 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

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## BodyTalk South Dakota

**BodyTalk Education**

What an incredible year it has been for BodyTalk in South Dakota! We brought BodyTalk Access (*see class description below*) to Rapid City in September and then again in January, and it will be coming again on August 20 and perhaps October! We brought a deeper experience with the four day seminar of Module 1&2 (*see class description below*) and that will be returning in September of 2011! All classes were filled to capacity and students left with a new enthusiasm and deeper appreciation for the simple, safe and effective tools at their fingertips through the BodyTalk system.

**BodyTalk Access Class on Saturday, August 20!**

The goal of **BodyTalk Access** is to provide the layperson, family and community with a simple set of energy-based techniques to make health maintenance and the management of daily health challenges accessible.

The BodyTalk System is a well-established system of healthcare utilizing state-of-the-art energy medicine in a safe and comprehensive manner. Its power is based on increasing the levels of internal communication within the body -- stimulating the body's own ability to regain and maintain a healthy balance.

The BodyTalk System normally utilizes an elaborate protocol that requires intensive training. But the International BodyTalk Association has recognized the critical need for a simplified version of the system to provide access to many of the key benefits of BodyTalk to as many people as possible.

**BodyTalk Modules 1 & 2 November 3-6!**

**Module 1** provides a comprehensive introduction to the BodyTalk System and presents many powerful treatment techniques that address a wide variety of diseases. This course consists of theoretical aspects as well as hands on practical application of the Module 1 BodyTalk treatment techniques. The elements of the BodyTalk protocol addressed in this course are as follows:

General treatments, including overall breathing patterns, left/right brain and body co-ordination, energy blockages associated with birthplace or imbalances with the local environment, energy faults within the main brain cortexes, general and localized hydration, and health problems associated with internal and external scarring.

Specific balancing of the 10 major body organs, eight endocrine systems and other non-specific body parts.

Clearing the body of viruses, infections, parasites, food intolerances, environmental allergies and accumulated toxins.

Clearing past and present emotional blockages, including specific phobias and fears. These treatments have been very effective in correcting a number of psychological disorders.

**Module 2** builds on the knowledge gained in BodyTalk 1 and expands the treatment techniques to include the entire basic BodyTalk system. Once again, both the theory and the practical aspects of the BodyTalk treatment techniques are covered. The elements of the BodyTalk protocol addressed in this course are as follows:

Extrinsic Reciprocals, Lymphatic System, Nervous/Circulatory Systems, Energy Systems (Meridians, Blood Sugar, Chakras), Environmental Systems.

Treating the 36 surface energy points that often impact a person's energy level, mood, overall structural integrity, muscle tension, and digestive system. Surface energy imbalances can also cause pain in specific parts of the body.

Cleansing the lymphatic system including all the body lymph glands and the lymph ducts.

Treating energy blockages associated with the nervous and circulatory systems. Balancing the various energy systems within the body including the traditional acupuncture meridians and the Chakras.

Restoring energy imbalances between the client and certain aspects of the environment.

Specific balancing of brain function and improvement of the circulation of nerves and blood to, or within, specific areas of the body.



Students from BodyTalk Modules 1&2 at the Dahl Arts Center in May, 2011

**Next Module 1&2 class will be September 15-18, 2011!**  
Sign up online on  
**BodyTalkSouthDakota.com**

**New BodyTalk Access Technicians and BodyTalk Practitioners-In-Training...**

If you would like to contact some of those BodyTalk students who may be interested in taking on clients for free or at a reduced rate while they further their skills, please check out the BodyTalk South Dakota website: [www.bodytalksouthdakota.com](http://www.bodytalksouthdakota.com) or call Melanie for a referral.

**Advanced BodyTalk Training for Melanie!**

I am grateful to have completed training in all but one of the Advanced Modules necessary for Advanced Practitioner Certification (3 through 9 and AMI). I was also fortunate to complete Orthopedic Evaluation for BodyTalkers from Dr. Kerry D'Ambrogio, DOM, AP, P.T., DO-MTP, Sr. CBI, CBP, SrCBI, CBI, BAT. Like most Senior Instructors within the BodyTalk system, he comes with a long string of letters behind his name!

**THANK YOU to all my clients and family for your patience and support during my many absences to further my training.**

*"BodyTalk is perhaps the **easiest yet most powerful** method you can learn to keep your family healthy. This applies to everyone, whether you are a medical doctor, an athlete, a mother, kindergarten student, a therapist of any kind or a Ph.D. candidate." ~Dr. James Oschman Ph.D. and author of "Energy Medicine" and adviser to BodyTalk System*

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## Body Wisdom News



### Health Directories

Body Wisdom had a booth at the annual Black Hills Wholistic Health Expo at the end of April this year. Thank you kindly to my son who 'manned' the booth for me while I was coordinating the BodyTalk Modules 1&2 seminar! The BHWHS also distributed their newest directory of Alternative and Complementary Health Care Practitioners and Businesses. If you would like a copy of this directory, please call Paula Meeker at 415-6761 or use the BHWHS email [blackhillswhs@gmail.com](mailto:blackhillswhs@gmail.com)

### Distance Sessions

For almost 18 months, I have been experimenting with distance sessions, documenting wonderful results with clients. If this is something that interests you, please let me know. It is particularly helpful when you are:

- finding difficulty in creating the time for a session within your schedule constraints
- traveling but still wanting support or continuity
- having difficulty being ambulatory
- requiring more support for yourself while you are supporting someone else

### New Addition of BioMat

Now available for use in my sessions, the BioMat delivers soothing, deep-penetrating 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.

### 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*

Melanie will be presenting at the Mind-Body-Soul Expo on Saturday, July 9 at 5:00 at the Best Western Ramkota. This event is free to public.

### Certified Pure Therapeutic Grade Essential Oils

dōTERRA Essential Oils (CPTG Certified Pure Therapeutic Grade) are now available online! These are the oils I use in many of my essential oil modalities. Check out the website [www.mydoterra.com/melaniepalm](http://www.mydoterra.com/melaniepalm)

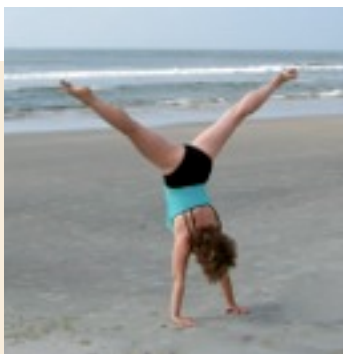
### Body Wisdom Packages

I offer three ~15% off packages of options for an advanced payment for three sessions:

- 3 BodyTalk sessions \$180**
- 3 Phoenix Rising sessions \$210**
- 2 BodyTalk and 1 Phoenix Rising \$190**

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

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



2009 Isle of Palms, SC

**“It’s not the love we didn’t receive in the past that holds us back... it’s the love we don’t offer in the present.”**

from the Bliss Brothers  
Legendary Heart Tour

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>Other Modalities</b>
\$80 / ~ 75 minutes	\$65 * / ~ 50 min. *1st session add \$15 / 20 min.	~ \$70 per hour / times and costs vary

### Testimonials from Students

*Knowing that I would be enrolling in a rigorous program of study, and after experiencing BodyTalk sessions, I took the **BodyTalk Access** class and began practicing the techniques on a regular basis. I felt a sense of calm and centeredness after the few minutes of going through the techniques. I sincerely believe that BodyTalk Access helped get me through my intensely demanding certification. I'm so glad I took BodyTalk Access before my coursework! Hats off to Melanie for going the distance to bring BodyTalk to Rapid City! - C*

*Since I started doing my own Cortices and receiving BodyTalk sessions from you, my fasting blood sugar levels have averaged 16 points lower than they averaged before I took the BodyTalk Access last fall. I personally believe that BodyTalk is the main reason for my lower numbers. Thank you!*

*My whole family benefits from my BodyTalk Module 1&2 training! It's amazing! - M*