

# BODY WISDOM

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 PRYT, ADVCBP, PARAMA BP

## NEWSLETTER

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



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

[BodyWisdomMelaniePalm.com](http://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 pleased to announce that sessions are now also offered at the newly created session room at Body Wisdom at 2102 Arrow St. as well as the Yoga Studio at 2050 West Main St.

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

# 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 and PaRama BodyTalk

### Advanced BodyTalk and PaRama BodyTalk Certification COMPLETE!

Melanie is delighted to have completed her Advanced Certification in August, 2012 and her PaRama BodyTalk in January, 2013. She is currently one of 26 in the United States who has both certifications and is ecstatic to be sharing these gifts with clients who are reporting remarkable results! One of the instructors described these certifications as an ability to offer somewhere between 3 and 33 sessions in one! The following is taken from the International BodyTalk Association descriptions of the two advanced certifications...

**Advanced Certified BodyTalk Practitioner (Adv CBP)** In 2008 the IBA created an Advanced Certified BodyTalk Practitioner (AdvCBP) level. These practitioners have demonstrated their mastery of the more advanced BodyTalk material, including all advanced courses through Matrix Dynamics, including several of the adjunct courses. The Advanced CBP certification involves two in-depth written exams in order to demonstrate an understanding of the advanced material.

**PaRama Practitioner** PaRama BodyTalk is the advanced work that Dr. Veltheim has been developing since 2004. These courses have expanded on the principles of the science of energy medicine and the biophysics that underpin why and how BodyTalk works. PaRama BodyTalk Practitioners use these new findings to go far deeper into the inner workings of the bodymind complex to bring about startling and long-lasting results.

**Come experience an Advanced BodyTalk session with Body Wisdom!**



**Melanie Palm and Dr. John Velheim  
Founder of the BodyTalk System and  
International BodyTalk Association**

**THANK YOU to all of you, clients, friends and family for your patience and support during my many absences to further my education. If I have let a 'ball drop' during my studying, please call me so I can gladly pick it up again!**

### BodyTalk South Dakota, Inc.

It is so exciting that now BodyTalk South Dakota is an incorporated non-profit with four fabulous women joining me in leadership. All of them are Certified BodyTalk Practitioners who have received their training right here in South Dakota. My heartfelt thanks go out to these incredible women who are donating so much of their time to support our vision to provide education, lay-person and practitioner support, events, community service and scholarships for South Dakotans who are interested in taking a more pro-active role in their health care. Please join me in expressing gratitude for their generosity.

#### Your BodyTalk South Dakota Leaders

**Jennifer Utter**, Education Leader  
**Chantelle Williamson**, Public Relations  
**Gayla Bieber**, Membership and Treasurer  
**Angela Johnson**, East River Leader  
**Melanie Palm**, Coordinator

[www.BodyTalkSouthDakota.com](http://www.BodyTalkSouthDakota.com)

### More BodyTalk Seminars coming our way...

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.

We are committed to providing classes and seminars here in South Dakota to make it easier for you to assist yourself, your family and / or your clients in finding deeper health through the BodyTalk System. Here are the courses for the rest of 2013 with updates on the BodyTalk South Dakota website. Register early to save money and to ensure the classes are full enough to book the instructors' flights!

- ~ April 6 BodyTalk Access in Rapid City
- ~ April 8&9 BodyTalk Access in Sioux Falls
- ~ May 3-6 MindScape in Rapid City
- ~ July 11-14 BodyTalk Fundamentals in RC
- ~ September 27-29, 2013 BodyTalk Module 3, Principles of Consciousness in RC
- ~ Fall, TBA, BodyTalk Access in RC & SF

**Sign up for local BodyTalk classes and learn of events online at [BodyTalkSouthDakota.com](http://BodyTalkSouthDakota.com)**

### Scientists and Ph.D.s supporting BodyTalk

*"BodyTalk is perhaps the easiest yet most powerful method you can learn to keep your family healthy. This applies to everyone."*

**Dr. James Oschman Ph.D.**, Biophysicist, and author of "Energy Medicine", advisor to The BodyTalk System.

*"The principles BodyTalk are based on are proven scientific facts and leading edge discoveries. It is a new way of addressing our well-being in the future. BodyTalk opens an unlimited collection of energetic possibilities for us to heal on many levels."*

**Dr. Amit Goswami Ph.D.**, Quantum Physicist

# BODY WISDOM

# MELANIE PALM



## Body Wisdom News



### Presenting...

If you would like Melanie to present to your group, or to offer community service through providing free BodyTalk Access, 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](http://BodyWisdomMelaniePalm.com)

### dōTERRA Essential Oils

(CPTG Certified Pure Therapeutic Grade) are now available online. Check out: [mydoterra.com/melaniepalm](http://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 18 - \$45  
 Families, couples, groups,  
 businesses - please inquire**

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

**Word of mouth has been incredible! Please be patient with me 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](mailto:melaniepalm@rap.midco.net)

Days	Time	Location
Mon & Thurs and some evenings	8:00 - 4:00 as needed	Body Wisdom 2102 Arrow
Tues & Wed	8:00 - 4:00	Yoga Studio 2050 W Main
	Fees/ Length	
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

**“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

### 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*