



In gratitude, Melanie Palm

### What others have experienced from Phoenix Rising Yoga Therapy ...

Melanie is a natural facilitator of Phoenix Rising Yoga Therapy, creating safety and permission. My session was delicious, filling, centering. She is so incredibly non-judgmental that she helps me release my own judgments of myself! – (life coach)

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. – (artist)

Melanie's warmth, compassion and ability to authentically communicate make her a perfect match for this type of service. – (dentist)

These Phoenix Rising Yoga Therapy sessions continue to amaze me as it gives me a glimpse into my inner being. – (therapist)

It's amazing how different each session can be. It helps me to define and reposition beauty for myself. Thank you! –(doctor)

Powerful, intense, emotional. I felt safe and held by Melanie. She holds space with such compassion. What really worked for me was Melanie's willingness to meet me right where I was, honoring my preferences. – (nurse)

### What others have experienced from BodyTalk Sessions....

Melanie's non-judgmental attitude inspires trust and self-acceptance. BodyTalk has helped to increase my mental alertness, regulate my blood sugar levels, and alleviate pain from an old hip injury. After receiving BodyTalk, I am able to deal with stress in a healthy way and maintain emotional peace. – (massage therapist)

BodyTalk relieved my pain in a month and a half after rotator cuff surgery. Usually it takes 5-6 months for recovery. Your sessions cut that time in 1/3! Thank you! - (artist)

After catching Pneumonia in high school, my lungs remained damaged. When I was finally able to run again, I would cough for days. One week after a session with Melanie, my lungs felt strong enough to sustain a steady pace and there was no coughing afterwards. Now, I am running up to nine miles a day and feeling better than I have in years. Thank you! - (journalist)

Holistic health is a most logical way to manage health-care. Since I've been involved with BodyTalk, I haven't experienced any colds or flus and have had a general feeling of well-being. – (health care assistant)

I came to Melanie and BodyTalk to address some body pain that had been with me for many years. After only a few treatments, I am feeling better and much more integrated. I recommend the process and especially the gentle, compassionate experience that Melanie provides. – (financial advisor)

I've spent a lifetime struggling with body image issues, and hearing all the standard clichés such as ... "You've got to learn to LOVE your body!" After working with Melanie in her BodyTalk sessions, I'm learning something even more important. I'm learning how to respect my own body for its innate healing power, as well as all the wonderful things it allows me to do each and every day. – (business finances)



BODY WISDOM  
MELANIE PALM  
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RAPID CITY, SD 57702

# Body Wisdom



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**605.484.6765**

**BodyWisdomMelaniePalm.com**





**PHOENIX RISING  
YOGA THERAPY**

A combination of classical Yoga and elements of client-centered, body/mind psychology, Phoenix Rising Yoga Therapy is based on the belief that true healing takes place from the inside out.

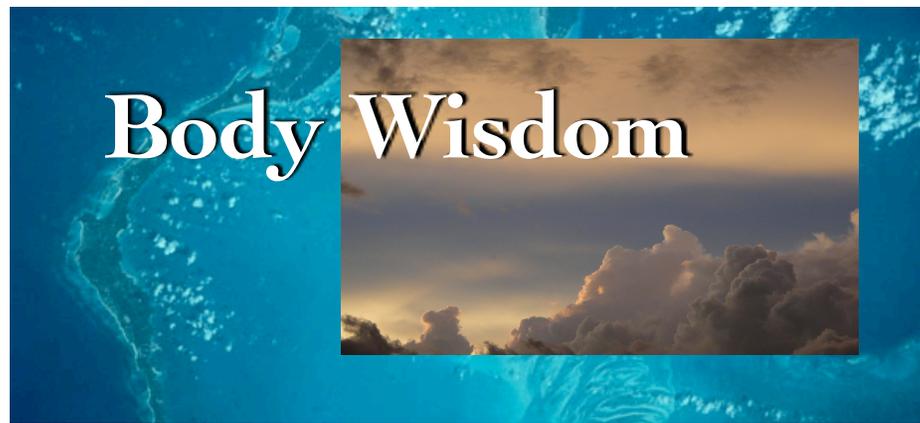
In a typical session, you are guided through a sequence of carefully selected, assisted postures designed to bring you deeper into an internal experience. As you are supported in the postures, the practitioner guides you in client-centered dialogue about what's happening in your body.

This unique combination of postures and focused dialogue techniques often has a synergistic effect, enabling you to readily access information stored in your body, and to gain new insights into long-standing patterns and chronic physical and mental tensions.

Each session concludes with an integration, to assist in processing your experience and finding the connections with your life "off the mat" and exploring how you can bring your new-found insights into action.

Whether working with pain that stems from major trauma such as an accident or unexpected illness, or from the less recognized strain of life transitions, chronic stress or self-neglect, yoga therapy offers a powerful, safe and natural path to well-being.

For more information, feel free to call Melanie or explore the Phoenix Rising Yoga Therapy website at [www.pryt.com](http://www.pryt.com)



supporting you in listening to your head, heart and gut

**BodyWisdomMelaniePalm.com**

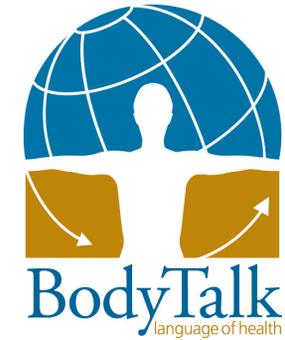
also provides these high quality products:

**DOTERRA certified pure therapeutic grade essential oils  
BIOMAT 'pad' with FIR heat, negative ions, and amethyst  
ENERGETIX botanicals, nutritionals, homeopathics, herbs**

**For an appointment please contact  
Melanie Palm 605.484.6765**

Days	Time	Location
Tuesdays and Wednesdays	8:00 – 4:00	The Yoga Studio 2050 W. Main
Mondays Thursdays Friday	12:00 – 6:30 12:00 – 6:30 8:00 – 12:00	Body Wisdom 2102 Arrow St.
Other Days and Times as Available and Requested		
Investment/Time		
Phoenix Rising Yoga Therapy	BodyTalk	Other Modalities
\$90/ ~ 75 min.	\$90/~40 min *1st session add 15 min.	Investment and times vary

**Package of 3 ~ \$250 / Package of 10 ~ \$800  
Group, family, couples please inquire  
Children under 12 - \$45 / Ages 12-18 - \$60**



**Advanced BodyTalk**

BodyTalk is an astonishingly simple and effective therapy that allows the body's systems to re-synchronize so they can operate as nature intended. Each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of daily life, these lines of communication can become compromised or disconnected, which leads to a decline in physical, emotional and/or mental well-being.

Reconnecting these lines of communication enables the body to function at optimal levels, thus repairing and preventing disease while rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself on all levels. BodyTalk is unique in that it addresses causative factors rather than symptoms.

BodyTalk can be used as a stand alone system to balance many chronic and acute health issues, or can be seamlessly integrated with any healthcare regimen to increase its overall effectiveness. BodyTalk's major assets are its simplicity, safety and speed of results. Melanie is one of 35 Advanced BodyTalk Practitioners in the U.S. For more information, please call Melanie Palm or visit [www.BodyWisdomMelaniePalm.com](http://www.BodyWisdomMelaniePalm.com)

Other modalities offered through Body Wisdom affectionately fall under the title of Monkey Business, and include emotional release with essential oils, private yoga, creative movement, Certified Pure Therapeutic Grade essential oils, Energetix, Biomat, among others.

Body Wisdom holds the essence of  
**"With God, all things are possible."**