

BODY WISDOM

MELANIE L. PALM, PRYT, ADVCBP

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.

Check out the new website for Body Wisdom!

www.bodywisdom.weebly.com

A special thank you to Miguel Apaza for designing it!

Body Wisdom

Facilitating Ah Ha's and Witnessing Ta Da's

since 2009 in Rapid City, SD 605.484.6765

Announcing Advanced Certified BodyTalk Practitioner status...
Come feel the difference!

THANK YOU ALL FOR SUPPORTING THE INCREDIBLE GROWTH AND GIFTS INSPIRED BY MY BLESSED MIDLIFE CRISIS! I APPRECIATE THE OPPORTUNITY TO WORK TOGETHER, AND I LOVE MY THIRD PASSIONATE CAREER! Thank you kindly, Melanie Palm



Phoenix Rising Yoga Therapy in the News

Phoenix Rising yoga therapy breaks the mold

Del Mar Times, San Diego, CA

Traditional yoga has been in the mainstream for decades, but the new practice of Phoenix Rising yoga therapy combines ancient yoga practices with modern psychology. Hanna Kluner, a Phoenix Rising practitioner who works out of her Carmel Valley home, describes it as “body-based modality.” “It incorporates yoga postures along with dialogue to help people tap into unconscious and repressed emotions,” she said. “It goes on the premise that our bodies have intelligence, and we hold memories and we store trauma in our bodies, and traditional therapy is somewhat limited at times in that it’s the mind trying to figure (problems) out.”

The practice “merges body, soul and spirit, and you can tap into it through the body with the unconscious emotions which become conscious and therefore released,” she added.

A typical 1 1/2-hour session begins with guided imagery and goes into gentle yoga postures guided by the hands of the practitioner and combined with dialogue.

Yoga therapy attracts a variety of people with different goals, some of whom have never tried a conventional yoga class.

“Sometimes they’re going through a grief process, sometimes they have a crisis going on and they just want some answers,” Kluner said. “Some people are just really interested in personal growth and transformation, and they find through this work they really gain insight into what’s going on for them.”

Kluner found her way to yoga therapy when her husband unexpectedly died eight years ago. “What helped me the most was my yoga practice,” Kluner said. “Fortunately, I had that as part of my life already, but I delved deeper into it.”

Kluner began practicing every day at a studio owned by a Phoenix Rising practitioner and decided to try a session.

“I was amazed by how much I got out of it,” she said. At the time, she was studying to become a yoga teacher. Six months later, she received a flier in the mail from the Phoenix Rising therapy training center and decided to sign up.

“I see so many miracles happen – so much healing happen,” Kluner said. “I feel really grateful that I can offer this to people.”

Consider a ‘Couples’ Phoenix Rising Yoga Therapy session for spouses, siblings, business partners, friends. or anyone who would like to deepen their relationship with themselves and their partners!

Ask about our option for a Phoenix Rising Yoga Therapy session OUTSIDE!

Melanie Palm is very grateful to The Yoga Studio and Acupuncture 4 Health for their support and nurturing since the inception of Body Wisdom.



**South Dakota’s internationally certified
Phoenix Rising Yoga Therapist**

Melanie Palm with Body Wisdom



Advanced BodyTalk

Local BodyTalk Education

In 2010, Melanie began BodyTalk South Dakota as a community service to offer educational presentations and bring instructors to teach BodyTalk classes and seminars locally. We are pleased to announce that we will have our 6th BodyTalk Access class offered on Saturday, September 29, and our 4th BodyTalk Fundamentals seminar offered on November 1-4, 2012. To date, we have graduated 105 BodyTalk Access technicians, 44 BodyTalk Fundamental students, and certified 4 practitioners all without needing to leave their families! To contact some of these gifted practitioners and practitioners-in-training, or to sign up for the next BodyTalk class, please visit the BodyTalk South Dakota website:

www.BodyTalkSouthDakota.com

A very special thank you to Jennifer Utter, Chantelle Emond Williamson and Gayla Spelts for stepping into leadership roles to help BodyTalk South Dakota grow!

**Next BodyTalk Access Class
Saturday, September 29, 2012**

**Next BodyTalk Fundamentals Seminar
Thur-Sun, November 1-4, 2012**

**Sign up for local BodyTalk classes online
at BodyTalkSouthDakota.com**

THANK YOU to all my clients, friends and family for your patience and support during my many absences to further my education. I'm delighted to announce that I have successfully completed the requirements to achieve Advanced Certification! I am also currently a student in the PaRama college of BodyTalk.

A very special thank you to Paula Meeker for proctoring my Advanced BodyTalk exams and my Anatomy & Physiology exams! I am grateful for your support.

BodyTalk Practitioner Levels

BodyTalk Access Technician

BodyTalk Access was developed for the lay person or as a one-day introduction to the larger BodyTalk System. While someone who has taken the BodyTalk Access class is not considered a "Practitioner", as this is not considered a professional training, Access can be a very important part of your daily wellness routine for use on friends and family. Healthcare professionals, such as nurses or EMTs, for instance, can of course incorporate the BodyTalk Access techniques into their practices.

Certified BodyTalk Practitioner (CBP)

A Certified BodyTalk Practitioner has completed the fundamental coursework of the BodyTalk System, monitored that coursework, and proven to a Certified BodyTalk Instructor - in both a written and a practical exam - that they have mastered the material and the techniques of the System. A CBP has taken, as a minimum, BodyTalk Fundamentals (Modules 1&2) but may have also taken any number of advanced courses or adjunct courses.

Advanced Certified BodyTalk Practitioner (AdvCBP)

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 (Module 9), 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. Melanie Palm is the 35th to achieve this certification in the United States.

PaRama Practitioner

PaRama BodyTalk is the advanced work that Dr. Veltheim has been developing since 2004. PaRama BodyTalk Unit 1 and Unit 2 are DVD course lectures by Dr. Veltheim, that also have an accompanying Practical course for in-person review once the recorded lectures have been studied. 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 students use these new findings to go far deeper into the inner workings of the bodymind complex to bring about startling and long-lasting results.

BODY WISDOM

MELANIE PALM



Body Wisdom News



Besides the one-on-one sessions offered through Body Wisdom, did you know about these?

- ~ couples or partners sessions
- ~ group or family sessions
- ~ distance sessions
- ~ outside sessions
- ~ all ages and abilities
- ~ sports enhancement
- ~ peak performance
- ~ pre- and post-surgery
- ~ BioMat time during sessions

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 would like to purchase one for your home, office or vehicle! www.melanie.thebiomatcompany.us

Presentations

Melanie would enjoy opportunities to present to your group, or offer community service through providing free BodyTalk Access. Please call 484-6765.

More Support

dōTERRA Essential Oils (CPTG Certified Pure Therapeutic Grade) are available online through Body Wisdom. www.mydoterra.com/melaniepalm

Energetix products...leading the way in cellular health and improving health through BioEnergetic Medicine. www.goenergetix.com

Thank you kindly for your support and referrals!

Word of mouth has been wonderful so please be patient when you call to book your appointment, as we are booked about 4-6 weeks out. However, if you are in need or crisis, we will find a time to get you into a session sooner.

For more information on Phoenix Rising Yoga Therapy:

PRYT.com/MelaniePalm

For more information on BodyTalk: BodyTalkSouthDakota.com

'The Divine is in the Details'

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

| Days | Time | Location |
|-----------------------------|---|------------------|
| Monday through Thursday | 8:00 -3:30 | The Yoga Studio |
| Other Days | As needed and as possible | To be arranged |
| Fees/Length | | |
| Phoenix Rising Yoga Therapy | BodyTalk | Other Modalities |
| \$90 / 75 minutes | \$90* / ~ 50 min. *1st session add 15 min. | \$90 per hour |

Body Wisdom Packages Investment in Health 3 for \$260 /10 for \$800

For testimonials and further information on Body Wisdom, please visit:

www.bodywisdom.weebly.com

Thank you kindly!



Since people with similar 'symptoms' will have very different causative factors, and since Body Wisdom facilitates you in discerning and balancing your unique causative factors, each session is very unique. Call whenever the spirit moves you! When your head, heart and gut agree... you know it's right!