

BODY WISDOM

MELANIE L. PALM, PRYT, CBP

NEWSLETTER

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

PRYT.com/MelaniePalm
mydoterra.com/melaniepalm



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

Rapid City, SD
605.791.2707
605.484.6765
BodyTalkSouthDakota.com

MORE BODYTALK COMING YOUR WAY!

BodyTalk Access class will be offered for the fourth time in Rapid City on **February 25** and again on **April 21, 2012**. Another four day BodyTalk Fundamentals (Modules 1&2) seminar will be offered **June 14-17, 2012**. Check out the BodyTalk South Dakota website for further details or call Melanie Palm at 605-484-6765.

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 practiced worldwide!



Students from our 2nd BodyTalk Fundamentals seminar with Instructor Wendy Nelson, MA, CMT, CBI

BodyTalk Fundamentals

(Modules 1&2) seminar was offered for the second time in South Dakota in November, 2011 at the Dahl Arts Center!

Our Rapid City students received the same information as others in 40 countries around the world, taught in 13 different languages!

Another BodyTalk Fundamentals (Modules 1&2) will be offered in June 14-17, 2012!

For more information please visit BodyTalkSouthDakota.com

Phoenix Rising Yoga Therapy and Yoga News



Curious about Phoenix Rising?

PRYT is a non-directive, client-centered process. 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, Melanie guides you in 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 the 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 new-found insights into action.

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 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

Excerpt from TIME Magazine's article Psychotherapy Goes from Couch to Yoga Mat

By Alana Kornfeld Apr. 14, 2009

..."Emotional memories are stored in your body," Visceglia says. "A group yoga class, is not structured to enable you to process that. Ideally one would want to work with someone who is paying attention to both the physical and emotional experiences."

That's the philosophy behind yoga therapy instruction at Phoenix Rising in West Stockbridge, Mass., where yoga therapists, who do not need to be mental-health practitioners, learn to address both the mind and body in one-

on-one sessions and group classes. A Phoenix Rising yoga therapist puts clients in assisted yoga postures and does a kind of "verbal exploration" of the present moment. The yoga therapist acts as a witness to clients' exploration, with empathy and positive regard for their experience. ...

The practice is quickly gaining popularity. There are now close to 50 schools of yoga offering yoga-therapy training in the U.S. And the International Association of Yoga Therapists has more than tripled its membership from 2003 to 2009, to about 2,500 members. "Now we have more licensed health-care providers, including psychologists, coming in who are interested in using yoga in their work," says Kelly McGonigal, the editor in chief of the *International Journal of Yoga Therapy*.

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

- For more information please visit the Phoenix Rising website at www.pryt.com/melaniepalm

Yoga for everyone!

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

"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."

BODY WISDOM

MELANIE PALM



BodyTalk South Dakota

BodyTalk Education

Our second year marks another incredible year for BodyTalk in South Dakota! We brought BodyTalk Access (*see class description below*) to Rapid City in January and August and will bring it back again February 25 and April 21! We brought a deeper experience with the four day seminar of BodyTalk Fundamentals (*see class description below*) in September and will bring it back again June 14-18! 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.

Along with all of the educational classes brought to Rapid City, we now have the great joy of welcoming two new Certified BodyTalk Practitioners to the area that did all their training right here! Congratulations to Luke and Jennifer! Please see their beautiful, smiling faces and information on:

BodyTalkSouthDakota.com

**BodyTalk Access Class
offered again February 25
and April 21, 2012!**

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 Fundamentals
offered again June 14-17, 2012!**

BodyTalk Fundamentals (formerly Mod. 1&2) 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 applications. The elements of the BodyTalk protocol addressed in this course are extensive and all are encouraged to take the class more than once for deeper understanding. For more information, please go to BodyTalkSouthDakota.com



Melanie Palm and Sylvia Muiznieks
(Senior BodyTalk Instructor) in Canada

**Advanced BodyTalk Training
complete for Melanie!**

I am grateful to have completed training in all the Advanced Modules necessary for Advanced Practitioner Certification with the completion of BodyTalk Advanced Modules Integration (Modules 1-9) with a very enriching trip to Nova Scotia to study with Sylvia Muiznieks! Certified BodyTalk Practitioners have completed Modules 1&2 at least twice, have given and documented at least 50 sessions to 15 people, and have successfully passed a written and practical exam. Advanced Certified BodyTalk Practitioners have been Certified BodyTalk Practitioners and have completed 3, 4/7, 6, 9 and Advanced Modules Integration, along with at least 250 sessions (I think I am close to 1,000!), 5 case studies, completion of Anatomy & Physiology, and successful

completion of the final exam. I plan on sitting for my exams early in 2012. If I can complete it soon enough, I would become the 33rd Advanced Certified BodyTalk Practitioner in the United States, and 85th in the world! It is very exciting!

THANK YOU to all my clients, friends and family for your patience and support during my many absences to further my education.

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

**Quotes from 3 Scientists and
Ph.D.s who support
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, and one of the few academic scientists who has explored the basis for complementary and alternative medicines *Key note speaker at the 2007 and 2011 International BodyTalk Association Member Conferences

"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, Professor Emeritus Oregon University and featured in the movie "What the Bleep do We Know?" *Keynote speaker at the 2009 International BodyTalk Association Member Conference

"The simple reality is that our perceptions and beliefs, whether right or wrong, are still going to control our biology. It is important for us to understand that if we change our perceptions, we can change our biology and our world."

Dr. Bruce Lipton Ph.D. and author of "The Biology Of Belief" *Keynote speaker at the 2005 International BodyTalk Association Member Conference.

BODY WISDOM

MELANIE PALM



Body Wisdom News



Enjoy the benefits of the BioMat 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!

Melanie will be presenting...

- ~January 13 from 3:00 - 7:30 PM at the BH Youth and Family Services Health Fair
- ~January 17 from 6:00 - 8:00 PM at Canyon Lake Senior Center for the Black Hills Wholistic Health Society
- ~January 21 from 9:00 - 11:00 AM at the RC Public Library for community service
- ~April 28-29 at RC Civic Center for the BH Wholistic Health Expo

If you would like Melanie to present to your group, or offer community service through providing free BodyTalk Access, please call 484-6765.

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: mydoterra.com/melaniepalm

Body Wisdom Packages: Investment reduction offered for your advanced payment for three sessions: 3 for \$200

Thank you kindly for your support and referrals!

Word of mouth has been the best! Please be patient with me when you call to book your appointment, as we are booked about 3-4 weeks out.

For more information on Phoenix Rising Yoga Therapy, check out PRYT.com/MelaniePalm

For more information on BodyTalk: BodyTalkSouthDakota.com

For an appointment
Please contact Melanie Palm
Call 605.484-6765
Or email: 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	The Yoga Studio
Other Days	As needed and possible	To be arranged
	Fees/Duration	
Phoenix Rising Yoga Therapy	BodyTalk	Other Modalities
\$75 / 75 minutes	\$75* / ~ 50 min. *1st session add 15 min.	\$75 per hour

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



“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