



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Building Resilience for Every Day Trauma

*Join others on a journey of awakening to your true potential
by building resilience for everyday trauma.*

Saturday, October 13, 2018 (8:15 am – 4:15 pm)

St. Leonard Center, 8100 Clio Rd, Centerville, OH 45458

Early bird price \$77 (ends 9-15-18)

\$97 per person (after 9-15-18)

Students \$57

Info & registration at <https://neuroyoga.zone/resilience/>

Registration is on-line only.

There is no registration after 12 noon 10-09-18



On-line registration and information

at <https://neuroyoga.zone/resilience/>

Registration ends Tues Oct 9, 2018

There is no registration at the event.

Early bird price \$77 (ends 9-15-18)

Questions/Information: Contact Keith Engelhardt at
937 529-8090 or info@neuroyoga.zone.

In this retreat, you will gain an understanding of every day and developmental trauma and how prevalent it is in our culture. You will learn methods for building resilience and how to restore emotional stability and equanimity when we are challenged by every day trauma. *We all are challenged by everyday trauma. Join us on a journey of awakening to your true potential by building resilience for everyday trauma.* What's it costing you not to attend?



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Workshops / Presentations:

Building Resilience

w/ Dr. Jeffrey Morgan, PsyD

In this workshop, you will learn:

- **What it means to be Resilient:**
 - self-awareness, self-regulation, optimism, mental agility, character strengths, and connection.
- **How to Gain Mental Toughness:**
 - *detect icebergs, where you identify the deep-seated beliefs that drive their daily decisions and interactions*
- **How to Build Your Character Strengths:**
 - This centers on *identifying signature strengths in oneself and others, such as wisdom, humor, courage, optimism, perseverance, and self-regulation.*
 - Identifying these strengths can be used to improve teamwork and tackle obstacles.
- **How to Strengthen Relationships:**
 - Acquainting you with helpful communication *strategies geared toward enhancing meaningful interpersonal relationships and increasing social support.*
 - Examples are: *active listening and responding, expressing interest, and giving encouragement or praise.*

Join Jeff in experiencing your ability to unravel the tensions that live in your physical and emotional body, inhibiting your aliveness and freedom.



Dr. Jeffrey Morgan, PsyD, holds a Doctorate in Clinical Psychology, with certifications in School and Clinical Psychology, and Master Resiliency Training. From his training in Humanistic Psychology, Gestalt, Feldenkrais, Rubenfeld Synergy, Art and Play Therapy, and Positive Psychology, he participated in assisting over several thousand children and adults in their journey towards healing their emotional body towards wholeness and well-being.



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Harness the Amazing Healing Power of Nature

w/ Lisa Boucher Award-winning author/RN/Recovery Champ

Everyone wants to feel better, right?

Attendees will learn how nature can heal, and whether you're an urban dweller or live out in the country. Yes, you can bring the healing power of nature into your everyday environment.

- You will gain knowledge on how to make simple, yet significant changes that will all add up to big changes in your life!
- You'll be challenged to open up your heart and consider new ways of thinking.
- You'll learn how to bring the outdoors inside!

Let's Start Healing!

Holistic Healing includes the connection of: mind, body, and spirit; in which nature can play a significant role.

This workshop will focus on the benefits of self-care and how the first step in the healing process is to learn how to love ourselves; especially those traumatized by Adverse Childhood Experiences (ACEs), substance abuse, or chronic illnesses

You'll be encouraged to discover what speaks to you, and how to ground yourself in the natural world to facilitate the healing process.



Lisa Boucher is the multi-award winning author of *Raising The Bottom: Making Mindful Choices in drinking Culture*. She has contributed to notable publications such as *Shape Magazine*, *U.S. New & World Report*, *The Fix*, and has been a guest on numerous syndicated radio and podcast shows where she talks about addiction, alcoholism, childhood trauma, and how we can heal.

She is highly intuitive and has assisted hundreds of people in healing from substance abuse, depression, and anxiety. A recovering alcoholic, she has been sober for twenty-nine years and understands the complex nature of addiction and how childhood trauma is often at the root of what ails us. A registered nurse, Lisa believes that traditional healthcare does little to incorporate the mind-body connection, nor does our current healthcare system appreciate the healing power of nature.

Lisa Boucher

Making Mindful Choices in a Drinking Culture



Award-winning author/RN/Recovery Champ

<http://raisingthebottom.com/>



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Introductory NeuroYoga™: Techniques for changing reactive stress patterns

w/ Keith Engelhardt A.S., B.A., EYT

In this introductory program, participants will learn and experience techniques that help build resilience against stress and everyday trauma and retrain the brain's stressful habits and reactions to everyday challenges; that impact us at more levels than was previously known. Science now understands in very precise detail the exact mechanism of how the mind causes our stress, poor health, and disease. Stress affects our body and cells right down to our genes.

However, you can learn to erase the impact of the stressors of life, as well any negative habitual thoughts, emotions, and behaviors and replace them with healthy responses.

In this workshop you will learn simple effective techniques that anyone can master and apply daily to transform the tyranny of stress to tranquility™.



Keith is a Master Yoga/Meditation/Mindfulness instructor (1000+ hours) and has committed several decades to helping people release and reverse the impact of stress in their lives. He has been teaching Hatha Yoga, Meditation, and Mindfulness for over 30 years at Dayton area businesses and institutions including Montgomery Co. Career Technology Center, The Dayton Heart Fitness Center, and Premier Health's Samaritan North Wellbeing Center. He has also taught yoga to the touring cast of CATS™.

Keith is the Founder and CEO of Sawatch Solutions— a provider of evidence-based wellness and self-improvement services and products to individuals and organizations. In addition, he is a certified "Yoga2Life"™ Mentor Life Coach, and has a certificate in Neuroscience & Yoga in the Treatment of Complex, Developmental, or Repeated Trauma." He also has experience with yoga and the treatment of anxiety and depression. Join Keith as he guides you to a level of tranquility few of us experience in our hectic daily lives.

Transform the tyranny of stress to tranquility!™



<https://neuroyoga.zone>



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Making the Body a Safe Place

w/ Erin Clarke, LMT

Learn the subtle ways daily life disconnects us from our physical selves, and [how to inhabit your body with comfort again!](#) Included are [demonstrations of Neural Reset Therapy](#), [Positional Release](#), an introduction to energy healing, mindfulness practices, and other ways to enjoy living in your own skin again.



Trained as a professional dancer in her youth, Erin has always had a love for science and the power of the human body. She graduated from the Dayton School of Medical Massage in 2016 and has been practicing meditation and yoga since the age of 12. Erin is a certified Barefoot Master, a level II Reiki practitioner, and is pursuing certification in Neural Reset Therapy. Being a mother of two, Erin loves to work with parents and caregivers, as well as those in creative fields.

She is the CEO of Wise & Well Mobile Spa, Ohio's first fully mobile massage therapy office inside a tiny house on wheels. This is the latest evolution of Erin's dream to provide quality, compassionate healing to those in need inside a peaceful, now portable, haven. When not out on the road or in the treatment room, Erin lives in Kettering with her musician husband and two rambunctious boys.



<https://www.facebook.com/wiseandwellspa/>

*We've created a place to begin unlocking inspiration,
get relief for pain and discomfort, release old habits,
nourish the spirit, and celebrate a whole, healthy self.*

Relaxation Massage ♦ Ashiatsu Massage ♦ Medical Massage



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Resilience and Healing through the Gut-Brain Connection

w/ Lori K Baird, HC, Integrative Nutrition Health Coach, Mental Health Advocate, and Course Developer

Explore the importance of loving your guts to build the ultimate resilience for every day trauma. Improve mood, anxiety, depression, fatigue, brain fog, autoimmune problems, fertility, and so many other ailments.

Discover:

- How the gut-brain axis connects our entire nervous system
- Why scientist believe our gut is our second brain
- The importance of taking care of our gut through nutrition and/or probiotics
- Simple nutrition changes to improve our gut microbiome

When our gut microbiome is off, it can create anxiety. When everyday stressors give us anxiety, it can create digestive issues. Focusing on the gut will help end this vicious cycle.

Move toward empowering your health to awaken your true potential.



Lori graduated from the Institute for Integrative Nutrition where she learned innovative coaching methods, practical lifestyle management techniques, and over 100 dietary theories. Her lifelong education and experience have equipped her with extensive, cutting-edge knowledge in holistic nutrition, health coaching, and prevention.

She knows first-hand how taking care of the gut microbiome can change our life in so many ways. She attributes changing her gut microbiome along with other lifestyle changes to her 10-year struggle with conceiving and carrying a baby to full term. She has dedicated her life to serving others to move toward empowerment, positive energy, and freedom from self-sabotage by getting to the root of our ailments. Releasing blocks, navigating triggers, emotionally detoxing, easing into new habits, and reducing cravings to become aware of how the mind/body/spirit are all one.

<https://www.LbHealthCoach.com>

Healthy Gut, Healthy Mind

Changing belief systems, habits, and creating a growth mindset.



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Whole Health & Renewed Energy through

P-R-A-N-A; 5 Pillars of Health

w/ Leesa Scott LMT, CST/Author/Wellness Advisor/Course Developer

- **P** - Positive Thoughts
- **R** - Rest
- **A** - Alignment
- **N** - Nutrition
- **A** - Action

PRANA, A Life-Giving Force!

5 Pillars of Health

Do you feel like you've tried everything to move past your hurt?

P-R-A-N-A is a Life-Giving Force. By giving you the tools to address every area in your life your whole being can heal. Whether you've had emotional or physical pain this step-by-step program will address any issue. It will even help you lose those unwanted pounds.

You will walk away understanding...

- how to create **Positive Thoughts**
- how you need good **Rest** to renew and heal
- how to improve your **Alignment**
- how easy good **Nutrition** can be
- how to take daily and consistent **Action**

P-R-A-N-A uses her 5 Pillars of Health to give you a lifetime of Happiness, Health and Wealth!



Leesa Scott LMT CST

Leesa Scott LMT CST is Your Guide to Whole Health & Renewed Energy. Leesa knows what works because she lives it every day. She developed P-R-A-N-A –a Life-Giving Force over the past 25+ years in her Wellness Practice. She practices what she teaches because she was diagnosed with Fibromyalgia in the 80's. The advice conventional medicine gave her did not work. Being a problem solver, she learned all she could about this autoimmune disorder. Leesa has been pain free and is living the life of her dreams since implementing her 5 Pillars of Health, and you will too!

Come prepared to join the hundreds of other people whose lives have improved by working with Leesa~
Together We Can Make A Difference!

Fresh Life  Connection®

FreshLifeConnection.com

Let Wellness Work For You!



Experience Your
Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Expand your Zone of Distress Tolerance through Intentionality and Purpose...Keeping (at least) One Foot in the Now

w/ Cynthia Wilson MS.ED, LPC,
Trauma Counselor, EMDR Certified,
Founder of Dayton Performance & Trauma

Everyday trauma can rapidly trigger your brain into old or ineffective coping patterns and before you know it you're stuck in low level functionality or worse; spiraling into patterned harmful avoidant strategies. Whether your trauma is a retriggering of previous unprocessed experiences, new unanticipated and shocking events or inexperience with consistent resiliency, you'll have the opportunity *employ curiosity and experience effective 'Zone thinking and techniques' towards intentionally enhancing resiliency.*

In this interactive presentation you will have the opportunity to consider and experience practical and effective non-clinical interventions, while in a predictable relaxing learning environment. *During optional interactive demonstrations, you may gain clear self-knowledge regarding current capacity for tolerance of negative and positive distress of self and other; a building block in enhancing resiliency factors.* Exercises will consist of exploring purpose, differentiation, and intentional language expansion.



Cynthia Wilson, is a Licensed Professional Clinical Counselor and Certified EMDR Therapist providing adult private practice services with Dayton Performance & Trauma, a Direct Care provider. Her clinical treatment focus includes Brief Cognitive Performance Enhancement, Early Intervention (EI) Trauma processing and Stabilization, Crisis stabilization, assessment and treatment of severe and pervasive MH diagnosis, PTSD, and DID with adult populations.

She is honored to have offered ethical, efficient, effective and evidence-based services for 5 years to the Dayton area. Her approach is to meet clients where they are in their functioning and treat the whole neurobiological system; past, present and future employing specialized cognitive desensitization, reprocessing and enhancement techniques.

Proud registry member of  **STAR BEHAVIORAL
HEALTH PROVIDERS**
Civilian Professionals. Military Sensitivity.



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

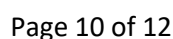
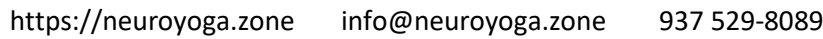
<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

Event Schedule

Please be on time, your entry may be delayed if you arrive late.

8:15 AM	Registration	
8:30 AM	The Awareness of Space Meditation	
8:45 AM	Welcome and Group Exercise (small activity for table groups to connect)	
9:00 AM	Keynote 50 min	
9:50 AM		
10:00 AM	Introductory NeuroYoga™: Techniques for changing reactive stress patterns w/ Keith Engelhardt 60 min	
11:00 AM	Break 15 min	
11:15 AM	Harness the Amazing Healing Power of Nature w/ Lisa Boucher 60 min	Making the Body a Safe Place w/ Erin Clarke 60 min
12:15 PM	Lunch (75 min)	
1:30 PM	Resilience and Healing through the Gut-Brain Connection w/ Lori K Baird, HC, Integrative Nutrition Health Coach, Mental Health Advocate, and Course Developer 60 min	Whole Health & Renewed Energy through P-R-A-N-A; 5 Pillars of Health w/ Leesa Scott 60 min
2:30 PM	Break 15 min	
2:45 PM	Building Resilience w/ Dr. Jeffrey Morgan 60 min	Expand your Zone of Distress Tolerance through Intentionality and Purpose...Keeping (at least) One Foot in the Now w/ Cynthia Wilson 60 min
3:45 PM	Break 15 min	
4:00 PM	Guided Meditation w/ Keith E.	
4:15 PM	Closing, Questions, Group Sharing	
4:30 PM	Program Ends	

When your register, you will choose which one of the workshops/presentations you want to attend for the 11:15 AM – 12:15 PM, 1:30 – 2:30 PM, and 2:45 – 3:45 PM time slots.





Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

We also escape or medicate every day trauma in abundant ways that have become socially acceptable: working long hours, staying busy, escaping through chronic use of: technology, social media, entertainment, over eating, and other means of disassociation and distraction. Dissociation and distraction aren't life skills, both are technically a defense mechanism and keep us from achieving our full potential, fully participation in life, and living a healthy life.

In this retreat, you will gain an understanding of every day and developmental trauma and how prevalent it is in our culture. You will learn methods for building resilience and how to restore emotional stability and equanimity when we are challenged by every day trauma. *We all are challenged by everyday trauma. Join us on a journey of awakening to your true potential by building resilience for everyday trauma.* What's it costing you not to attend?

Facts about every day trauma

Once you have moved past the initial shock, responses to a traumatic event may vary. Common responses include:

- irritability
- sudden, dramatic mood changes
- anxiety and nervousness
- anger
- denial
- depression
- flashbacks or repeated memories of the event
- difficulty concentrating
- altered sleeping or insomnia
- changes in appetite
- intense fear that the traumatic event will recur, particularly around anniversaries of the event (or when going back to the scene of the original event)
- withdrawal and isolation from day-to-day activities
- physical symptoms of stress, such as headaches and nausea
- worsening of an existing medical condition

Reactions to a trauma may include:

- Feeling hopeless about the future
- Feeling detached or unconcerned about others
- Having trouble concentrating or making decisions
- Feeling jumpy and getting startled easily at sudden noises
- Feeling on guard and constantly alert
- Having disturbing dreams and memories or flashbacks
- Having work or school problems

You may also experience more physical reactions such as:

- Stomach upset and trouble eating
- Trouble sleeping and feeling very tired
- Pounding heart, rapid breathing, feeling edgy
- Sweating
- Severe headache if thinking of the event



Transform the tyranny of stress to tranquility!™

Reduce your stress, improve your brain, get stronger, healthier, more relaxed, and self-actualize!

<https://neuroyoga.zone> info@neuroyoga.zone 937 529-8089

- Failure to engage in exercise, diet, safe sex, regular health care
- Excess smoking, alcohol, drugs, food
- Having your ongoing medical problems get worse

You may have more emotional troubles such as:

- Feeling nervous, helpless, fearful, sad
- Feeling shocked, numb, and not able to feel love or joy
- Avoiding people, places, and things related to the event
- Being irritable or having outbursts of anger
- Becoming easily upset or agitated
- Blaming yourself or having negative views of oneself or the world
- Distrust of others, getting into conflicts, being over-controlling
- Being withdrawn, feeling rejected, or abandoned
- Loss of intimacy or feeling detached

Source: <<https://www.ptsd.va.gov/public/problems/common-reactions-after-trauma.asp>>

In this retreat, you will gain an understanding of every day and developmental trauma and how prevalent it is in our culture. You will learn methods for building resilience and how to restore emotional stability and equanimity when we are challenged by every day trauma. *We all are challenged by everyday trauma. Join us on a journey of awakening to your true potential by building resilience for everyday trauma.* What's it costing you not to attend?

Presenters and or Workshop Facilitators:

- Keith Engelhardt A.S., B.A., EYT, CEO & Founder of Sawatch Solutions & NeuroYoga.Zone
- Lisa Boucher Lisa Boucher Award-winning author/RN/Recovery Champ
- Cynthia Wilson MS.ED, LPC, Trauma Counselor, EMDR Certified, Founder of Dayton Performance & Trauma
- Dr. Jeff Morgan PhD
- Leesa Scott LMT CST
- Erin E. Clarke Massage Therapist - Wise & Well Mobile Spa
- Lori K Baird, HC, Integrative Nutrition Health Coach, Mental Health Advocate, and Course Developer

