



Transform the tyranny of stress to tranquility!™

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

<https://neuroyoga.zone>

NeuroYoga.Zone™ Concierge Services

- Want to avoid the crowds of fitness centers?
- Want to avoid noisy environments of fitness centers?
- Need your specific concerns addressed outside of a group class setting?
- Or, just want to pamper yourself, or gift someone special?
- Want to bring wellness programs to your workplace?

Why not schedule *NeuroYoga™* at your personal convenience. Let me know a place and time and I will bring *NeuroYoga™* classes: Yoga, Meditation, or Mindfulness and all the benefits directly to you. Concierge/private instruction (individuals or groups) at your home, your office, or event. I'll even add a healthy organic meal, if you want to complement your *NeuroYoga™* experience with a culinary one.

Unlike everyday yoga classes, concierge lessons are a one on one or a small group experience with an instructor, rather than generic classes where you are crammed into a full room with other people. Private Sessions can bring about improvements to one's physical and mental health and help one achieve personal yoga or life goals. Individual, small group classes, or couple's classes are available.

Instructor Bio <https://neuroyoga.zone/docs/KeithBio.pdf>

"NeuroYoga"™ for Relaxation and Flexibility

NeuroYoga™ combines the latest in neuroscience with Yoga (the oldest most holistic system of body-mind fitness used the world over). What neuroscience is revealing about yoga is exciting because essentially it's starting to catch up with yogic wisdom. Not only does Yoga reduce stress and enhance health and creative energy, it can improve your brain/mind/body/spirit connection and makes you stronger, healthier, more relaxed, and more capable of self-actualization. *NeuroYoga™* can accelerate the process even more. It's not magic; it's proven by science.

\$60/hour

Group and couple's class rate: \$60 /hour plus \$10 per each additional person.

(10% discount for 6 session blocks)

"NeuroPatterning"™ Meditation

Meditation is an ancient technique and effective means of stress management. The latest research in neuroscience shows that our brains and bodies can be significantly affected by meditation, especially in the areas of relaxation, emotional integration, self-awareness and compassion for ourselves and others. In this class we will explore very simple techniques based on neuroscience that can be incorporated into your lifestyle. Each class will include a meditation experience as well as time for questions and answers regarding your unique practice.

You can attend this live class from a PC, Mac, iPad, iPhone or Android device, or by smart phone.

\$297 for an individual private 6 week class offered on-line via video conferencing

"NeuroPatterning"™ Mindfulness

Mindfulness is mental state achieved by focusing one's awareness on the present moment and calmly acknowledging and accepting thoughts, feelings, and bodily sensations. It is simple to learn and is effective in enhancing well-being.



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Mindfulness has been reported to produce positive effects on physical and psychological well-being that extend into daily life. If greater well-being isn't enough of an incentive, scientists have discovered the benefits of mindfulness techniques help improve both physical and mental health conditions. Each class will include a mindfulness experience as well as time for questions and answers regarding your unique practice.

You can attend this live class from a PC, Mac, iPad, iPhone or Android device, or by smart phone.

\$297 for an individual private 6 week class offered on-line via video conferencing

VIP Wellness Days

These fully integrated *NeuroYoga™* “One-on-One” days are for those who are seeking more than just a physical yoga practice. We share an organic gourmet meal, some yoga of course, and we also explore *Yoga2Life™* Coaching to deconstruct what is happening in your life to see where greater synthesis might occur, where bad habits are sabotaging your goals, or how to tailor a meditation practice and self-care rituals that will keep you on the path to success!! No two VIP DAYS look alike! They are 4 hour exploratory experiences customized uniquely for you. Let's Play!

\$275

“Brain Maker”™ Seminar

In school or in life, were you taught anything about your brain and how understanding its functions could help you? Were you taught how the brain can affect your health physically, mentally, emotionally and spiritually? Were you taught anything about how to keep the brain healthy?

- It weighs about three pounds
- It has hundreds of thousand blood vessels
- It contains more connections than there are stars in the Milky Way
- It controls every level of our biology and our lives
- It is the fattest organ in the body
- It controls every level of our biology and our lives

So, why not learn more about the most important part of our bodies and how to better utilize its amazing abilities? In this seminar, you will learn what the latest neuroscience reveals about our brains and the brain/body connection, and how to improve the health of both.

You can attend this live class from a PC, Mac, iPad, iPhone or Android device, or by smart phone.

\$147 for an individual private 3 hour class offered on-line via video conferencing.

“Yoga2Life”™ and “Consciousness Coaching”™

Certified “*Yoga2Life™*”, *Consciousness Coaching™* — coaching that is aligned with the guiding principles of yoga and neuroscience to raise consciousness and maximize possibilities and potential. “*Yoga2Life™*” coaching can be done by phone or Skype with anyone anywhere in the world and applies the latest neuroscience to facilitate change and liberate your goals, passions and dreams, or move your yoga, meditation, or mindfulness practice to the next level.

What does a coach do?

- A coach assists you to be a master of change.
- A coach keeps you focused, purposeful, motivated and accountable.
- A coach keeps you present and focused on the future, growth, strategic, and possibility oriented.
- A coach partners with you as a co-creator of your goals.

What are the benefits of having a coach?



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- Reduce conflicts between behavior (what you do) versus what you want.
- Achieve outcomes
- Greater satisfaction and self-confidence
- More enjoyment from life
- Happier work or family relationships
- Better time management
- Less distractions
- Greater productivity (600% ROI)



The dirty secret of success, is we can't do it on our own. Even Warren Buffet and most top performers had or have a coach. Coaching helps you awaken your potential and the possibilities!

What's holding you back from reaching your full potential?

What could you be leaving on the table, by not leveraging a Consciousness™ or a "Yoga2Life™ coach?

\$50/hour (10% discount for 6 sessions) Traditional coaching session occur over the phone.

Workplace Wellness Programs

(In person or on-line)

I am always delighted to bring classes: Yoga, Meditation, or Mindfulness and all the benefits directly to you into the workplace. Regular class sessions in the place of employment can reduce stress, increase creativity and productivity and enhance a sense of community and belonging. These evidence based programs are designed to "Transform the tyranny of stress to tranquility!"™; which can improve productivity, decrease health care costs, reduce employee absence, and boost employee morale.

NeuroYoga™ programs are also great additions to retreats, planning sessions, and corporate events.

Programs include: Lunch Recharge Sessions, End of the Day Yoga, Mindfulness, Meditation classes, or Brain Maker™ Seminars. Contact me to discuss rates and bringing *NeuroYoga™* programs and their benefits to your workplace. 937 529-8089 admin@neuroyoga.zone

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

Maximizer | Ideation | Deliberative | Adaptability | Connectedness

Master Yoga, Meditation, & Mindfulness Instructor / Certified Life Coach / Wellness Coach

937 529-8089 admin@neuroyoga.zone

Bio <https://neuroyoga.zone/docs/KeithBio.pdf>

Affiliate for:

Muse™ Meditation Headband <http://bit.ly/2lfh9J7>

Spire™ Breath and Activity Tracker <http://bit.ly/2p2iNUh>

HeartMath Inner Balance™ Sensor <http://bit.ly/2zYymL7>

"NeuroYoga" Zone™

Website: <http://neuroyoga.zone>

Store: <https://store.neuroyoga.zone>

FaceBook: <https://www.facebook.com/NeuroYogaZone>

Twitter: <https://twitter.com/NeuroYogaZone>

On-line Community: <https://mightybell.com/communities/neuroyogazone>

YouTube Channel: <https://www.youtube.com/channel/UCJDoZu2Y-1kRxcSHkx2HVfA>

Instagram: <https://www.instagram.com/neuroyogazone/>