



Transform the tyranny of stress to tranquility!™

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

<https://neuroyoga.zone>

Bio: Keith Engelhardt



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 technologies 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. You can trust Keith to guide you to the awakening of your potential and possibilities with meditation, mindfulness and yoga.

Keith is a member of the Dayton Yoga Teacher's Network, California Yoga Teachers Association (CYTA), The Wellness Universe, and the Miami Valley Action Coalition's Mental Health Committee. Keith has also been a local and national member of the American Society of Training and Development, the Institute of Noetic Science, and the C.G. Jung Institute of Chicago. Keith is also a member of the Montgomery County Prevention Coalition and its Mental Wellness Subcommittee.

Professionally, Keith has had a rich 40 year technology background (including a Software Analyst and Training Specialist) with the latest 20 years as Web Developer. He now devotes his time to his passion for teaching the Wisdom Traditions (Yoga, Mindfulness, and Meditation) with others so that they can benefit. He has created and trademarked "*Brain Maker*"™ Seminars, as well as "*NeuroYoga*"™ programs; which are a blend of latest Neuroscience and the Wisdom Traditions. These evidence based programs are designed to "Transform the tyranny of stress to tranquility!"™

In addition to teaching Yoga, Mindfulness, and Meditation, his eclectic interests include: Neuroscience, Jungian psychology, computers, metaphysics, quantum physics, organic gardening and gourmet cooking. He is a skilled artisan with over 40 years' experience in photography, and over 7 years' experience in serigraphy. As a life philosophy, he seeks to "Develop his highest potential", which he applies to all his endeavors.

Keith lives in the Dayton, OH area with his wife Beth, and their cat Gracie.

What do students say?

"... Your classes were the best yoga classes I've ever taken. You definitely 'set the bar'!"

"Keith is an excellent instructor - meeting each student's needs."



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"This is the best yoga class that I have attended."

"A wonderful program that I have taken every session since 1997."

"Wonderful class! I look forward to it every week..."

"I'm hooked. Now doing yoga 4-7 times a week. Very glad I took the class."

"Can't wait to attend the next class!"

"This class was one of the best classes I have attended - It was very relaxing."

"Keith continues to be an exceptional teacher - I look forward to his class each week."

"Extraordinarily charming, at the same time rejuvenating - very supportive atmosphere!"

"I continue to sign up every session. Classes are great. Keith is very patient and encouraging."

"FANTASTIC! More flexible - less bursitis pain. Keith is terrific!"

"This class continues to challenge me in new ways"

"This class exceeded my expectations."

"Excellent teacher - extremely patient and encouraging."

"Best overall program (mental and physical) I've attended."

"Keith is excellent!!! I look forward to taking more yoga."

"I've taken this class for eight years!"

"As usual, Keith's class is fulfilling, rewarding and challenging. I look forward to it!"

I have never been this relaxed. Thankyou!

"Awesome, awesome, awesome!"

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Websites: <http://sawatchsolutions.com> and
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