



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>

On-line NeuroYoga.Zone Meditation Class (6 weeks) 01/09/18 \$47

Tues 6:30 – 7:30 pm EDT

- *Do you find it difficult to relax and just enjoy life?*
- *Is it difficult to fall asleep and/or stay asleep?*
- *Does it feel like your brain is just fried?*
- *Do you have high blood pressure?*
- *Are you just plain stressed, or have anxiety or depression?*
- *Are you in a 12 Step program and want to learn or practice meditation as part of Step 11?*

Meditation is an ancient technique and an effective means of stress management. The latest research in neuroscience has shown that our brain, health, and well-being can benefit significantly from meditation.

In meditation, the mind is clear, relaxed, and inwardly focused. The goal of meditation is to go beyond the mind and experience our essential nature—which is described as peace, happiness, and bliss. Meditation is a practical means for calming yourself, experiencing quiet, stillness, and solitude.

Unlike many medications for stress, there are no reported side effects from meditation except for positive benefits. Meditation techniques have been practiced for millennia by many traditions all over the world. And once learned are free.



- Meditation aids relaxation.
- It helps relieve insomnia and allows you to sleep better
- It gives the brain a rest.
- It helps lower blood pressure (more effective than medication for some patients)
- It eliminates stress
- It is an integral part of 12 Step programs and has been shown to be twice as effective as the gold standard when treating at least one addiction

The latest research in neuroscience has also shown meditation to enhance your brain's neuroplasticity (its ability to change) and increases gray matter. Neuroscientists have studied the brain waves of meditators and show why they're healthier. In this class we will explore very simple meditation techniques that can be incorporated into your lifestyle, as well as time for questions and answers. *Learn what thousands of people are mastering in meditation programs offered by fortune 100 corporations to better their performance at work and in life; including Apple, Google, Prentice Hall Publishing, Nike, AOL Time Warner, McKinsey & Co., Yahoo, Deutsche Bank, and HBO. "100 Benefits of Meditation"*
<http://bit.ly/1gEwQju>

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

Each class will be recorded, and be available through the term of the class for review or if you miss a class.

What's it costing you not to learn this valuable life skill? Which person do you want to be? One that is trapped in the chaos of a busy mind, or one that is calm and tranquil, and open to potential and possibilities?

Information and Registration at <http://bit.ly/2zzq4aX> (Ends 1/7/2018 8:00 PM). After you purchase the class, you will receive a link to access the on-line webinar for the class.

Have questions? Email info@neuroyoga.zone or call 937 529-8089



Your guide, Keith Engelhardt A.S., B.A., EYT 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 with Meditation, Mindfulness, and Yoga. He has been teaching Hatha Yoga, Meditation, and Mindfulness for over 30 years at Dayton area institutions including Montgomery Co. Career Technology Center, The Dayton Heart Fitness Center, and Samaritan North Wellbeing Center. He has also taught yoga to the touring cast of CATS™. 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." Keith is the founder of "NeuroYoga"™ and NeuroYoga.Zone. You can trust Keith to guide you to the awakening of your potential and possibilities with meditation, mindfulness and yoga.