



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>

**Wed 12:00– 12:30 pm EDT**

## **On-line NeuroYoga.Zone Mindfulness Class (6 weeks) 5/17/17 \$45**

- *Do you have stress in your life and would like to learn a skill that can be used lifelong to reduce it?*
- *Are you curious about where your stress and patterns of stress come from?*
- *Do you find harder and harder to focus due to the increasing every day distractions?*
- *Do you find it difficult to concentrate and focus, or remember things?*
- *Is your mind is FULL, and you find that it impedes your ability to present?*

Mindfulness is paying attention, on purpose, in the present moment, without judgment; in other words being self-aware. It sounds simple, but our brains resist it. Self-awareness scientists say is very healthy, but rarely achieved in today's busy world full of digital distractions.

- Mindfulness reduces your stress and can be used lifelong.
- Mindfulness builds awareness of where your stress comes from and how to recognize your patterns of stress.
- Mindfulness increases focus and reduces everyday distractions.
- Mindfulness replaces a "mindFULL" and "mindfulness" experience with focused presence of mind

Mindfulness has been reported to produce positive effects on physical and psychological well-being that extend into daily life.

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.

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. Evidence suggests that mindfulness can aid with:

- Reducing negative thoughts and rumination
- Reducing stress and anxiety, lowering depression risk among pregnant women and teens, and Improving sleep
- Boosting your working memory
- Reducing emotional reactivity
- Increasing your ability to focus
- Enhancing your cognitive flexibility
- Increasing immune functioning
- Lowering blood pressure
- Alleviating gastrointestinal difficulties like IBS

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

You will also receive an email prior to each class with either a video, audio recording, or text of introductory material of the topic of focus of the session. *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?**

**Purchase/register at <http://bit.ly/2nqCRXX> (Ends 5/16/2017 11:30 AM). After you purchase the class, you will receive a link to access the on-line webinar for the class.**



Your instructor, Keith Engelhardt (EYT) 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.