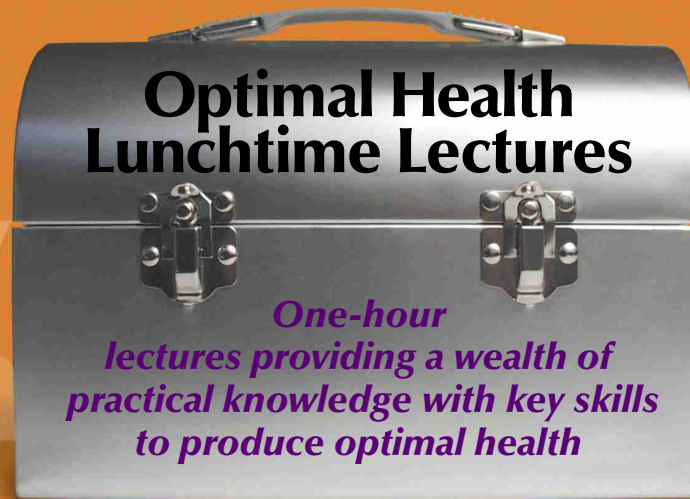




Optimal Health Trainings Lunchtime Lectures

Producing
Healthier
People

Energy
Calm



Health
Focus

1. Rapid Calm

The De-Stressing Key for Healthy, Focused Performance

Today's single most important health skill is the ability to immediately de-stress and rapidly reset your sympathetic nervous system to healthy calm in seconds. You can enjoy *Rapid Calm* while working, driving, walking and talking.

- Enjoy greater emotional calm at work and home
- Slow aging and reduce/eliminate symptoms of stress

2. Presence of Mind

The Key to Mental Clarity, Strong Focus & Creativity

The ability to focus fully in the present streamlines thinking, improves decision-making, sharpens memory and enhances awareness.

- Gain the prized ability to instantly clear your mind of distracting thoughts, worry and mental overwhelm
- Savor more refreshing sleep and remedy insomnia by quieting your mind

3. Thriving Solutions Focus

The "Genius" Focus for Innovation & Improving Life

Artists, innovators & visionaries use a special focus to access their genius. The stressful challenges of constant change now require creative innovation as a basic ability.

- Discover the powerful difference between creating solutions and "problem solving"
- Transform challenges and problems into goal-achieving opportunities

4. Relaxed Readiness

The Mobility Key for Healthy Muscles & Dissolving Tension

Relaxed muscles help nutrient rich blood and oxygen fuel the brain and nourish internal organs. Relaxation greatly improves reaction time.

- Quickly dissolve skeletal muscle tension and relieve tension headaches
- Enjoy greater freedom from tension

5. Energy Health

The Key to Feeling Really Good

Abundant, positive life force is a priceless treasure. Healthier ways to energize have valuable benefits.

- Recharge your vital life force & boost immune strength
- Uplift personal moods & enjoy feeling good inside without life being perfect

6. Energy Field Strength

Chinese Yi Ren Qigong Keys to Protect & Nourish Your Life Energy

A fascinating science-based understanding of biological energy gives you these practical tools to prevent illness and strengthen immune system energetically.

- Cleanse your energy field of colds, flu and illness before they can develop
- Recharge your body with nourishing "earth energy"

Call to schedule your Lunchtime Lectures
as an entire series or ala carte.
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