

“Energizers, Relaxers & Spirit Lifters”

(Great for an opening or closing keynote)

Physical and mental health ... it affects performance, productivity and quality of life. Let Ruth Anne activate the minds and bodies of your participants with this fun interactive program. She will unlock their creative right brains, reduce their physical and mental stress, and lift their spirits. The participants will walk away refreshed and motivated; and with “tools” for a life time that will recharge their energy systems, boost their immune system and enhance their personal and professional performances.

Stress Self Defense: T'ai Chi and More

In the West our major opponent is stress. It is estimated that over 80% of diseases in America are stress related. Research has shown that “moving meditations” provide physiological and psychological benefits. Learn simplified movement techniques — drawn from the soft martial art of T'ai Chi — you can apply in your daily life to enhance health, improve performance, and reduce stress. These techniques develop your inner power for daily life. Learn a simple 5 -10 minute T'ai Chi mini practice that, if done regularly, will become a powerful tool in all eviating stress and balancing life's ups and downs.

Beyond Your Franklin Planner: Your Stress Survival Tool Kit

Beyond Your Franklin Planner: Your Stress Survival Tool Kit Time management is crucial in our fast paced American society -- with personal and professional schedules to manage, projects to complete and deadlines to meet. However, if employees minds are scattered, their bodies exhausted and their spirits deflated... what will be the end result? Ruth Anne will guide your group through simple, yet profound, body/mind stress survival tools that can be pulled out of their “tool kits” anytime and anyplace to help focus their minds, relax their bodies and energize their spirits.

Igniting Team Energy, Creativity and Spirit

Henry Ford said, “Coming together is a beginning; Keeping together is progress; Working together is success.” Begin the coming together by learning basic Feng Shui (environmental energy) techniques on how to select, set-up and positively charge your meeting room to insure creativity and cooperation. Learn how to create effective meeting openers with *high energy questions* that bring out the best in people and build a foundation for progress. Learn techniques for igniting team energy and team spirit to inspire successful completion of group goals and projects. Experience how the *group state of mind* can actually affect outcomes.

Whose Space is it Anyway?

Many of us spend at least eight hours a day at work. You may not be able to choose or design the building you work in, but you probably are in a position that you can make some minor changes, in the space in which you work, that will make your workspace and workday more pleasant and productive. Learn Ruth Anne's Six Common Sense Feng Shui Tips for energizing your own space for better job satisfaction and success. (Feng Shui is the Chinese science/art of working with environmental energy.)

What's It All About?

Complementary Self-Care Disciplines

(Great for CEU's for Health Care)

More and more Americans are becoming interested in complementary self-care disciplines of the East. However, many are plunging into these approaches with little or no understanding of what they are all about. As health care professionals it is important to be educated these different disciplines. Gain an understanding about T'ai Chi, Qigong, Yoga, Feng Shui, conscious breathing techniques and meditation. Learn about their similarities and differences. Learn what to look for in a practitioner or instructor. Experience a sampling of these disciplines.

Imagine Serenity... It will Come

Serenity is not the absence of the storm, but peace in the midst of it. The mind thinks in words, but the body responds to images. Experience how creating peaceful images in the mind brings serenity to both body and mind, creating a quiet oasis from daily stressors. Your group will learn how to activate the creative right brain and experience guided imagery techniques that can be targeted for improved health, better job performance, or even a better golf shot.

T'ai Chi & Qigong Training

Group and/or Personal Training is also available.

Ruth Anne is qualified to teach three different styles of Tai Chi and several forms of Qigong. Her training sessions also include exercises that improve both internal and external flexibility, balance and strength. Call Ruth Anne for details.

Call today to book your Innergize program!

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