

Ayurveda

translates as the “science (*veda*) of life (*ayu*) or longevity.” Originating in India more than 5,000 years ago, it is the world’s oldest, most complete and time-proven healing science. Ayurveda addresses the root causes of disease (not just the symptoms) and works without adverse side effects. It creates vibrant health and longevity through *satvic* (pure) foods, herbs, massage, body treatments, yoga, deep *pranic* breathing, and a consistent daily routine that is in keeping with the individual’s unique *dosha* (constitution). These tools release toxins accumulated in the body that lead to the “dis-ease” most people suffer in the world.

Trained as a Certified Ayurveda Practitioner through the New World School of Ayurveda, Denise is a member of NAMA (National Ayurvedic Medical Association) and offers educational classes and consultations in Ayurveda.

Reiki

Experience profound healing through Reiki’s gentle, hands-on healing techniques. Reiki is a Japanese healing system using balanced, universal life energy, and the power of intention, to create changes on all levels of awareness. Reiki provides exactly what is needed to restore health and well-being.

Denise received her first attunement to Reiki in 1994 after a profound healing experience and received Master level in 1999. Treatments and classes available.

Stress Release Consultations

The One Brain method of *Three In One Concepts*, is an effective process of “letting go” of old patterns and moving into new, productive ways of relating to self and others. *Three In One Concepts* uses precision muscle testing to identify and correct the stressors that keep one from creating a productive, fulfilling life. *Three In One Concepts* help rebalance physical, mental and emotional power, giving back the power to choose consciously in present time, more of the time.

Private sessions, training classes, and specialty workshops are offered. Denise has been a Certified Consultant since 1995.

It's about Movement

Center for Yoga and Ayurveda



Achieving a Balanced Lifestyle

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It's About Movement

provides services to empower the client/student to move forward into a life in which each individual consciously creates happiness and joy. Stress release and management, through Yoga postures, Yoga therapy, Meditation, Aromatherapy, and Reiki are offered individually and as classes or workshops.

An integrated approach to mind-body health and well-being, classes and private appointments are available, with morning and evening hours.

Denise Ellis, BA, RYT, IYT

has been in the holistic health field for over 25 years, conducting workshops, teaching classes and working one-on-one with clients. She has trained extensively in yoga and yoga therapy, ayurveda, meditation, emotional stress release consulting (One Brain™), aromatherapy and energy healing. Her form is a unique blend of these many modalities, tailored to the needs of the individual client. She is certified as a Registered Yoga Teacher (RYT), Integrative Yoga Teacher (IYT), Ayurvedic Practitioner, Reiki Master Teacher and Three In One Facilitator.



Yoga

as taught by Denise, is an integration of the whole person, enhancing health and wellness at all levels of being: physical, mental, emotional, and spiritual. A timeless science, the word Yoga means “union”, and in the context of modern wellness, her approach is drawing on the ancient, classical style with a bent on how it fits into our modern world, on and off the mat. A practical, yet heart-centered style is Denise’s hallmark, based on individual body-mind types or *doshas* (Ayurvedic Yoga).

Come explore the heart of Yoga with Denise to reduce stress through physical exercise and relaxation; enliven your body as well as your spirit through deep, complete breathing; balance all aspects of mind and emotion; and experience the joy of life through inner peace and a connection to spirit.

Choose from Level 1 Gentle Yoga for beginners of all fitness levels through Level 2 Moderate Hatha and Level 3 Vigorous Vinyasa Yoga for a more challenging practice. Level 2 and 3 students must have completed at least one prior yoga series. Classes are offered days and evenings, as group and private sessions.

Denise Ellis, BA, RYT, IYT, has been on her own joyful healing path of Yoga for the last twenty or so years, through her own practice and in teaching others to find their own light within. She is registered with the Yoga Alliance.

Yoga Nidra

One of the most enjoyable parts of a Yoga class comes when we rest in *savasana*—the “corpse pose”—and realize deep serenity, a sense of effortless joy, and a glimpse into our true nature as unqualified presence. How is this so? This experience is a manifestation of Yoga Nidra, the meditative state of mind-body union at the heart of all Yoga practice.

Through Denise’s guidance, you will experience:

- deep relaxation from day-to-day stress
- the development of “one-pointedness” —a key to spiritual awakening
- healing from painful emotions, such as fear, grief, and anger
- more effective and energizing sleep

Suitable for beginners and advanced practitioners—but new to most Westerners—Yoga Nidra provides an unmatched way to experience the culmination of the art of Yoga, and the deeper physical, emotional, and spiritual rewards that are its promise.

Integrative Yoga Therapy (IYT)

is a bridge between ancient wisdom and modern wellness. IYT combines traditional and current mind-body techniques tailored to each individual client. A new paradigm for health and healing, the way we live, think and feel are seen as interrelated with our own physical health. Individual sessions combine skills based on the traditional elements of Yoga: posture, breath, guided imagery, meditation and deep relaxation. The ancient health systems of Ayurveda and Thai Yoga Healing are incorporated into each session based on individual body-mind types.

Private sessions are offered by appointment.

Aromatherapy

uses essential oils and scents to impact health and well-being. When we inhale, the neural impulses go directly to the limbic system, which connects to all other parts of the brain, in particular to the thalamus and hypothalamus that control the entire endocrine system. Essential oils/scents:

- can affect memory, emotions, self-expression, the adrenal system, the internal environment and sexual system
- can be euphoric, aphrodisiac, or stimulate clear thinking
- can have a direct impact on the health of the respiratory organs
- are often used in massage and skin care

Denise trained at the Ohio Academy of Holistic Health, and has been sharing her knowledge of aromas since 1998. She conducts classes and workshops on this healing art, and carries an organic line of essential oils.