

Yoga started out as just a form of exercise. It has morphed into my lifestyle. I wake up every morning looking forward to my meditation, asana, and new healthy eating habits that I have learned from Denise. My flexibility has improved in my body and my mind. I am more patient with my family and more focused in my work. My only regret is not having found out the secrets of yoga sooner.

Robin Wegman

"Three In One": Body, Mind, and Spirit.

Denise has helped me to focus my **mind** and get in touch with my inner self. By doing Three In One (One Brain process) with Denise, I have been able to examine my past and diffuse negative emotions. The most important fact I have learned is that I everything I need I can find within myself. I don't have to be fulfilled by anyone else and I can create my present by my reactions to the events around me.

My **Spirit** is nourished by meditation, opening my heart, and taking time to pray. This is bringing me closer to God and defining my religious beliefs. I have become more aware of my **body** through exercise, meditation, and awareness of my body's reaction to the food I eat.

Denise has helped me find myself and define my present so that I can enjoy every moment of the "now". I don't know how she does it, but she communicates with my body by using muscle testing (kiniesiology) which is responding to her questions. My body responses tell her what it needs to repair itself.

The benefits of "Three In One" are more than worth the cost. This is an extraordinary journey which I have never before experienced. I have learned so much with Denise's guidance that I can use and continue to grow. **Thank you, Denise.**

Sandy K.