

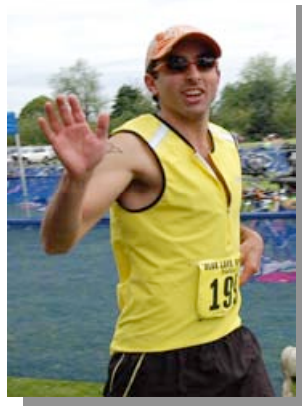
Mindfulness and Life Balance Therapy

*A Yogic approach to better health, increased vitality,
emotional stability and inner Peace*

Guided Meditations
Breath and postural work
Basic Non-Violent
Communication skills
Planning daily routine, diet and life
style

**What You Can Expect to Leave
With:**

- **A deeper connection with yourself and others**
- **Feelings of comfort, relaxation, and Peace**
- **A plan for a balanced daily routine**
- **Postures to help relieve tension in the body due to mental fatigue and stress**



Michael started his yoga and meditation training in early 1999. He is a certified Traditional Hatha Yoga instructor and Teacher Trainer. He has trained in both Zen and Theravada Buddhism, Raja and Hatha Yoga philosophy and practice. Michael has also spent time as an ordained Buddhist monk in Northern Thailand. He is certified as an Ayurvedic Life-style Counselor with Dr. Frawley of the American Institute of Vedic Studies. He loves his wife and is a triathlete too.

CONTACT 503-962-9025 or 360-823-0888 for Appointment and Info