

MIND BODY ADVENTURE

TAMMY WISE

MIND BODY
BLUEPRINT

THE SECRETS

TO RESOLVE PAIN
AND ANXIETY

WITH MIND-BODY ALIGNMENT



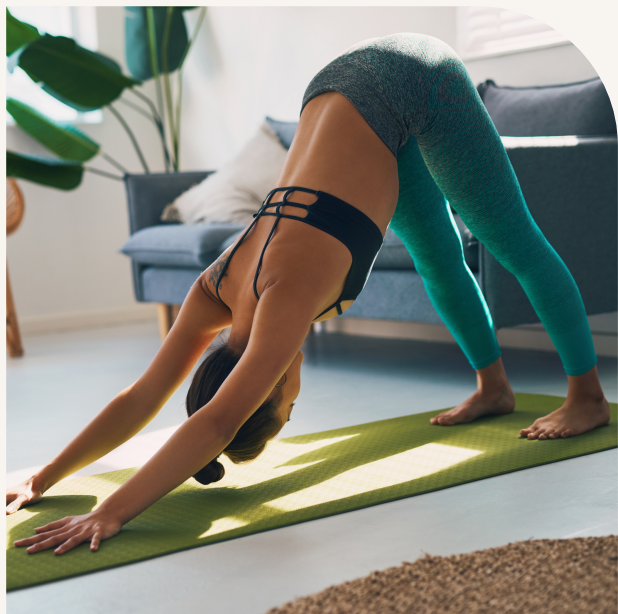
The Mind Body Adventure



WHERE IS YOUR POSTURE MIS-ALIGNED? AND WHAT DOES IT MEAN?

By Tammy Wise

Your body's design has been honed over millions of years. It has its own inherent wisdom, and it knows what it needs and how to survive. Our modern lifestyle has undermined that wisdom. The result? Exhaustion, anxiety, fatigue, tension, pain, even sickness.



For centuries, Taoists have believed that our ability to listen to the body is as valuable as listening to the mind. Through the body's intelligence, we're informed and then inspired to create positive change, as opposed to simply exceeding our last performance. When we listen too--and then release--our pain and tension, we can steer our lives in the direction we want to go and build the real, mind body alignment required to get there.

You know when... your married to a job or devoted to a project. You can feel disconnected from yourself. Your body hurts and your

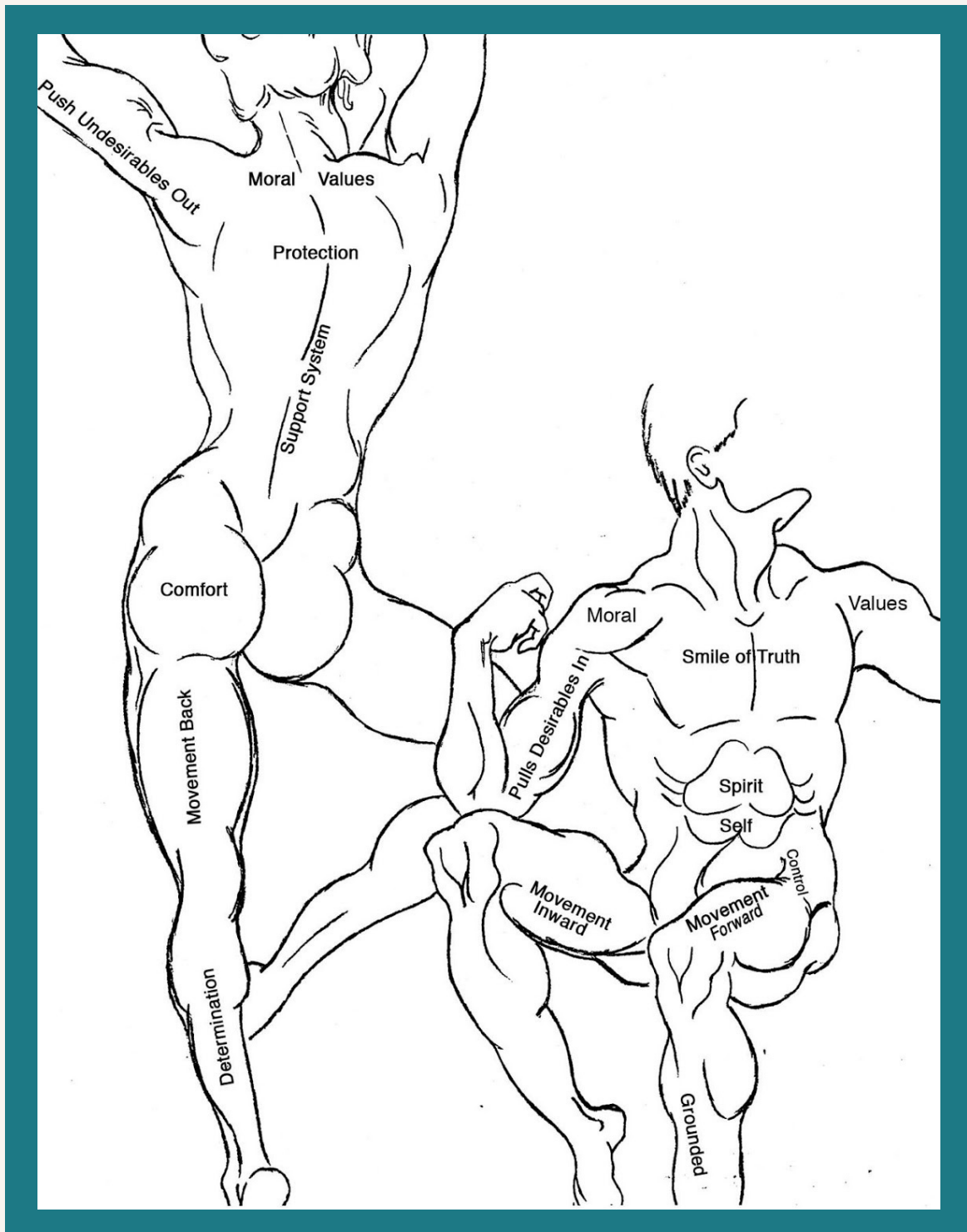
mind worries. You may even try to reconnect through workouts, but end up in that fitness ping pong game between hyper-vigilant tension-filled workouts and unmotivated no-shows.

Well, I bring people on a mind body adventure. We discover a posture, workout and mindset that's self-aligned and personally meaningful. Both relaxed and strong, your **vitality** stands aligned--in what you want to give to the world--with composure and confidence.

As a Broadway Dancer turned Tao Minister, I understand that a balanced body supports a balanced mind--and vice versa. Inspired by this fact and using the principles of Tao, I have recognized the influence and analogous characteristics emotions have on the muscular system. My BodyLogos Method shares how, every muscle group corresponds to an aspect of the self and performs specific duties in regard to our survival. The BodyLogos Mind-Body Blueprint separates this understanding into emotional components.

BodyLogos Mind-Body Blueprint transforms your posture and workouts into an Active Meditation Practice that shifts competitive to contemplative to shape the life you want.

Start Shape Shifting your mind and body into a unified and purposeful team!



Where you are mis-aligned has meaning! To get to the root of that misalignment asks mind and body to come together and listen to each other.

- So, where do you feel chronic discomfort or pain?
- When you're tired where does your body feel weak or what emotions cry out?
- What body mis-alignment irritates you when you see your posture in the mirror?

Refer to the Mind-Body Blueprint. What emotional component is asking for your attention through your body's pain, weakness or mis-alignment? Take a moment and align within yourself. Breathe space into that muscle and let it decompress. Listen to its cry; let your tension feel heard. Allow the defenses that keep you compressed wake up, and even speak up.

Experience your muscles let go of the habitual ways they hold you together, as your tension begins to unravel. Your body is liberating itself into alignment; what is unconscious is becoming

conscious. Exchange your tension for breath. Create space for new and improved intentions, so vitality replaces your tension story.

Let's say... you crunch over a computer for hours a day. Your chest is compressed, upper back over-spread, shoulders raised and low back aches. Your chest muscles can course correct the whole mess.

Chest Muscles: *Smile of Truth* blanket the physical seat of your emotions--your Heart Center. Expand your Heart Center as your chest muscles step forward into their rightful place. Once aligned, your sternum (chest) effortlessly elevates and grounds your shoulder blades (upper back), and in turn, your shoulders drop.

“*The strength of your chest muscles and Heart Center is found in its smile. Keep the chest wide and high. Not forward or back. Then, mind your body--align your life with this embodied smile--it is your compass. Pay attention to when your body naturally smiles and when it compresses. Alignment is relaxed and strong.*

Decipher your body's posture and performance as a language that steers your choices, and recognize that this language comes from the authority of your inner being.

I teach mind body alignment in a 5-week virtual deep dive called: The Mind Body Adventure. We'll align you with your vitality and liberate you from your tension story.

If you'd like to learn more about my method--BodyLogos--and explore how to decode your posture and transform pain and anxiety into consistent self-aligned strength, I can help you.

Let's Talk!

