

Discover, learn, and implement your own, unique combination of lifestyle changes through your movement, food and story choices:

Change Health, Gain Wealth®



- First, we do **self-awareness digging** of what your unique self-fear/self doubt reasons are, through your story, that fuels unwillingness to change your health habits. Sometimes it can also simply be there is no time, and the willingness is there. These discoveries can be kept private from the group, or shared.
- We then discuss **"changes in lifestyle for more health and energy for TODAY", not necessarily for life.** So many people give up on trying to live healthy because we are all going to die anyways so what is the point, which I completely agree with. This is why I do what I do knowing it is for a high energy, quality DAY where I can give to others because I feel good....TODAY. Since we can die at any time from any accident, and considering the vast amount of work our bodies do every second to fight everything from small infections

to cancer cells to keep us healthy every day without us even knowing it, we are all terminal at any given moment. Of course a by-product of these daily healthy choices and acts may lead to a longer, healthier life.

- **When we have energy to do what we love, and must do, we gain wealth.** It may not be monetary; it may be health by itself being our first and most important wealth. Getting the chance to have the energy to do what we love, and/or what we must do, is being wealthy. It adds to the Gross National Happiness because if you feel good, it helps others feel good...without even knowing it, or trying sometimes.

- **With this shift in mindset we then open up to simple information of movement/BMI work/info. tools, nutritional info. tools and stress release tools in terms of how you can "shop" for the ones that you can truly do in YOUR life.** The other huge reason many people do not want to make changes in their life is because they feel no information stays the same in health and wellness, thus there is too much information to sift through to figure it all out. No one has time to do that. We take a typical week in your life and we devise strategies from BASIC, yet critical information in movement, nutrition and stress release, (the kind that ironically isn't always emphasized in the mainstream), and actually fit them into your personal lifestyle which feels doable. I guide you in making decisions on which tools to use with various strategies. I don't focus on diet, but on discovering your particular nutritional needs, and how to listen to what your body needs specifically. You also learn how any sugar is so easily addicting for any human, and how to notice when it happens to you, and strategies to work with that feeling.

We then do the same discovering of which movement(s) you love to do, that YOUR body, mind AND spirit WANTS to do. The idea of how this can change day to day, month to month, year to year and decade to decade is discussed. I answer all questions as to how any movement choice you make has it's own mind,/body benefits for anyone to do. You then select from experimentation which movement "church's" work for you based on any circumstances you happen to be in, (i.e. loss and grief, new job, new move, new family, any life change) which also feels good for your spirit too. This awareness is key in movement lifestyle change, as opposed to a temporary one.

- **All information is cited** from consistent, current research, plus from my own, student's, and colleague's experience with such information over the last three decades.
- **We then take the time for you to "live" your changes in your life for a couple of weeks.** I give you feedback, answer questions, and brainstorm with you in developing, refining strategies until your choices "work" for YOUR life.

I was a caregiver for my late husband during our last 6.7 years together, for my mom, and have had 80 hour-a-week jobs most of my life. My experience in how to use this info./tools in various strategies to still feel healthy, and have energy to give to others, day by day, spans over 29 years of practice.

Join me, and invite me to your location of the world to:

Change Health, Gain Wealth®

I look forward to guiding you as YOU create the change. Once you find what in health you care about to honor you, your service to others will be consistently fun, sincere, mindful and lasting.

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How did this retreat come about, and in what way am I uniquely qualified to offer it?

I have been designing this particular retreat ever since my oldest friend in 2013 asked me to help her not only loose weight, but figure out how to gain peace from the emotionally turmoil past we shared in grade school,

which contributed greatly to her gaining the weight in the first place. I have been advising one-on-one for 29 years. When I told her how everything was out there for her to read on the Internet for that, she said, "I don't have time to sift through what will work at such a level. Besides, with your diverse skill set in helping dancers progress throughout their career as healthy artistic athletes, you can guide me in how to really get down to my deep feelings in myself through all that stuff you do; somatic movement meditation modalities such as hiking, yoga, learning improvising tools in time, space and energy in movement choices along with the conventional ways of journaling and verbally discussing what I need to discover about myself with others, and/or with just myself".

She knows that the dancers I have trained over the decades are people like everyone else, and that I have had to develop these and other strategies to help them learn to not become anorexia while still having boundless energy to do class, rehearsal, perform and tour. This includes all this while still having side jobs to pay the bills. Thus, eventually they truly feel the ONLY power/control we all DO have, our free will in HOW we respond to life. Co-creating each moment as mindfully as we can in our bodies, minds and spirits. By becoming aware of their body/minds "brain tapes" of judgment that go on in their heads, they honor and grow from where they are at each day in the training process so they work with their new, daily selves each day. They do this while truly learning from others, instead of judging them based on their own insecurities. They do this by learning how to take movement we do as an opportunity to really express the feelings in us, from a step on a hike, to a complicated, technical movement in dance.

She had a point. I got to work thinking about how I would apply these strategies that have worked so well for hundreds of dancers I have trained in their teens and 20's, to people who are professionals, have families, are retired, are caregivers AND work, etc. I have done all of this too, and still am in my career full time, still healthy through injuries and three years of continuous losses/grief, twelve altogether...but only because I knew what to do to take care of myself in mind, body and spirit as dance taught me to.

Dance teaches you how to live well because you have to. If you are going to make a career out of performing, touring, teaching, and/or choreographing, while having a family, doing other work, care giving, etc. then you MUST learn how to do this early in your life. In a dance career, you get exactly what you put in to it. There is no room for even the smallest lying or cheating with others, or with yourself, and still getting the job done well to truly have people really see a dance performed not only

technically fierce, but from the depths of your soul. This is true to really learn dance in a healthy way, or really create a great work of art as a choreographer. Helping others through dance work is my chosen addiction. Eighty percent of the population on the planet has the addictive gene, choosing in serving others as an addiction works for me. Hence, the retreat ***Change Health, Gain Wealth***® was born.

As always, I also do one-on-one Wellness Advising too.