

rejuvenation massage and wellness

Rejuvenation Massage and Wellness: Your Journey to Total Relaxation and Revitalization

Feeling stressed, exhausted, and disconnected from your body? Long for a deep sense of calm and revitalization? This isn't just another spa day advertisement; this is an exploration of the powerful connection between rejuvenation massage and overall wellness. We'll delve into the science behind the soothing touch, explore various massage techniques ideal for rejuvenation, and discuss how integrating massage into your wellness routine can transform your life. Get ready to unlock your body's natural healing potential and rediscover the joy of feeling truly alive.

Understanding the Science Behind Rejuvenation Massage and Wellness

Rejuvenation massage isn't just about feeling good; it's backed by science. The gentle manipulation of soft tissues stimulates blood circulation, which delivers oxygen and nutrients to your muscles and organs. This improved blood flow helps remove metabolic waste products, reducing muscle tension and soreness. Furthermore, massage triggers the release of endorphins – those amazing natural mood boosters that alleviate pain and promote feelings of well-being. The reduction in cortisol (the stress hormone) is another significant benefit, contributing to a calmer, more relaxed state. Essentially, rejuvenation massage helps your body reset and rebalance itself on a cellular level.

Types of Massage for Rejuvenation: Finding Your Perfect Fit

Not all massages are created equal. Choosing the right type of massage is crucial for maximizing its rejuvenating effects. Here are a few popular options:

Swedish Massage: This classic technique uses long, flowing strokes to relax muscles and improve circulation. It's a gentle introduction to massage therapy and perfect for those new to the experience. Excellent for overall relaxation and stress reduction.

Deep Tissue Massage: This more intense style targets deeper layers of muscle and connective tissue. It's ideal for relieving chronic muscle pain, stiffness, and tension. While it might be slightly more intense, the rejuvenating effects are profound and long-lasting. Perfect for athletes or

individuals with persistent muscle aches.

Hot Stone Massage: Smooth, heated stones are used to melt away tension and promote deep relaxation. The warmth penetrates deeply, loosening muscles and increasing blood flow. This is an exceptionally effective method for releasing stress and achieving a state of profound calm.

Aromatherapy Massage: This combines the benefits of massage with the therapeutic properties of essential oils. The carefully chosen scents can enhance relaxation, reduce anxiety, and even improve sleep quality. Different oils offer various benefits – lavender for relaxation, peppermint for energy, and so on. This personalized approach makes it ideal for tailored rejuvenation.

Integrating Rejuvenation Massage into Your Wellness Routine

Rejuvenation massage shouldn't be a one-off treat; it's a valuable tool for long-term wellness. Consider incorporating regular massage sessions into your self-care routine. The frequency depends on your individual needs and preferences, but even monthly sessions can make a significant difference in your overall well-being.

Beyond massage, consider complementary practices to enhance the rejuvenating effects. These might include:

Regular Exercise: Physical activity boosts circulation, reduces stress, and improves overall health.

Mindfulness and Meditation: These practices help calm the mind and reduce stress levels, complementing the physical relaxation provided by massage.

Healthy Diet: Nourishing your body with wholesome foods provides the fuel it needs for optimal function and recovery.

Adequate Sleep: Prioritizing sufficient sleep allows your body to repair and rejuvenate itself overnight.

The Holistic Benefits of Rejuvenation Massage and Wellness

The benefits of rejuvenation massage extend far beyond physical relaxation. It's a holistic practice that positively impacts your mental and emotional well-being. Regular massage can:

Reduce stress and anxiety: The release of endorphins and reduction in cortisol levels contribute to a calmer state of mind.

Improve sleep quality: Relaxed muscles and a peaceful mind promote more restful sleep.

Boost immunity: Improved circulation supports the immune system's ability to fight off illness.

Increase energy levels: By removing toxins and improving circulation, massage can leave you feeling more energized and revitalized.

Enhance flexibility and range of motion: Regular massage can improve joint mobility and reduce muscle stiffness.

Choosing the Right Massage Therapist: Your Partner in Wellness

Finding a qualified and experienced massage therapist is crucial. Look for licensed professionals with positive reviews and a specialization in rejuvenation techniques. Don't hesitate to ask questions about their experience, techniques, and approach to client care. A good therapist will listen to your needs and tailor the massage to your specific requirements.

Conclusion: Embrace the Journey to Rejuvenation

Rejuvenation massage and wellness are interconnected aspects of a healthier, happier life. By incorporating regular massage sessions and adopting a holistic approach to self-care, you can unlock your body's natural healing potential and experience a profound sense of revitalization. Embrace the journey, listen to your body, and discover the transformative power of touch.

FAQs

Q1: How often should I get a rejuvenation massage?

A1: The frequency depends on your individual needs. Some people benefit from weekly sessions, while others find monthly treatments sufficient. Discuss your goals and needs with your therapist to determine the optimal schedule.

Q2: Is rejuvenation massage suitable for everyone?

A2: While generally safe, certain medical conditions may require precautions or contraindications. It's essential to inform your therapist about any health concerns or pre-existing conditions before your session.

Q3: What should I wear to a massage appointment?

A3: You'll typically be provided with comfortable clothing or drapes to wear during the session. Loose-fitting clothing is best for pre and post-massage comfort.

Q4: How can I prepare for my first rejuvenation massage?

A4: Communicate any concerns or preferences to your therapist beforehand. Stay hydrated before and after your session and avoid strenuous activity immediately before and after the massage.

Q5: Are there any risks associated with massage therapy?

A5: Risks are generally minimal with qualified therapists. However, potential minor side effects include temporary soreness, bruising (rare), or aggravation of existing conditions. Always communicate any concerns to your therapist.

rejuvenation massage and wellness: Rejuvenation Horst Rechelbacher, 1989 This unique guide to total health and beauty combines the ancient wisdom of meditation, yoga, massage, and spiritual development with modern scientific research and knowledge in the fields of medicine, psychology and nutrition. Illustrated with photographs and line drawings.

rejuvenation massage and wellness: The Reflexology Workout Stephanie Rick, 1995 With more than 66,000 copies sold, The Reflexology Workout is a perennial favorite among readers interested in holistic and alternative medicine. With a striking new cover design, it will capture fresh attention on the shelves. Black-and-white photographs.

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rejuvenation massage and wellness: Ayurvedic Spa Robert Sachs, Melanie Sachs, 2007-09-25 Ayurvedic Sap: Treatment for Large and Small Spas If you are a spa owner looking for new, authentic world class treatments, a body worker wanting to learn methods that touch your clients on a heart level, or someone who enjoys creating nurturing rituals for yourself and family in your home, Ayurvedic Spa will guide and help you to offer and/or achieve greater levels of beauty, peace and wellness.

rejuvenation massage and wellness: LudoBites Ludovic Lefebvre, 2012-10-09 Visionary, charismatic master chef, Ludo Lefebvre, and his Los Angeles cult hit "pop-up" restaurant LudoBites are worshipped by critics and foodies alike. LudoBites, the book, is at once a chronicle and a cookbook, containing tales of the meteoric career of this "rock star" of the culinary world (who was

running kitchens at age 24) and the full story of his brilliant innovation, the “pop up” or “touring” restaurant that moves from place to place. The star of the popular cable program, Ludo BitesAmerica, on the Sundance Channel, also offers phenomenal four-star recipes born out of the need to be mobile. Readers who love food, who admire genius, and fans of TV’s Top Chef, Top Chef Masters, and Iron Chef are going to want a taste of LudoBites.

rejuvenation massage and wellness: Chi Self-Massage Mantak Chia, 2006-06-05 Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one’s own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In Chi Self-Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

rejuvenation massage and wellness: Pleasure Healing Mary Beth Janssen, 2009-02-02 Spas have become self-care oases for millions of people living busy, hectic lives. And while your skin may be smoother when you leave, the relaxation response sparked by a visit to the spa is an equally invaluable gift. Pleasure Healing will help you give that gift to yourself every day by bringing relaxation and present-moment awareness into your life. As you incorporate mindfulness techniques including meditation, healing breath work, conscious movement, and other pleasure-healing rituals into your daily routine, you’ll notice the spa ethos transforming your mindset, calming stress, and enriching your life.

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rejuvenation massage and wellness: The Encyclopedia of Ayurvedic Massage Dr. John Douillard, DC, CAP, 2012-11-13 Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program.

rejuvenation massage and wellness: The Mouth-Body Connection Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes,

obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

rejuvenation massage and wellness: *Rejuvenate* Helene Silver, 1998 With step-by-step, day-by-day instructions, Silver's 21-day plan helps cleanse the body of toxins and rejuvenate both the body and mind.

rejuvenation massage and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

rejuvenation massage and wellness: The Magdalene Path Claire Sierra, 2013-10 ...a marvelous tapestry of insights, discoveries, tools and resources that gives us all hope for Heaven on Planet Earth. - Rev. Ruth L. Miller, PhD, author of Mary's Power Claire's deep work of Sacred Feminine wisdom ... could not come at a better time. - Tim Kelley, author of True Purpose ...an important contribution to mending a world torn in half... - Lion Goodman, author of Creating on Purpose Feminine wisdom revealed and reclaimed! Unveil this hidden power within and transform your life. Recent discoveries of ancient manuscripts have shined a light on Mary Magdalene as a powerful teacher and luminous feminine spirit. In The Magdalene Path, Claire Sierra shares her inspiring communication with Mary Magdalene about the awakening of the Divine Feminine as a means to shift and up-level our lives as women in the modern world. The Magdalene Path is a guidebook of compelling ideas, skills and practices to bring your Feminine Soul into daily life. Regardless of your spiritual orientation or previous connection to Mary Magdalene, you will bask in the inspiring wisdom and practical insights in this empowering, illuminating book. - Revitalize your mind and body to tap into more energy for what you love. - Ignite your connection to Spirit through simple rituals and Soul-care practices. - Embrace your authentic, radiant beauty as you reclaim your innate feminine power. - Replenish your passions and feel empowered to live your purpose. - Embody your creativity and live as the vibrant woman you truly are.

rejuvenation massage and wellness: The Soul-Sourced Entrepreneur Christine Kane, 2020-11-17 Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive. Bookstore shelves are lined with guides for entrepreneurs that urge them to Crush it! 10X It! or Unf**k it! Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's

time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to:

- Toss out ineffective, old-school goal-setting models.
- Reframe your intuition and sensitivity as valuable assets, not as flaws to hide.
- Examine old patterns for clues as to what's been holding you back.
- Clean up the spaces and distractions draining your energy and power.
- Learn to confidently trust in your own wisdom.
- Break free from fear-based decision-making that plagues most businesses.

Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. *The Soul-Sourced Entrepreneur* is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

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rejuvenation massage and wellness: *Fascia in Sport and Movement, Second edition* Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 *Fascia in Sport and Movement, Second edition* is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

rejuvenation massage and wellness: The Massage Journey Rehana Spa Ajman, 2024-10-29 In our increasingly fast-paced and demanding world, the pursuit of relaxation and wellness has become essential for maintaining both physical and mental health. The everyday stresses we face can lead to tension, discomfort, and a disconnection from our bodies and inner selves. As a remedy, many individuals are turning to the healing art of massage therapy a practice steeped in history and celebrated for its ability to rejuvenate the body, calm the mind, and restore balance to our lives.

rejuvenation massage and wellness: **REJUVENATE** Dr. K. P. Agrawal, 2024-10-29 Rejuvenation is about improving upon our wellbeing and personal state. This is about adding things that nourish and energize us. This includes healthy food and exercise, and, also activities that stimulate the mind and our creativity. Tattva Spa is a relaxation therapy that combines long, following strokes with gentle kneading techniques. This massage focusses on promoting circulation, easing muscular tension, and inducing deep relaxation. The effective strategies to recover after a workout are 1) Hydration, 2) Cool down and stretching, 3) Nutrition and Refuelling, 4) Rest and Sleep, 5) Active Recovery and Massage and 6) Listen to your body. Restoration wellness also has a profound impact on our mental and emotional well-being. Practices such as meditation, mindfulness, and positive affirmation can help reduce stress, anxiety, and depression. By taking care of our

mental health, we can improve our mood, increase our resilience, and enhance our overall emotional well-being. All the issues related to mind, Body and Spirit are covered under 7 chapters of the book.

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rejuvenation massage and wellness: *Portland, Oregon* ,

rejuvenation massage and wellness: *Chi Nei Tsang* Mantak Chia, 2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

rejuvenation massage and wellness: *Tune & Heal* Barbra Angel, 2019-04-20 Everything in our world vibrates to different frequencies and the human being is no exception. This is the basis for the proven Tune & Heal(TM) Cellular Resonance Therapy created by Barbra Angel (Dr. Barbara

Romanowska). This book (translated and expanded from her published books in Europe) is intended for use with Barbra Angel's Certified Training Courses (European Accreditation) where students/attendees may become practitioners of her Tune & Heal(TM) Cellular Resonance Therapy. Through her techniques, using non-invasive vibrations from specially-designed tuning forks, you can effect significant changes to the Body, Mind, and Spirit - providing balance and allowing natural healing to take place. Based on clinical research, unique vibrations/wavelengths of sound were discovered which are in harmony with specific areas of the body, mind, and spirit in humans. Those vibrations are found in Barbra's series of large tuning forks or specific techniques (e.g. cleaning and regulation of energy flowing, anti-cancer, or cosmetic techniques like anti-fat or cellulite reduction, or DNA techniques which work with genetic problems and also works anti-aging). Barbra Angel formalized her method in 2004 and has been published across Europe, conducting hundreds of seminars/courses and healing concerts (she is an award-winning musician and composer with perfect pitch). She is a Doctor of Philosophy in Naturopathy, Master of Arts, founder of The Sound Academy (Akademia Dzwieku); Reverend, Healing Music Ministry; Musician, Singer, Composer; and, Holistic Healer. With this book, combined with her seminars/courses, you will be able to affect dramatic change in yourself and others in your life with remarkable results. Discover your unique sound-Alleviate pain-Treat cancers-Reduce fat and cellulite-Heal body organs-Clean and regulate the energy centers (chakras) in your body. Learn the importance of vibratory reflexology, the meridians in your body and how to unblock and regulate them, accupoints, bio-resonance, bio-elements, your DNA rejuvenation, and more. Read testimonials from the 100s she has received over the past decade as they recall the devastating physical problems they faced and how they were cured through Tune & Heal(TM) Cellular Resonance Therapy. Welcome to a new world of health, balance, and happiness.

rejuvenation massage and wellness: SomatoEmotional Release John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

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rejuvenation massage and wellness: Reflexology Lymph Drainage Sally Kay, 2019-06-27 Reflexology Lymph Drainage in its entirety. Learn from Sally's personal journey of inspiration to innovation, from the ancient art of reflexology to the research & development of RLD, a modern evidence-based method of reflexology. A groundbreaking step change tool for the reflexology tool box!

rejuvenation massage and wellness: Massage for Wellness: Integrating Therapy into Your Health Routine Chameli Spa Ajman, 2024-09-30 In our fast-paced world, finding time to relax and focus on our well-being can be challenging. Many people are looking for ways to enhance their overall health and incorporate relaxation into their busy lives. One effective method to achieve this is through massage therapy. This book explores how regular massage can be a vital part of your wellness journey and how it can easily integrate into your health routine. At Chameli Spa Ajman, we believe that wellness goes beyond just physical health; it encompasses mental and emotional well-being as well. With the right approach, you can enhance your overall quality of life, and

massage can be a crucial element in that journey. This book will provide you with insights into the various aspects of wellness, including the physical, mental, and emotional benefits of regular massage. You will learn how to create a holistic health regimen that incorporates massage and other wellness practices. Our aim is to inspire you to prioritize self-care, encourage you to explore the different types of massage therapies, and help you discover the transformative effects that these treatments can have on your life.

rejuvenation massage and wellness: The Cellulite Myth Ashley Black, Joanna Hunt, 2017-02-07 Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls it, curvy girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in health and beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

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discover how to catalyze more energy, improve your digestion, hone your fitness routine, cultivate peace of mind, and shift your own habits toward lifelong health and wellness.

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2020-04-06 Raw food recipe book

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life better. Ayu, Film maker Bali Learning from Petra has changed my life. I am doing so many more things to feel healthier and happier. I feel better. My life is better. I love this book. Salvador, Engineer Petra has a way of writing that is so inspiring. I feel happier and like myself more with every chapter I read. Donna, Wanderlust Entrepreneur This is the best book I have read in a long time. It jumped off the shelf right into my hands and I am so grateful it did. Elisse, World Yoga I love myself more from reading this book and I am only a few chapters in. I love the exercises and I really love how I have to pause while reading, think about what I just read and realize the deep truth of the words. Yan, Yoga Student Petra EatJuicy, is a Super Hero Level Holistic Health Coach, Detox Expert, Author, Raw Food Chef, Theta Healing Practitioner, Yogini & Juicy Lifestyle Activist. She travels the world speaking, teaching and coaching about natural eating, self healing, mindfulness, self love and personal empowerment. She and her team tour the world empowering people, to take their health into their own hands by joining Green Smoothie Gangster Health Challenge...cuz it works. She lives in Bali, Indonesia and Maui, Hawaii. Check out her amazing online coaching programs to reverse cancer, heal your gut, lose weight without counting calories and live your most vibrant self expressed life. www.EatJuicy.com www.GreenSmoothieGangster.com www.Facebook.com/PetraEatJuicyTV www.Youtube.com/PetraEatJuicy www.Instagram.com/PetraEatJuicy HEY SUPER HUMAN! YES YOU! I'M NO SUPER HUMAN - YOU MIGHT SAY OH YES YOU ARE YOU ARE A POWERFUL HUMAN ON THIS PLANET FULL OF SUPER POWERS AND YOU ARE SUPER POWERFUL! YOU MIGHT HAVE FORGOTTEN THAT'S OK. I'M HERE TO REMIND YOU THAT'S WHY YOU HAVE THIS BOOK TO REMEMBER WHY DO YOU WANT TO BE REMEMBER? BECAUSE LIVING LIFE IN YOUR FULL POWER TOTALLY IN LOVE WITH YOURSELF IS WAY MORE FUN YOU MIGHT THINK YOU LIKE YOURSELF BUT DO YOU LOVE AND ADORE YOURSELF? CAN YOU SEE YOUR OWN GREATNESS? CAN YOU SEE YOUR POTENTIAL AS A POWERFUL HUMAN ON THIS PLANET? I'LL SHOW YOU HOW....I'LL SHINE MY LIGHT TO GIVE YOU PERMISSION TO SHINE YOURS LIFE IS GREAT AND IT CAN BE BETTER I WILL REMIND YOU OF YOUR SUPER POWERS TO MAKE LIFE EVEN BETTER YOU ARE HERE TO MAKE A FOOTPRINT OF CHANGE, INSPIRATION AND LOVE YOU ARE HERE ON THIS PLANET FOR A REASON YOUR LIFE HAS MEANING YOU ARE MIRACLE YOU ARE POWERFUL YOU ARE AMAZING YOU ARE STRONG YOU ARE BRAVE YOU ARE REALLY, REALLY SMART YOU ARE LOVEABLE YOU ARE LOVED YOU ARE LOVED BY THE UNIVERSE YOU ARE CLEVER YOU ARE ENOUGH

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