

# Meet Stephanie...



*A wellness specialist who has spent the last thirty years developing workshops, motivational lectures and programs to help people realize their full physical, mental and emotional potential.*

As a certified Tai Chi Master, Integral Yoga Instructor and author, Stephanie has created a series of programs for her clients, teaching them to recognize and diffuse stressful situations, change negative behavior patterns

and improve clarity, balance and awareness. Stephanie's lectures and workshops have recently been chronicled in the media and her *Tai Chi for Enlighteners* program (2 set DVD/companion book) is one of Amazon.com's top DVD category sellers.

Stephanie's programs reflect her wisdom and compassion, as she offers techniques for healthy and proactive living. Contact Stephanie and find out how she can help you, your customers, clients and organizations apply a more focused and balanced approach to everyday challenges.

Additional information is available in the form of PDF email attachments for Stephanie's original wellness programs:

**Mind Over Matters**

**Tai Chi for Enlighteners**

**Four Seasons Retreat Series**



**Contact Stephanie to decide which of her programs is right for your needs.**

**Email her at:**

[mindovermatters@earthlink.net](mailto:mindovermatters@earthlink.net), visit her website at [enlighteners.com](http://enlighteners.com), or call Stephanie at (415) 302-7237.

