



Deborah Myers, JSJ, AMT

acupressurist and healthcare educator

Wellness Education with a Difference

Parents and educators are looking for ways to help children have a happier and healthier life. With children as young as age three experiencing stress, it is important to help kids learn to reduce anxiety, increase focus, stay well, and stay active throughout their daily activities — without relying on medication. Deborah Myers developed easy self-help acupressure methods for kids at the request of her parents, teachers, and children.

Her proven self-help techniques can be used anytime for:

- Self Care
- Overcoming Obstacles to Learning
- Improving Mental Clarity and Physical Performance
- Balancing emotions
- Increasing self-esteem and mindfulness

Deborah Myers, founder and Director of Deborah Myers Wellness, is passionate about empowering others to live life in a balanced and healthy way. In her private practice as an Acupressurist and Jin Shin Jyutsu practitioner, she has assisted clients in their search for stress reduction, pain relief and healing.

Deborah's ability for empowering others through coaching and workshops, has helped thousands of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. Deborah's workplace wellness programs are bringing success and vitality to many businesses. She is the creator of a program designed to support the well being of children in the classroom and at home. It is also available as a program for grown-ups for work, home and life. Daily Clean Your House Flow® kits include an animated video and companion book.

What People Are Saying...

"I can't imagine not doing the Daily Flow. It helps each day go smoothly. I sleep better and start the day rested. Studying is easier and I have no anxiety over tests. And, anytime I have feelings come up that I don't understand, I just Jumper Cable and I feel better."

16-year old high school junior

"I have eight students who struggle with paying attention and focusing. ALL of them showed improvement when we used the Daily Flow."

Laura, third-grade teacher

"Doing the Daily Flow with my students centers them and creates focus. There is more cooperation and less acting out."

Arianne, Kindergarten teacher

"Deborah has been helping my whole family for five years—with surgeries, injuries, everyday life balance, or any 'project' (as Deborah calls them). The Daily Clean Your House Flow is a top priority for me—it makes all the difference to help me feel balanced! I cannot recommend Deborah and her work enough!"

Michelle Olson

Vice President, Phoenix Development Company of Mpls, LLC

Deborah Myers Wellness



Restore ✿ Relax ✿ Rebalance
Tools for Resilient Healthy Living



easy self-help acupressure for kids and grown-ups

Wellness Workshops

Antidote to Stress

In this workshop parents and teachers will learn how to help kids reduce the symptoms of stress, break free of old patterns, and change how their bodies react to environmental stressors.

Learn:

- How to increase vitality and personal performance
- How to have more gain and less strain throughout the day
- How to manage stress and let go of accumulated tension and pain
- improve attention span

Daily Clean Your House Flow®

Learn how to sweep away stress in less than 10-minutes a day. Learn the nine essential steps of the Daily Clean Your House Flow® energy balancing practice.

Parents and Teachers will learn how to:

- Introduce the easy self-help acupressure practice to kids
- Help students get into balance with the poses and sequences
- Help kids process emotions positively
- Make this fun

Publications

Daily Clean Your House Flow® kits: Simple tools to sweep away stress in 10-minutes

- Daily Clean Your House Flow Animated Video
- Easy Self-Help Acupressure for Grown-ups
- Easy Self-Help Acupressure for Kids and Families
- Easy Self-Help Acupressure for Students and Teachers

Health at Your Fingertips Energy Balancing Care Guide

Recovery from Trauma

Accelerating healing the mind, body, and spirit after traumatic events

- How to regain emotional balance
- Helping let go of pain
- Preparing to move past the trauma

Programs can be customized to fit the needs of your organization.



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Partial Client List

- ★ Moldovan Academy
- ★ Yulupa School
- ★ Strawberry School

- ★ Anova Education
- ★ Prarie Elementary School
- ★ Parkside Elementary School