



# Energy for Fitness

## Good Health is as Close as Your Fingertips

Get More Out of Your Exercise Program with Easy Self-Help Acupressure

*Put the power of success into your hands and see yourself on the winning track!  
Complement your fitness program*



**Deborah Myers** is the founder and Director of Deborah Myers Wellness. She 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, Deborah assists clients in their search for stress reduction, pain relief and healing.

**Her ability** to empower 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.

- Increase vitality and productivity
- Gain momentum
- Remove obstacles
- Attract more of what you want in life
- Reduce anxiety and stress
- Enjoy balance and harmony
- Improve performance
- Relieve
  - pain
  - headaches
  - fatigue
  - allergies
  - insomnia
  - other discomforts

**Deborah Myers**, founder and director of Deborah Myers Wellness and Health at Your Fingertips, will teach you time-honored self-help techniques (Jin Shin Jyutsu and acupressure) designed to help you reduce stress, relieve pain, promote healing, and improve your sense of wellness, health, and prosperity.

You will learn how to do energy warm-ups and get more out of what you're asking your body to do! Learn easy-to-do self-help acupressure that will prepare your body for exercise, help you and your body assimilate the exercise, and help your body not go into reaction.

Discover that you can have even more fun doing your exercise program. Prepare your body energetically so you can more easily reach your goals.

And all of the energy tips and techniques will help your kids as much as they help you!

## Energy for Fitness Workshop

Get More Out of Your Exercise Program with Easy Self-Help Acupressure

**Saturday:** February 22 1:00 pm to 3:00 pm

**Tuition:** \$35.00 a special price for Santa Rosa Dailey Method

**Hosted by:** The Dailey Method Santa Rosa, Santa Rosa, 52 Mission Circle, Suite 125

**Registration link:** <https://tinyurl.com/DMWW2020>

**For More Info Contact Deborah Myers:**

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THE DAILEY METHOD®

Deborah Myers Wellness



Easy self-help acupressure  
for kids and grownups

