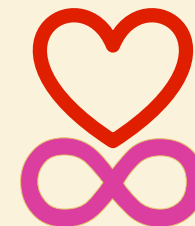


Coming Home to Your Body: Body Processes for Lifelong Learning

Melanie Schmich, M.A., LMT • Time for Everybody



About Melanie

- Currently, Melanie serves as private educator and healthcare practitioner in New York City. She creates original learning and healing programs with infants, children, teens, and adults.
- Former classroom teacher in all core subjects/cross disciplines; total communication resource; diverse abilities learners; cross-cultural
- Pioneered community outreach efforts for medical, legal, and personal care in complex life circumstances for individuals and groups for the past 30 years.
- Provides school staff development, home support for families and caregivers, workshop facilitator, home schooling consultant.
- M.A. Behavioral Analysis, Columbia University, NYC
- Licensed Massage Therapist, Swedish Institute, NYC
Specialties: Shiatsu, Hawaiian Lomi-Lomi, Reiki Master
- Certified Practitioner:
- Interactive Imagery Guide with Academy for Guided Imagery, leading pioneers in the area of using imagery for healing in medical and educational settings.
- Ericksonian Hypnosis
- Neurolinguistic Programming (NLP)
- Children's Yoga Instructor
- Infant Massage
- EFT Emotional freedom technique, 2nd level
- Candidate for Brain Gym Teacher Certification and Four Winds Society Energy Medicine Practitioner
- Volunteer with the American Massage Therapy Association and Red Cross Emergency Response Team

Contact

First: Find your Inner GPS
Second: Have a willing heart
Contact: Melanie@timeforeverybody.com

We Learn Best
When We Are
Alert & Relaxed

Combining well
established **behavioral
change** patterns with
body care processes

I breathe/I sense/I am

Open Up New
Possibilities
For All Life **Learning**

Image
means to call forth a
sense, all your senses.
Find out how!

A Taste of What's on the Menu

Your Mind is in Your Body

Experience the meaning of this phrase.

"I Dwell in Possibility"

I breath + I feel + I think + I move = Yes, I'm living my desire!t

Turn your Oven On

Metaphor matters! Go from batter to cake through breath, thought, sense, and intention.

Entrainment:

The Inner and Outer Connections

Your breath as the connection from your brain to your heart and me to you.

Resources for Creative Use of these Body Processes

Music: Instrumental and Vocal

New York City Guitar School: www.nycguitarschool.com

Art

The Artists Network University: www.artistnetworkuniversity.com

Movement

National Dance Institute: www.nationaldance.org

Speaking and Writing

The Instant Public Speaker: www.theinstantpublicspeaker.com
National Novel Writing Month: www.nanowrimo.com
Gathering Paradise: Bill Murray Reads Poetry to Construction Workers: https://www.youtube.com/watch?v=rj_LYsvGF0E

Math and Science of You and Me!

Heart Math: www.heartmath.org
Brain Gym: www.braingym.org
The Four Winds Society: www.thefourwinds.com