



Innovative Efficacy Development for Communities

Innovative Solutions to Health Problems

- Stress Management
- Prevention, Reduction, Reversal of:
 - Obesity
 - Hypertension
 - Diabetes
 - Heart Disease
 - Cancer
 - Mental Health (suicide, depression, etc.)
 - ADD/ADHD
 - Autism

Empowerment Workshops, Seminars and Retreats

- Youth/Girls/Boys/Women/Men Empowerment
- The Empowered Athlete
- Empowered Relationships/Healthy Communication

Transformational Leadership from the Inside Out

- Organizations and Corporations
- Non-profits and Community Outreach
- Young Adults, Young Professionals

Mindfulness Strategies for Community Challenges

- Reducing Criminal Activity
- Improving Education
- Health Challenges
- Behavioral Issues in Schools

Holistic Health Education

- Therapeutic Nutrition, Naturopathy
- Community Gardening with Healing Herbs
- Mindfulness, Ayurveda
- Movement, Qigong