

Deeva Pilates Wellness

Energy Elements Trilogy: Total Body Wellness From The Inside Out



Pilates



Deep Breathing



QiGong

My name is Denise Beachem, owner of Deeva Pilates & Wellness. I create individually customized and group programs for women using my Energy Elements Trilogy of Deep Breathing, QiGong, and Pilates, to help them achieve Total Body Wellness from the Inside Out.

MISSION STATEMENT

Deeva Pilates & Wellness' mission is to help women who are going through the debilitating symptoms of peri- menopause and menopausal symptoms, who are dealing with fibroids, and those who lead stressful lives weather its job related or personal, and are seeking ways to feel better internally. To teach women that they have the power to heal themselves using focused deep breathing techniques, customized Qi Gong movement focused on Detox and cleansing, relieving peri- menopause, menopause and PMS symptoms, stress relief, and Pilates for strength, balance, alignment, and conditioning. I believe that we all have the power to heal ourselves on all levels, by giving our bodies the "treatments" that are much needed to heal ourselves mentally, physically, spiritually, and emotionally.

The DP&W Way Energy Elements Trilogy

Element #1 - Deep Breathing

I believe deep breathing is the easiest and most available internal cleansing and healing mechanism we have. Deep breathing is a major key to achieving wellness because it releases up to 70 percent of the toxins in our bodies. Yep! 70 percent! That's a lot of toxins. And all you need is 5 minutes of deep breathing daily to jump start that release. But unfortunately most of us never experience this release because we mainly walk around breathing shallow breaths. Most people rarely take more than one or two

deep breaths throughout the day. Not good! Shallow breathing does not allow enough oxygen to enter into the body. Not breathing properly makes our organs work harder. Deep breathing is included in the DP&W programs because of its' internal healing and calming elements. The obvious benefits of deep breathing include calming the mind, relaxing the body, and releasing tension. But there are deeper healing properties that many of us are not aware of. Controlled, deep breathing can also improve digestion, strengthen the heart and lungs, strengthen the immune system and improve your skin tone. It can also minimize the effects of hot flashes! And there are many more benefits!! I include this element because it is the starting to point to any exercise weather it is weight lifting, cardio, yoga, or Pilates. Deep breathing helps you focus on whatever movement you are trying to execute. Deep breathing helps in visualization. You breathe in and prepare, and breathe out to execute. DP&W incorporates various breathing exercises into each program on each level to achieve maximum results.

Element #2 – Qi-Gong

Qi Gong, literally meaning “working with the chi” is an ancient Chinese system of energy medicine and self-healing. It uses breathing techniques in conjunction with meditation and gentle movement to stimulate chi, which is the term for life force energy. Qi Gong is also used to increase and distribute the body's own energy. It's used for its internal organ cleansing and strengthening abilities as well as its stress relieving and mind clearing and strengthening aspects. In some hospitals in China, Qi Gong is a recognized part of their patient's therapy.

The “Qi” in Qi Gong means Energy. Gong means Work. When doing Qi Gong we work with life energy. The energy in Qi lives in all things that naturally exist; humans, animals, plants, and minerals. Menopause, PMS, Peri Menopause, Stress, unhealthy lifestyles, injuries, major surgeries, medications, and unhealthy food rob us of our human life energy stores. Qi Gong is a technique that in its' simplicity, helps us regain the lost energy, and reverses the shortage, making it possible to feel normal, healthy, and energized again. It has been proven to lessen significantly the effects of menopause. If done properly you can actually FEEL the energy (chi) coming out through the tips of your fingers in certain movements! You can actually feel a warming sensation in your abdomen when using your hands to move the energy!

Visualization and correct breathing in Qi Gong is vital and is the key to self healing. Qi Gong is utilized in all of the programs because it helps strengthen spiritual, and body health internally through focused relaxation and energizing body movements, but I'm especially interested in Qi Gong for menopausal women. Because of its' internal organ

cleansing and healing properties, energy balancing and restoration, I believe that Qi Gong is the perfect component in the DP&W wellness programs.

Element #3 - Pilates

Joseph Pilates said “above all, breathe correctly”. In other words, if you do nothing else, breathe. Just breathe. See how it all ties in? Pilates’ main focus is on breathing and control. If you breathe correctly you can execute more effectively.

I chose to include Pilates in the DP&W programs because of its’ strengthening, toning, balancing, alignment, and breathing aspects. It is the most effective for toning and strengthening and it can be done by people of all levels of fitness. Pilates also strengthens the body internally because of its spinal alignment aspects. If your spine is aligned the rest of your internal body will follow. I believe Pilates is the one form of exercise that actually gives one a mental boost as well as a physical boost. In Pilates, you have to be aware of your own body. This includes movement, placement, the way your body feels during a movement, and after, and how you feel after completing a Pilates session. You learn to listen and heed the signals of your body which enables you to modify a movement if your body signals to you a discomfort. Pilates is about toning, not injuries. Sometimes during other types of exercise if the focus is not on the body but more on the results, people can hurt themselves and not realize it until it’s too late. In Pilates you are aware of every aspect of your body and you are aware of the placement of every part of your body.

Pilates is a form of exercise that uses your own body weight to develop strength and flexibility at the same time. Joseph Pilates was the creator of the Pilates exercise method, which uses the mind to control the body. His famous quote “It is the mind itself that controls the body”, lets us know that he was truly in complete awareness of the mind/body connection long before it became cliché. Pilates not only strengthens the body, it elongates the muscles. Pilates can effectively change the look of your body giving you a leaner slenderized look. Pilates is the most effective core strengthening practice which is why people who practice golf, tennis, football (yes football), and other sports utilize it. Runners use Pilates to keep their limbs loose, particularly the hamstrings. Dancers do Pilates for flexibility and stretching. Pilates is also one of the least expensive forms of exercise that can be used to get fit because although there are various training gadgets and machines used, you can still get the same result using just a mat and your own body.

THE PROGRAMS

Introduction To Pilates Program – Beginner Mat Pilates Program – 40 Min. Sessions Includes the 6 Pilates Principles insight, Pilates Breath & Core Awareness, Introduction To QiGong and Deep Breathing

The Stress Relief Body Treatment Program – This program focuses on stress relieving breathing exercises, Qigong for relaxation and meditation, and Pilates movements, designed to relax the mind, restore positive energy and relieve tension in the body. Beginner – Advanced.

The Body Cleansing & Muscle Toning Body Treatment Program – This program will focus on deep breathing techniques, for cleansing, healing and energizing, Qi Gong movements for cleansing and Detox, Intense Mind/Body Pilates, and stretching. Beginner – Advanced.

The Core Strengthening Body Treatment Program – This program will focus on correct breathing techniques, with abdominal flattening and core strengthening Pilates movements. Intense breathing and control will be learned and utilized, along with body awareness and spinal positioning. Qi Gong for strengthening is included. Beginner – Advanced.

The Menopause Relief Body Treatment Program – This program is designed specifically for women who are experiencing the effects of peri-menopause and menopause symptoms, and high levels of stress. The focus will be mainly on Deep Breathing for relaxation, Qi Gong for menopause symptom relief, energy and internal strength, and Pilates for strength and balance. It will focus on the female internal reproductive organs, stress relief, and the balancing of hormonal fluctuations. Beginner – Advanced

The Energy Boost Body Blast Program For Couples
Couples gain a sense of balance and well being, and strengthen their bond while learning deep breathing techniques, energizing and healing Qi Gong and core strengthening and toning Pilates. Using each other's body as a resistance tool adds fun and excitement to this program. Focused on balance, flexibility, toning and strength this program offers couples a complete head to toe workout with internal and external strengthening and a calming meditation sequence at the finish for a total body blast!

The Belly Busting Blast Body Treatment Program – The Belly Busting Blast Program is a fun and challenging Pilates program that really works the abs and core. This program is completely focused on abs, abs and more abs. Straight No Chaser! Challenging, Effective, and Results Driven. Get your hourglass back and reshape your body with this new program designed to slim, tone, and sculpt your abs and strengthen your core! Concentration and Focus are your key components.
30 Sessions, 45-60 minutes.

SERVICES

- **Personal Training – One on One personal training and Group training including:**
 - Pilates
 - Qi Gong (Cleansing & Detox, Stress Relief, Menopause Symptom Relief)
 - Focused Breathing Exercises (Energy and Relaxation, Internal Cleanse)
- **Walking (With or without interval training)**
 - One on One
 - Groups
- **Meditation Walk (Shinrin Yoku or Forest Bathing)**
- **Power Walking**
- **Progress Analysis**
- **Outdoor Training (Spring & Summer months only)**
 - Deep Breathing
 - QiGong
 - Pilates
 - Walking & Stretching
- **Business Office Employee Wellness & Stress Relief**