

Local Practitioner Joins Holistic Care Network



Branden Wilson

Branden Wilson is pleased to announce his affiliation with SES for Health, a holistic care service network. Wilson will provide hypnotherapy and Neuro-linguistic Programming. SES's mission is to provide quality therapy, coaching and education that meet the individual's needs.

Wilson graduated with a BAS from Evergreen State College in 2004 before becoming a certified hypnotherapist in 2006 through the American Board of Hypnotherapy. He then

went on to study NeuroLinguistic Programming (NLP) and energy healing with SCS Matters in St. Joseph and became a Certified Practitioner through the Society of NLP in 2008.

"I am excited to be affiliated with this network of holistic care practitioners because I believe it is vital to address the needs of the whole person—physical, emotional, mental and spiritual—as part of the healing process", says Wilson.

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children learn the songs, which support them in moving through the poses in class and at home, says Weiss-Gelmi.

Educational researchers are finding a link between music and movement and success in school. Weiss-Gelmi points to researcher Shirley Handy's theories on "the 3 Ms": music, movement and merriment. The combination of these three components, says Handy, will naturally increase the positive neurotransmitters and peptides in the brain, which are associated with memory, new learning and the ability to pay attention. Sing Song Yoga™ incorporates the 3Ms. Combining the 3Ms into one activity, says Weiss-Gelmi, gives children a head start.

In addition to its general benefits—strengthening, stretching and toning the body—yoga helps children gain self confidence while building coordination and skill level. It increases blood flow to the brain, thereby enhancing mental functioning. Yoga can also help alleviate stress.

Weiss-Gelmi teaches at the Yoga Studio in Grand Rapids. An eight-week series begins September 14. The cost is \$55. The Sing Song Yoga™ DVD will be available in October.

The Yoga Studio is located at 955 Cherry SE, in Grand Rapids. 616-776-0836. GRYoga.com. Order the CD at SingSongYoga.com. See ad page 17.

Mom Brings New Twist to Children's Yoga



Grand Rapids mother, teacher and yoga instructor Deb Weiss-Gelmi introduces Sing Song Yoga™, a new children's yoga program that incorporates both music and movement. This innovative yoga program uses an original children's song, sung to a familiar tune, to teach each pose. The



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