

## Energy Management for Vibrant Health

### Free Spirit Energy Bites Menu (45 minute sessions)

Select the **Energy Bite Combination** that best suits you & your staff's needs

Free Spirit's 45 min Energy Bite Offerings	Tick
1. Creating Solid Foundations for your Energy Needs	
2. Meaningful & Appreciative Living	
3. Restorative Sleep	
4. Creating Balance for Vitality	
5. Breathing Well: Energy for Replenishment	
6. The Power of H <sub>2</sub> O: Our Deepest Source of Energy	
7. Food is Fuel: Energy for Replenishment	
8. Physical Vitality	
9. Receiving through our Senses	
10. Purposeful Rest for Replenishment	
11. Reducing Tension & Raising Energy	
12. Purposefully Directing our Energy	
13. Creating Energising Places & Spaces	
14. Holistic Energy Practices	
15. The Art of Mindfulness	

# Energy Management for Vibrant Health

## Free Spirit Energy Bites Menu (45 minute sessions)

### 1. Creating Solid Foundations for your Energy Needs

*The human body is the best picture of human soul. – Ludwig Wittgenstein*

The human body is a powerful battery of multiple energy systems of input & output. Awareness through our senses alerts us to when we need to replenish ourselves in some way. Creating solid foundations of awareness enables us to ensure our energy flows effortlessly both inwards & outwards in our daily lives.

#### Energy Bite Ingredients:

- Explore the interconnected human being
- Tap into your health & well-being needs
- Understand the self-perpetuating human body
- Experience our energising breathing & body scanning technique
- Journal exploration of your energy needs

### 2. Meaningful & Appreciative Living

*The biggest adventure you can ever take is to live the life of your dreams.*  
– Oprah Winfrey

With energy replenishment on all levels there is a feeling of balance, calm, harmony & appreciation. An appreciative view point makes a shift in recognising what gives life & vitality to you personally & contributes to your own health & well-being. Consciously tapping into what you appreciate in life enables what you focus on to expand & your energy both inward & outward to soar. As you feel fulfilled a natural flow of energy giving occurs without effort.

#### Energy Bite Ingredients:

- Explore the resonant heart
- Live life meaningfully & appreciatively
- Experience the Heart Centred Relaxation Technique
- Enjoy our Inner Smile Relaxation Technique
- Journal what is meaningful & appreciative to you as an individual.

### 3. Restorative Sleep

*Sleep is the golden chain that binds health & our bodies together. – Thomas Dekker*

Learn about what supports the human sleep cycle & its relationship with the rhythms of nature. Living in sync with nature, developing sleep supporting habits, activities, routines & environments can promote good quality sleep to restore your energy levels.

#### **Energy Bite Ingredients:**

- Understand the Human Energy Clock & Restorative Sleep
- Strategies for promoting Restorative Sleep
- Relaxation techniques for Restorative Sleep
- Journaling of reflections: to aid Restorative Sleep for you.

### 4. Creating Balance for Vitality

*Take care of your body. It's the only place you have to live. – Jim Rohn*

Research within occupational science confirms that adults who consider themselves healthy have a good balance between personal care, leisure, social life, family & work.

#### **Energy Bite Ingredients:**

- Explore the balance of the above lifestyle activities that can promote health
- Enjoy energising desk stretches
- Experience postural alignment to support energy levels
- Journal your reflections on how you invest your energy, how responsive you are to your needs in the present moment, areas you may choose to re-align your balance & how you pace yourself in your routines.

### 5. Breathing Well: Energy for Replenishment

*Breathing is the essence of life. Breathe deeply, live fully. – Gabriella Goddard*

The Breath is the Essence of Life. "Breathing Well" is a vital ingredient for strong energy intake & replenishment. Learn to Breathe Well so you can replenish your energy batteries at will.

#### **Energy Bite Ingredients:**

- Experience "Breathing Well" for revitalised energy replenishment
- Focus & attend to breathing exercises during gentle yoga stretches
- Journal your reflections: how well do you receive energy through the breath & changes you may choose to integrate.

## 6. The Power of H<sub>2</sub>O: Our Deepest Source of Energy

*Water is the driving force of all nature.* - Leonardo da Vinci

H<sub>2</sub>O feeds our body & our soul. The Power of H<sub>2</sub>O is our deepest source of energy. Every bodily function & system is dependent upon hydration to sustain life, requiring every human cell to be hydrated in order for us to flourish & allow vital energy to be transformed for us to enjoy our health.

### Energy Bite Ingredients:

- Appreciate the positive & powerful effects of hydration on our energy levels
- Enjoy our relaxing *River Meditation*
- Journal your reflections: how well you hydrate & changes you may choose to add to your daily routines.

## 7. Food is Fuel: Energy for Replenishment

*Food is essential to life, therefore make it good.* – Author Unknown

Food is our fuel directly linked to our energy intake. For sustained energy & vitality we can be mindfully aware of our food choices and eating habits and routines which support replenishment.

### Energy Bite Ingredients:

- Discover the energising aspects of food
- Explore beliefs in Chinese culture on food preparation & *how* to eat food
- Enjoy our *Eating in Appreciation* Exercise
- Journal your reflections: aspects you may choose to integrate into your daily eating & food preparation habits.

## 8. Physical Vitality

*Physical fitness is not only one of the important keys to healthy body, it is the basis of dynamics & creative intellectual activity.* - J F Kennedy

Discover the benefits of *Movement* of our bodies on our intake of energy for replenishment. Exercise not only changes your body, it changes your mind, your attitude & your mood.

### Energy Bite Ingredients:

- Explore the energising benefits of movement – body, mind & spirit
- Experience our *Movement Exercise for Physical Vitality*
- Journal your reflections: how you currently integrate movement into your daily rituals & routines, reflect on what form this may take for your enjoyment.

## 9. Receiving through our Senses

*The world is full of magic things patiently waiting for our senses to grow sharper.*  
– W B Yeats

**Smell, Taste, Touch, Sight & Sound** – all available to us as energy rechargers & replenishes. Explore the impact of our intake of energy for replenishment through these 5 powerful senses.

### Energy Bite Ingredients:

- Energise through sound, touch, smell, taste & sight
- Experience Self-Shiatsu Massage to promote energy flow through your acupressure points
- Journal your reflections: what particularly energises you through your senses.

## 10. Purposeful Rest for Replenishment

*Take rest; a field that has rested gives a beautiful crop.* - OVID

**Recharge – Revitalise – Replenish with Purposeful Rest** – discover the importance of resting & the true meaning of rest on our energy levels & energy replenishment.

### Energy Bite Ingredients:

- Exploring what we mean by Rest & Purposeful Rest
- Experience the importance of pacing with Rest to Recharge
- Replenish with our *Mind clearing & Attention to Breathing Relaxation*
- Journal your reflections: how you can choose to pace your daily routines & lifestyle with purposeful rest.

## 11. Reducing Tension & Raising Energy

*Tension is who you think you should be. Relaxation is who you are.* – Chinese Proverb

In terms of the body-mind connection, research has identified that the optimal mood state is “Calm Energy” which is a combination of reduced tension & raised energy. Discover what activities have been found to be associated with promoting these states.

### Energy Bite Ingredients:

- Exploring the power of raising energy levels & reducing tension on our body
- Experience our *Hara Breathing & Tension Release Exercise*
- Journal your reflections: how do you personally reduce your tension & raise your energy levels & how this can be integrated into your lifestyle.

## 12. Purposefully Directing our Energy

*Energy goes, where intention flows. – Author Unknown*

Bring awareness as to where & how you direct your energy out into the world. The directions in which we are naturally motivated in life shows natural unimpeded pathways of energy flow. We can choose to follow this flow for health & well-being on all levels. This includes the flow of mind & body movement.

### Energy Bite Ingredients:

- Appreciate the powerful flow of mind & body movement
- Discover your own natural skills & abilities
- Experience the "Calm Energy" of our *Tai Chi Flow Movement Exercise*
- Understand your natural flow of energy & how you express it & how would you like to direct it in the future
- Journal your reflections: how do you tend to give out or apply your energy; physically, cognitively & emotionally.

## 13. Creating Energising Places & Spaces

*The energy of the mind is the essence of life. - Aristotle*

Positively boost your energy levels at home & work by creating energising spaces & places that revitalise you. Small changes can permeate into re energising other areas of your life in their accumulative energising effects.

### Energy Bite Ingredients:

- Appreciate the positively energising impacts of lighting, temperature, colour, sound, aroma, ventilation & plants in places & spaces.
- Tap into calming & energising the senses to boost your energy – be it images, nature, colour, energising themes etc.
- Journal your reflections: what could you choose to integrate into your home &/or work place & space to positively boost your energy levels & the energy of others.

## 14. Holistic Energy Practices

*When the mind, body & spirit work as one, anything is possible. – Criss Angel*

Eastern beliefs about energy have been integrated into healthcare for thousands of years. Explore these beliefs & how the body, mind & spirit are supported by flowing energy through energy channels within the body.

### Energy Bite Ingredients:

- Explore the ancient knowledge of the human energy field, chakras & meridians
- Experience our *Self-Chakra Connection*

## 15. The Art of Mindfulness

*To see the preciousness of all things, we must bring our full attention to life.*  
– Jack Kornfield

Mindfulness is a way of paying attention to the present moment. Allowing ourselves to let go of past hurts & negativities. To stop worrying about the future & tune into NOW. Mindfulness has been shown to benefit our brains to such an extent that we can feel calmer, more aware, have an increased ability to focus & concentrate, remember things better & feel happier.

### **Energy Bite Ingredients:**

- Explore what is mindfulness & how it works
- Experience this relaxing yet energising opportunity to relax & de-stress
- Discover our practical techniques you can use at home & work
- Experience an increased sense of peace & well-being