

Energy Management for Vibrant Health

Free Spirit Energy Bites Menu (90 minute sessions)

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

Free Spirit's 90 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. Energy for Replenishment – 4 vital ingredients: H2O, Food, Breathing Well & Movement	
6. Reducing Tension & Raising Energy	
7. Positively Directing our Energy	
8. Creating Energising Places & Spaces	
9. Holistic Energy Practices	
10. The Art of Mindfulness	

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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. Energy for Replenishment– 4 vital ingredients: H2O, Food, Breathing Well & Movement

Life is like riding a bicycle. To keep your balance, you must keep moving.
– Albert Einstein

This energy bite session looks at the importance of our intake of energy for replenishment. Learn about breathing well, the importance of water & food for our body & soul, the benefits of movement & purposeful rest for our energy levels.

Energy Bite Ingredients:

- Breathing well
- The human body as a water machine
- Food
- Movement
- Energising by receiving through the senses
- Purposeful rest & the path to resting
- Reflections on how well you receive energy & any adjustments that can be made to lifestyle
- Shiatsu self-massage

6. 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.

7. 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.

8. 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.

9. 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*

10. 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