

MASTER J. TEASLEY'S Most Requested Workshops

Master J. Teasley has created a number of exciting, innovative workshops guaranteed to equip your employees with the necessary tools to succeed in today's high-tech, high pressure workplace. The following workshops and classes are the most requested of the Corporate Wellness Programs Master Teasley offers.

*** **The Yu Kahn du Way (Stress Reduction 101 to 108):** This Workshop will teach the successful business person simple and easy to perform stress-reducing techniques that can be done sitting or standing. Master Teasley has combined *Yoga, Tai CM Chuan and Golden Light Meditation* with insightful strategies on ways to channel the negative energy into positive energy, thereby optimizing the practitioner's own natural power. It is through these **medically proven techniques** that the employee will be able to reduce stress and move throughout the way with a focused mind, healthy body and revitalized spirit.

*** **Mission Is Possible [The Workplace Warrior]:** This motivational workshop is based upon the principles of the classical warriors of ancient times. Master Teasley has taken these concepts and modified them to fit into today's workplace. *The Teasley Tai Chi Strength-Increasing Form* will teach the practitioner how to collect and release the body's vital life force to counteract both physical and non-physical energy. **"Any situation can be turned into a winning scenario by a redirection of energy and a change in perception."**

*** **Crystals, Brocades & Rainbows [Diversity and Multiculturalism]:** This workshop is designed to enlighten, educate and challenge each participant to become the culturally sensitive and aware professional that today's business world demands. Multiculturality means respecting and utilizing the similarities and the differences between the races, sexes, ages and cultures. Among the techniques used are *Mirror Image Training, Cultural Sensitivity Exercises and Advanced Non-Verbal Communication Skills*. As a result of this workshop your working environment will be safe, pleasant and more productive when "ism" free.

*** **Tai Chi Chuan, Tao Yin Yoga, Chi Kung Meditation Classes:** Based on the soft, flowing movements of Tao Yin [natural energy movement], this short exercise will ease you into better physical health and is perfect for everyone, regardless of age or weight. These five simple movements utilize the Yin/Yang System to bring the body's metabolism back into balance. Likewise, the benefits of Chi Kung have been documented for over three thousand years and it is reputed to stimulate and revitalize the body's natural energy as well as promote peace, health and harmony in the life of the practitioner.