

# INFRASTRUCTURED

Making your life your workout

December 2016

WE'VE GOT THIS DOWN!

STARTER KIT

STILL NEED GIFTS?

MORE THAN POSTURE

CLASS UPDATES

RESONATING READING

AWARENESS



## INFRASTRUCTURED INSTITUTE

Where the Best Get  
Better!

Spiraling Defined by the  
Minimalist:

~ Hold your body properly.

~ Move your body properly.

## Welcome to Infrastructured Institute's Spiraling Community!

Infrastructured Institute's new Class Series have hit the half-way mark & participants are already seeing **measurable** results...in their own bodies!

Infrastructure Institute's voicemail is working & your messages will be heard once again!

Infrastructure Institute's Wireless Internet connection is working & you will now be in for a show when you enter the office!

~ Do not sabotage yourself.

**Your body will then Heal  
itself.**

## **Class Series Updates**

**Next Clean&Lean Class:  
January 6, 2017.**

Participants are invited to join  
us in RebootU Class !

**No classes January  
16-20, 2017**

~ Please call for details

## **Read Slowly:**

**The more you practice  
spiraling, the more your  
atrophied muscles will  
engage and the more  
your brain will retrain  
from it's old patterns.**

## **AWARENESS**

As Self-Help books have been  
telling us for decades, we must  
be aware of our behaviors &  
habits in order to improve and  
make permanent change.

Awareness is a requirement at  
the Infrastructured Institute,  
as well. We must have  
awareness of our bodies'  
positions, our weight  
distribution, & of our nerve  
blockages. We must have  
awareness of why these are  
created into habits & how  
these are affected by our  
behaviors. We must also be  
aware how the habits &  
behaviors of OTHERS affect us,  
our bodies, our weight & our  
nerves.

"Spiral away the day with your healing ways!"

*Michele*

Michele Diseati, AADP  
Kinesiotherapist

## **INFRASTRUCTURED INSTITUTE & DoTERRA ESSENTIAL OILS**

**Recommend:**

## **The Basic Self-Repair Kit**

**The first three oils are so  
useful and SO necessary!**

They are **lemon**, **lavender**,  
and **peppermint**.



Two more oils that help to  
stabilize moods and joy and assist in  
joint pain relief and infrastructure recovery are **Wild  
Orange**, and **Deep Blue**.

***Come in & get yours!***

## **GIFT CERTIFICATES**

**ARE AVAILABLE FOR**

**INFRASTRUCTURED INSTITUTE**

**SERVICES!**

**HAPPY HOLIDAYS!!**

***Your Life is Your Workout!***

**So... let us hear from YOU!**

~ Where do you Spiral?

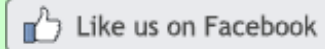
~ Have you recently begun a new, healthy habit?

~ Have you recently noticed a "new" muscle?

~ Have you recently found yourself moving in a way that

No one can teach us to be self-aware. However, there is a method that can.

**"The Diseati Method" is TRAINING us to be self-aware!**



*your body couldn't move just last week?*

*~ What do you "Spiral" through?*

Anonymous responses may be shared on the next Newsletter, so please send us your thoughts/actions!

**~ We learn from each other ~**

Infrastructured Institute 4701 Randolph Road, Suite 208 Rockville, MD 20852  
[officemanager@infrastructured.com](mailto:officemanager@infrastructured.com); 301-230-3131