

# INFRASTRUCTURED

Making your life your workout

## Winter 2016 - In This Issue:

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SEMINARS



## 2016 Class Formats

Exciting new changes for a new you beginning January 12th!

New days, New ways - Limited Space in Spiraling Classes

- Reserve you space for future classes and pay BEFORE class when you sign in please.

Infrastructured is about mindful movement and awareness all the time, so we are adding some

Welcome to Infrastructured Institute's Spiraling Community!

**HAPPY"YOU" YEAR 2016**

**They say if the plane is losing pressure put your oxygen mask on first to help others. It took years for me not to think that was incorrect advice. I was built to help others first. But without oxygen, when under pressure, the body shuts down in a myriad of ways. I'm sure you've felt stress and pressure too at times.**

meditation to our classes to hone your mindfulness skills.

Tuesday's 640: Reboot will be taught by Spiraling Instructor Cheryl Gallagher and Michele. It will include a specific format each week for 50 minutes and a 10 minute meditation at the end.

Wednesday's 640: Shred will be taught by Michele. You must attend a minimum of 10 Reboot classes in order to attend a Shred class.

Friday's 640: Yoga will be taught by Michele - 50 minutes with 10 minutes meditation.

Saturday's 640: Reboot will be taught by Michele. **BE ON TIME** - this class fills up fast and space is limited!! 50 minutes with 10 minutes meditation.

**10-CLASS PASS IS BACK!** Buy a 10-class pass and your first class is FREE! Pass is good until March 22nd.

It has taken me 49 years and many mistakes to realize living for others never ends well - it drains YOU! As a matter of fact, when you take care of everyone but yourself, it attracts people that take advantage. Notice your life this year, one habit at a time. Shift gears into neutral and when you find your new balance points that serve you, hit overdrive and **LIVE THE LIFE YOU DESERVE!** We will teach you one good habit at a time!

Here at the Infrastructured Institute we will be regenerating and rebooting bodies with Biomechanical Medicine aligning you for life through: Private sessions, Classes, Spiraling massages, Acupuncture and Seminars - on the best Fuel to restore your high performance vehicle (YOU); Meditation strategies, Essential oils - to clean out the gunk in your physical health and spiritual health!

Make your life your workout - no gym required - just the 640 tools on your body. Finally, whole health in **BALANCE!**

Hope to see you soon with my X-ray vision for whole health! **SPIRAL UP** when down! X0

## 640 Weekly Class Schedule

Tuesday	5:30-6:30PM	640: reboot
Wednesday	6-7PM	640: shred
Friday	10-11AM	640: yoga
Saturday	11-12PM	640: reboot

Spiral away the day with your healing ways!

*Michele*  
**Michele Diseati, AADP**  
Kinesiotherapist

**DoTERRA Essential Oils**

## Join Our Online Spiraling Academy!

### Seated Spiral

**First the free stuff!**  
**There are 6 Solutions on the website that you can access anytime for instant self-repair. Here is the Seated Spiral.**



**For \$9.95/month (taken automatically monthly), you can watch self-repair videos for foot pain, back pain, shoulder pain, neck pain relief...workouts to increase metabolism and perfect posture as you sleep, recline, sit, stand, drive, LIVE!!! Students have been using these resources to fix many issues themselves this past year - so proud of how far they've come! If you can't get to a class, these videos are a great alternative!**

**The more you practice the more your atrophied muscles will engage and the more your brain will retrain from its old patterns - be a new you in 2016!**

**[Click here to Join Today!](#)**

## Basic Self-Repair Kit

The first three oils are so useful and SO necessary! They are *lemon*, *lavender*, and *peppermint*. Here's just some of what they do: help sleep and infrastructure recovery; reduce inflammation and toxicity; help energize and restore breath.



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*.

All 5 oils can be used topically as well as aromatically, either by breathing them or using a diffuser, and lemon, peppermint and wild orange can also be ingested.

To purchase one or more oils, see Stephanie at the front desk.

## Free Seminar!



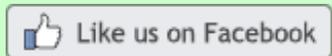
**Self-Repair with DoTerra Oils  
Saturday, February 6th -  
12:30-1:30pm**

**Registration is required - oils will be available to sample!**  
**To register, simply call the office - you can leave a message - or register when you are in for a class. Don't miss this informative and fun seminar!**

## **Michele's Meditation Minutes**

**Learning Kinesthetic Awareness and how to check in with yourself biomechanically is a form of physical meditation. Notice you and adjust into better posture anytime, anywhere with your 5 axis Spiraling energy engaged.**

**But to practice more mindfulness to slow down and connect to your life again, I recommend the CALM application to my students. This is a FREE app on our phones that can help you calm down the crazy train in your brain-body anytime, anywhere too! Challenge yourself this year of YOU and practice 6 minutes daily - ENJOY THE BLISS!!  
!**



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