

INFRASTRUCTURED

Making your life your workout

November 2014 - In This Issue:

ESSENTIAL OIL OF THE MONTH

DOS AND DONTs

HOLIDAY SCHEDULE

WEEKLY CLASS SCHEDULE



INFRASTRUCTURED

Where the Best Get Better!

Infrastructured's Sensation system was designed to provide state-of-the-art biomechanical therapy for pain relief and weight loss.

The Institute's Practitioners and Spiraling Trainers use this highly developed expertise to reset pain and metabolism-boosting posture that enables

Welcome to Infrastructured Institute's Spiraling Community!

November is a time to get back to "YOU." It is the perfect time to focus on your physical and emotional balance. A few mindful "better body" habits can renew you this winter season.

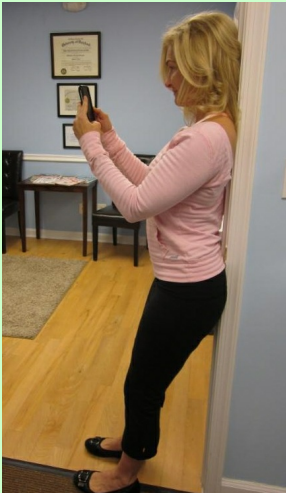
Instead of past habits that slowly spiral us down into seasonally affected conditions, Spiral Up and engage the 640 tools on your body! One positive thought can change the flow of your day and your body balance! So when

YOU to control (not manage) your own pain and inactive fat stores.

Posture Dos & Donts



DON'Ts



DO's

Don't Lean Get Lean!

640 Weekly Class Schedule

Tuesday	10-11AM	5:30-6:30PM	REBOOT U
Wednesday		6-7PM	SHRED
Friday	10-11AM		YOGA
Saturday	11-12PM		REBOOT U

Holiday Schedule

Join us for a class on Tuesday, November 25th, either 10am or 5:30 pm to reboot and increase metabolism for holiday fun!

"Negative Nelly" begins your sentence this month, be your change and try a breath belt and any balance body habit of Spiraling you have practiced so well this year!

Renew you with "TLC4ME!"

Tender loving care 4 Me examples: Seated Spiral to "Sit Away Pain"; Standing Spiral "squeezing quarter" to "stand away pain" or my favorite, Reclining Diamond.

Be grateful that you have transformed your past beliefs on aging painfully this year! You have rebuilt your spiraling third chain of mechanical efficiency from the ground up with every mindful move you make and daily dose of Spiraling's Life Medicine. Spiral down to get up this month!! XXXOOO

Spiral away the day with your healing ways!

Michele

Michele Diseati, AADP
Kinesiotherapist

DoTERRA Essential Oil of the Month - On Guard



On Guard is called the Protective Blend - and this is the season to use it the most! On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support. It is a natural

The Institute will be **CLOSED** from Wednesday, November 26th through Monday, December 1st.

Classes begin again on Tuesday, December 2nd at 10am.

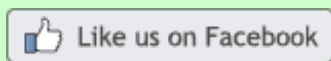
Beginning Dec. 2nd classes with Spiraling Instructors are \$20 this season, and classes with Michele are \$30.

Please come hit your body's restart button and commit to 10 reboot classes asap! No time like the present to begin your Resolution Solutions for Jan. 2015!

HAPPY THANKSGIVING!



Gift Certificates are available for the holidays - give the gift of health! Call or e-mail us for details!



defense to fight against threats of all kinds that attack our immune system, from the flu to airborne viruses. On Guard is antibacterial, anti-fungal, antiviral, and disinfecting.

You can diffuse with On Guard during the day or overnight, you can use topically, behind the neck, on bottoms of feet, and/or you can ingest, either using On Guard beadlets or softgels or put a few drops in an empty capsule and take with water. You can also simply put a few drops in water and drink it.

Enroll in a wholesale account and enjoy the benefits of all the doTERRA products! OnGuard is \$32 for a 15ml bottle; Beadlets are \$15 for a 10ml bottle or the Softgels are \$24.50 for 60 capsules.

One of our students, Kathy Thompson, sells diffusers, so if you are interested let us know and we will put her in touch with you!



Upcoming December FREE Workshops!

**Tues, Dec 2nd -6:40-7:40pm
after class**

Infrastructured Essential Oils Basic Kit

**Sat. Dec 20th - 12:15-1:15pm
after class**

Make Your Life Your Workout!

Look for details in the office!

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