

## Rebounding

Rebounding is said to be the most powerful approach in draining the lymph system and the most expedient in restoring energy, vitality and health to the body. The push and pull against gravity while bouncing washes the body's lymph system. The lymph system when stagnant creates a breeding ground for disease. Basic to detailed techniques and explanation are incorporated into the rebounding process. Additional Lymph Drainage techniques are taught releasing fluid in the face, neck and further clearing the rest of the body.

## Oxygen Depletion & Deep Breathing

The brain requires three times more oxygen than the rest of the body. High pressure corporate jobs or a career requiring tremendous mental focus generally leaves one excessively depleted at the end of the day. The average person breathes from the chest cavity, forcing the body to remain in the fight or flight mode. This is known as shallow breathing or chest breathing which limits the level of oxygen taken in. The fight or flight mode is associated with nervous disorders, high blood pressure, depression, irregular heart beats and a number of other disorders. Deep breathing (breathing from the diaphragm) will be taught and encouraged as part of daily living.

## Biography

Sonia Barratt is a certified Lymph Drainage Therapist/Instructor (LDT) and Nutrition Consultant (NC). She has taught at the Lincoln Institute in Orange, CA as well as Thousand Oaks Healing Arts in Thousand Oaks, CA and has facilitated a number of workshops and seminars on restoring health to both mind and body through self empowerment and natural remedies. Sonia has practiced and lived a holistic lifestyle for over twenty years.

Sonia is also the publisher of **New Corporate Body Magazine**, dedicated to improving health and wellness in the body, spirit and mind of those in the work force, and author of the upcoming book, "**Sleeping Gods**" due to be released this Spring, 2007. [www.newcorporatebody.com](http://www.newcorporatebody.com)



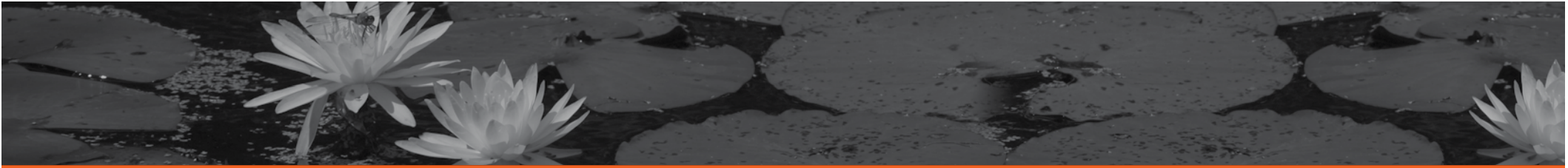
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## TRI LIVING

*"Nutrition for spirit, mind and body"*

*"The body is  
both electrical  
and magnetic  
and should be  
supported with  
this in mind"*



## *Tri Living is dedicated to restoring balance to spirit, mind and body.*

Through Mind & Body coaching... clients are guided through the process of incorporating the following into their daily lives:

- MIND, BODY FOCUS
- THE INNER ANTI AGING FORMULA
- NUTRITION & DETOX
- WALKING-WORKOUT
- REBOUNDING
- DEEP BREATHING
- OXYGEN RESTORATION
- SELF LYMPH DRAINAGE TECHNIQUES

### *Mind, Body Focus*

The mind body focus is the most significant aspect of change or transition as the body is being fed by the mind. Most individuals live under constant pressure of social expectations and the emotional bombardment of marketing companies. The human psyche takes in all of these external suggestions. The psyche consists of the mind and the brain both of which are the channels through which our lives are experienced. Focus entails establishing a conscious connection with all internal organs. It involves a release of the external programs which continue to influence the way we think, what we believe and what we fear.



### *Nutrition & Detoxification*

To obtain the best results in sculpting and rejuvenating both mind and body the removal of toxic waste is strongly recommended. The course to a healthier physical and emotional state requires a more alkaline body. An acid body is a toxic environment and is worsened when

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additional mucus and acid forming foods and stress are added, causing continued fermentation in the body. Clients are guided through the detoxing process and are educated on acid forming foods. They are provided with instructions and explanations for a new course of living and eating.

Certain health conditions could potentially be a result of environmental health hazards such as EMF/radiation, sound, chemical pollution etc. Foods and herbal supplements are recommended in transitioning the body into health. The potential effects of GMOs are also explored as each immune system operates at different strengths. All such recommendations includes organic and chemically free foods, cosmetics and clothing especially in cases of extreme health issues. For example acrylic clothing causes the body to retain static electricity which in turn can cause minor to more severe conditions such as headaches, fatigue; dry skin to extreme depletion is immune function. Clients are equipped with instructions and explanations for a new course of living and eating.

### *The Anti Aging Formula*

The average approach to anti aging is generally external. The fact of the matter is that these are all temporary approaches. Thoughts and beliefs impact the function of the brain this in turn determine the aging process. The body is a chemical factory and controls the production of essential hormones. The body also operates on a clock known as the circadian rhythm. In order for the brain to operate at its optimum it will require an unstressed mind freeing itself of the concept of aging as pushed by the marketing companies and standard belief. Clients are taught basic concepts on reprogramming their brain and their mind. They become aware of their own ability to regulate the appearance of the body. A bit of Quantum Physics is taught.

### *Walking Workout*

This "Mind, Body" approach incorporates power walking while stretching and toning the entire body. Although the program emphasizes fast paced strides... movement is tailored to the individual. Clients are taught stretches and small movements that when applied during walking tones thighs, legs, waist, abdomen, chest and arms.

