



Meditative Movements™

# Chamuel

*Feel Safe - Release Anxieties, Fears, Worries*

Chamuel, formally known as Ellie, certifies, educates, and trains Continuum of Care staff, volunteers, family, and friends how to care for memory care individuals using her proprietary Meditative Movements™ program. As a daughter of a parent with Alzheimer's, she relates to her audiences because she too has felt the fear, anxiety & worries experienced by a dementia.

She inspires you to exercise your personal power in a new way for optimal mental & emotional health. During her enlightening, energizing and hope filled interactive presentations, she gives these simple, two- to four-minute-long movements which are adaptable to anyone's ability and can be completed during a routine day. While changes are inevitable, you can lessen your own stress, feel calmer and more relaxed, making life more rewarding and fulfilling for everyone.

A 2017 University of Minnesota research study found this technique reduces anxiety, depression and fatigue while improving emotional and functional well-being.

*Meditate while you move for more energy, less distress.*

## Most Popular Speaking Topics

- Be Well, Wise, and Feel Whole*
- Easy Self-Care for Memory Care Staff & Caregivers*
- How to Improve Your Physical, Mental, Emotional, & Spiritual Health*

*"This makes a huge difference on dementia resident's energy level and behavior. They feel grounded, centered and is especially helpful when residents feel agitated and have upset feelings."*

- Melissa Zentz, Activity Director

*"Residents can understand this wholistic program at their level; it does not cause them to feel overwhelmed; and it is failure free. They enjoy practicing and everyone living with dementia participates."*

- Tammy Bryant, Certified Dementia Practitioner®

KARE 11



CBS Minnesota

The Phoenix Spirit



CONTACT

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