



The Meta Institute

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Empower Your Way to Fitness & Health



On the radio station KS95, one of the DJ's cited that 75% of people from Great Britain would not exercise more *even if their lives depended on it!* I believe many Americans feel the same way – exercise is something they know they should do more of, but don't. We are well informed about the problems of obesity, heart disease, and health issues related to a lack of activity - yet we continue to be a society where two out of three people are obese.

Most of us *want* to be healthy, so... what if what we *want* is congruent with what we *do*?

People often come to me to get motivated to lose weight, and most really want a better quality of life. Often they are tired of trying on their own, with little or no results. They may know a little about what they should do, but most need the skills and tools to take

them from where they are, to where they WANT to be, in an empow-

ering way. As a Personal Trainer and a Therapeutic Coach, I am passionate about helping people create a more intentional life in whatever way and at whatever pace is appropriate for them. I like to say *So Connected* connects people with themselves!

A big objective for most is managing the fat in their body. I connect and motivate people with *heart rate training*. It empowers them because they learn to listen and feel what is happening inside their body - in particular their heart. When you listen to your body the results are more deliberate and

intentional. How could your body benefit from the knowledge of burning fat more efficiently?

At *So Connected*, we use the same equipment that hospitals use to monitor their patient's heart rate and gas exchange (oxygen and carbon dioxide) to determine the best and most effective exercise program for each individual. Just having the knowledge to train safely is a huge key towards taking care of yourself! From that information, I have safe and effective training programs that are designed just for you and your heart.

What gets me and so many others excited about my cardio training program, is that you can actually *feel*

when your body is burning fat. It's true! Is there a better reason to

exercise than managing fat? Efficient cardio results in less body fat, more energy, and a healthier body! Donna 54, from Elk River, has lost 25 lbs in 4 months utilizing the program. She started on the Elliptical about 10 minutes at a time, and within a month, she intentionally jumped on the machine an hour at a time - 3 to 4 days a week! Donna says, "It is great to watch the fat leave my body, and my heart got stronger in a way that has empowered me tremendously!"

Knowing how your body utilizes fuel understanding how to create a more

efficient fat burning body and feeling the benefits of the process are reasons why people continue to use my program. You may have heard the statement "you are more than what you think you are." I agree completely to that and when your thoughts can be connected with the body the results can be a feeling of motivation to propel you further and faster than ever before.

If you are one of those people who watches the time move slowly on your treadmill...and can't wait until the time is up – then this program is for you! When your own body (and heart rate) is

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The Meta Institute Newsletter is a quarterly publication. It is published & edited by Mirtha Solis, Director of The Meta Institute.

How to Become a Formerly Serious Person!



Improve your flexibility. Improve your comfort ability and ease in front of groups. Create connection and community. Learn to trust your body wisdom. Learn to play again. Reduce stress. Get more of what you want.

A Little Background

I spent many years creating a reality as an overworked, stressed Art Director and College Instructor. But... my world and career path changed when I began looking for alternative solutions to heal my own serious migraines, allergies and asthma. Surprisingly, these new, alternative approaches to living also addressed my low self-esteem, stress and tension!

One of the most important alternative practices I discovered was called InterPlay. About 15 years ago, I stumbled into a workshop led by the founders, Phil Porter and Cynthia Winton-Henry. They were suggesting that by moving my body and learning to listen to what it was telling me, I could create a life of wholeness and connection. And it could be fun. WHAT?! I could have fun moving my body and not feel guilty? Leave it to

Californians to find a spiritual way to enjoy being in a body!

Determined to become a “body intellectual”, I signed up for a playgroup with the only InterPlay instructor in town. Soon, I was off to California to begin Leadership training. I’ve been playing with and learning from my body ever since! I used to call myself a “recovering perfectionist”. Now, I happily describe myself as a “formerly serious person”!

Life can be easier, less stressful, fuller, more satisfying and more fun.

The InterPlay Way of Life

When is the last time that you had a little chat with your body and you enjoyed it? If you’ve forgotten that you have a body, this class is for you! If you’d like to get to know your most integrated, authentic self, this class is for you! If you’d like to connect with the wisdom of your body in an organic, playful format, this class is for you!

Life can be less like work and more like play. InterPlay expands the possibilities of your life. It is a creative process for personal and community

transformation. It honors our desire to be whole people leading whole lives in connection with each other. We play with movement, story, voice, stillness and other willing bodies in an affirming environment. InterPlay teaches us to play with everything!

Interplay was founded by Phil Porter and Cynthia Winton-Henry over 20 years ago and has since spread around the world! InterPlay is

good for the body. InterPlay is good for the mind. InterPlay is good for the spirit. InterPlay is good for the heart. Life can be easier, less stressful, fuller, more satisfying and more fun. InterPlay is a set of tools and ideas to help individuals and communities thrive. InterPlay helps us to reclaim our lives and get more of what we want, whatever that might be. InterPlay connects us with the wisdom of our bodies-what we know from paying attention to our own experience. We are often cut off from that wisdom by the

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Be a part of the next Level 1 InterPlay class:

How to Become A Formerly Serious Person



Sign up! This class requires *no previous experience*, respects the limitations and celebrates the possibilities of each body.

Willingness is probably the most important quality to bring to the experience. This class incorporates the observations and learnings of all participants and promotes physical, emotional, spiritual health and integration. For more information on the world-wide InterPlay philosophy and community, go to: www.InterPlay.org

6 weeks Thursday evenings 7-9PM

Jan. 31, Feb. 7, Feb. 14, Feb. 28, March 6, and March 13

Class size is limited, so sign up early
Bring a friend and you both receive a \$25 discount for Level 2!

Come play with us!

Class location: The Meta Institute
Call: 651-216-0085 for more information!

Therapeutic Coaching Updates

November marked the beginning of our 12th Therapeutic Coaching class and the graduation of our 10th class. We are now taking applications and interviewing students for our June 2008 class which begins June 5th. Our classes are growing and we are planning to begin offering college credit through Anoka Technical College this coming June. If you are interested in applying to our program and are interested in the college credit and financial aid, please contact us as soon as possible. The June class is starting to fill up.



Open House Schedule

Jan 24, Thurs.
Feb. 26, Tues.
March 25, Tues.
 6:30-8:30pm
Please call to reserve your spot!

To Apply

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at our free Open House.



To receive an application, information packet and schedule, please call us at (952) 831-6382, e-mail us at meta@metainstitute.com or visit www.metainstitute.com.

Application deadline is May 15th.

Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

- Learning Styles
- Systems Theory
- Quantum Physics
- Life Cycle Changes
- Hypnosis
- Emotional Intelligence
- Past Life Therapy
- Gestalt Therapy
- Team Building and Leadership
- Motivational Counseling
- Business Management and Consulting
- Developmental Stages
- Neuro Linguistic Programming
- Structural Therapy
- Couples Communication Counseling
- Experiential Learning
- Professional Development

This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

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Call for a free consultation: 651-714-8669



The Meta Institute

Jan.-June 2008 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75
 Jan 26 Sat 10am-6pm
 March 1 Sat

Reiki Level 2 One Day Training \$150
 Jan 27 Sun 10am-6pm
 March 2 Sun

Reiki Master Two Part Evening Training \$300
 May 7 Wed 6:30-10pm (Part 1)
 May 8 Thurs 6:30-10pm (Part 2)

Reiki Master Two Part Evening Training \$300 Teacher
 To be announced

Reiki Sessions 60 minutes \$60
90 minutes \$90
 By Appointment Only

Reiki Shares

Jan 24 April 17
 Feb 21 May 22
 March 20 June 19

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

Reiki Shares are from
 6:30-9:30pm on Thursdays

Therapeutic Coaching

Intro to Therapeutic Coaching \$35
 To be announced

Trainer's Training \$6000
 April 2-6 (Wed-Sun) 10:00am-6:30pm
 Plus 13-26 months of hands-on training in the classroom

The Meta Institute accepts Visa, MasterCard, Discover Card, American Express, Checks or Cash. Payment plans are reviewed on an individual basis.



The Meta Institute is licensed by the
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The Meta Institute (952) 831-6382 Website: www.metainstitute.com

PERSONAL AND PROFESSIONAL COACHING

The Meta Institute has a highly skilled team of Life Coaches available to assist you with issues in any area of your life. We combine our years of experience and diverse training to assist you in achieving optimal performance both personally and professionally.

If you are interested in learning more about personal or professional coaching, call us at (952) 831-6382.

“Cause you just never know how far a change will go!!!”



More Classes

Business Planning Course \$550

This is a 18 hour workshop taught over a 6 week time frame, one evening per week. Its sole focus will be on Business Planning. It will provide participants with all the necessary tools to complete a Business Plan and to utilize it for success. This document can also be presented to a Financial Lending Institution if applying for a business loan.

The following topics will be covered:

- Mission Statement - Aligning your personal and business mission
- Business Objectives
- Values Alignment
- S.W.O.T. Analysis
- 5-year Strategic Planning
- Annual Planning
- Financial Forecasting
- Budgeting



Tuesdays from 6:30-9:30pm

Feb 5, Feb 19, March 4, April 1, April 22, June 10

Nutritional Life/Style \$240

Your digestive system is yet another way for you and your body to communicate with the world around you. Just like in classical communication, understanding how you are interpreting (digesting) the information coming in, allows you to choose what to allow in and what to do with that information. This introduction to learning the language of a Nutritional Lifestyle, will whet your appetite for self-discovery, weight loss, healthy body composition and disease management. **Class meets 5 Wednesdays.**



Feb. 27, March 5, March 19, March 26, & April 2

Call Mark Schneider for information 612-309-0669.

Anatomy and Physiology \$600

9 Thursdays - 6:30-9:30pm

Feb. 21, Feb. 28, March 6, March 13, March 20, March 27, April 10, April 17, April 24



Financial Planning Workshops Free

The Meta Institute is sponsoring Mohammad Vedadi of Ameriprise Financial to come to the Meta Institute and offer FREE Financial Planning workshops. These workshops are designed for anyone who wants a clear understanding of financial planning, its benefits and how you can use it to help shape your financial success.



7:00-8:30pm (Tuesdays) Jan. 22, Feb 19

Qi-Gong Classes with \$80

David Liberto \$10 per session for walk-ins
First session free!

ArkNest Centre for Healing
David Liberto ~ Certified Qi-Gong Instructor
Offered at The Meta Institute
10 sessions on-going Mondays from 12:15-12:45pm.
Please call to register 952-831-6382.



Create Better Health By Empowering Yourself! \$75

Day Seminar with Stacey Ostendorf

You will learn....
How to set fitness goals with intention.
How to teach your body to burn fat more efficiently.
Ways to rid yourself of the unwanted stress you hold in your body.
Ways to create balance in your body to prevent injury and distress.

9:00am-1:00pm

Saturday, January 12 or Saturday, January 26

Space is limited so please call to sign up!

Call Stacey at 763-670-1857

Email at: Staceyostendorf7@msn.com

Animal Communication \$15 per forum

Open Forum

Monday evenings 7:00-8:30pm

Jan. 21, Feb. 18, March 17, April 21, May 19, June 16



Classes by Mary Beth Tracy

Intuition



What do we mean when we say "I had a gut feeling about that?" How is it that we can look at or talk to a loved one and get a "sense" of how they are feeling or "know" what they are thinking about? Perhaps it is a guess or maybe it is *intuition*.

Intuition can be useful in our lives to:

- Explore all aspects of making a decision to change or enhance your career or any other area of your life
- Experience the fullness of your relationships
- Resolve business and personal conflicts
- Experience and learn how the process of aligning the chakras through color and the logical levels can bring clarity and resources to your everyday life.

Intuition Class \$85

Feb 24 (Sun)

10am-6pm

Intuition Development Groups \$25/group

Jan 15 (Tues), Feb 26 (Tues),
March 25 (Tues), April 29 (Tues)

May 22 (Thurs)

6:30-9:30pm

"Intuition is a natural and spontaneous capacity everyone has to perceive the slightest emotional fluctuation in themselves and others." Carl Jung



Tarot

Demystifying the Tarot (3 day class) \$250

April 12 (Sat) and 13 (Sun)

June 29 (Sun)

10am-6pm

The Tarot is one way to channel intuition. This method provides an external filter to channel information that will expand your awareness. It's history and symbolism originates in myth, philosophy, culture and ancient teachings. Learning how to receive insights from the Tarot will prove to enhance your understanding of yourself and others, allowing yourself to experience the world at it's fullest expression.

Empower Your Way to Fitness & Health



continued

dictating the intensity of your workout - time is no longer the focus.

Have you ever had pain and soreness in your muscles? They may be telling you something! Training your body with efficient cardio-vascular exercise means your muscles are working hard and building strength, but typically the areas of your body that are sore were tight even before you began exercising. Now those areas can get even tighter! For example, a person may have low back pain before they start training. Their

lower back may tighten even more during exercise to protect the spine, espe-

cially if the abdominal muscles are weak. With flexibility training, I teach my clients how to release tension in those tight areas so their bodies can move in the most efficient way. Reducing tension in the muscle is essential for building strength in the opposing muscle group. A tight back muscle may limit the training of the opposing abdominal muscle. If this is not given attention, over time this can produce pain and injury to the body.

A tool I use with clients to release stress and tension in muscle is called Self Myofascial Foam. This inexpensive piece of equipment can reduce tension in most muscles. Similar to a deep tissue massage, the foam roll stretches muscle tissue by compression. Using the foam is different than static stretching in that the foam relieves the tension at the root of the tightness; it doesn't necessarily pull the muscle from where it originates. My clients can *feel* the

tension release from the muscle instantly.

Tony came to me and needed to run 2 miles in 18 minutes. At the time, he couldn't walk on the



treadmill more than 10-15 minutes at a time. His back and calves would tighten to the point where pain would require him to quit. When he began working with me, he could walk for about 6 or 7 minutes until the muscles would tighten up. At that moment, I had him get off of the treadmill and roll his tight muscles on the foam. Once the tension released (2-3 minutes) he would get back on the treadmill to continue his workout. We did this process for an hour. He was

amazed that he could spend that much time on the treadmill.

What he

learned was a method to manage muscle tightness which allowed him to reach his goal. Incidentally, he only needed to foam his muscles 2 times in the second session! It is amazing how the body responds when we listen and take care of it. Whether you have had an injury and the muscles are tight to protect that area or tightness exists from an over or under use of a muscle group, foam rolling can release energy held in the constricted area.

I had mentioned earlier that strength can be restricted if the opposing muscles are tight. As you relieve the body of stress, you are able to strengthen the body effectively, moving through a full range of motion. Strength training is the third component in empowering yourself physically. Proper form and technique is essential to building lean tissue without creating muscular imbalances and/or injury to the body.

We are only as strong as our core. Strengthening the core of the body, (stomach, back, shoulders and hips) and the core of a joint, is a key in creating a healthy lifestyle. If the shoulder joint is not strong enough to maintain its

stability while the muscles connecting to that joint are being utilized, injury can occur. It is important to understand how and why your body holds stress (tension) and creates strength. The connection is both motivating and empowering.

Finally. We all have behaviors that keep us from having what we *really* want in our lives. Some use food for reasons other than to fuel their body, or have a pattern of inappropriate behavior that doesn't serve them anymore, yet they keep doing the pattern! As a Therapeutic Coach, I use tools and techniques to get those unwanted behaviors out of the way ecologically. It's about solving problems...at the root!

What if we could all be empowered to do what we really want in our lives?

It starts by asking, "What do I really, really want...today?" From there everything is possible!

The intention of my entire fitness program is to create an environment that combines the four elements of: Cardio Training, Flexibility Training, Strength Training, and Therapeutic Coaching. I empower my clients with skills to lose fat, relieve pain and tension, and gain strength intentionally. That is what *So Connected* is all about.

Stacey Ostendorf

Stacey is a Personal Trainer and Therapeutic Coach, who helps people connect with themselves to create a more intentional life through health and fitness. She is certified in Personal Training and Senior Training through NASM; Group Training through ACE; and as a Therapeutic Coach through the Meta Institute. She and her partner Doug are also raising their seven children with perseverance, creativity and joy!

How to Become a Formerly Serious Person continued

expectation of others, by external authorities, by fear, repression and, at times, our own beliefs.

InterPlay is rooted in creating, in looking for the good, in play. The InterPlay atmosphere is one of ease and fun rather than struggle. We gain huge insights from the simplest of activities-learning through playing-and regain confidence in our ability to respond to the moment. We trust and develop our ability to listen to our inner wisdom.

We get to remember our innocence and playfulness that we all lived so easily with as children. InterPlay helps us to carry our responsibilities with more ease.



InterPlay builds confidence in our bodies and provides a refreshing alternative to unrealistic cultural images of physical attractiveness and fitness. InterPlay teaches people how to become embodied leaders and creative followers. InterPlay provides an easy way to process the huge amounts of information we take into our bodies everyday and invites us to explore important issues in new and creative ways. InterPlay emphasizes the power of affirmation for positive growth and change.

In a safe, supportive class environment, you get to practice incremental steps in inspiring your playful self through:

1. Walking, running and stopping
2. Moving our bodies
3. Using our voices
4. Stillness

It just plain feels good to do InterPlay. Reduce stress and regain balance in your life. Feel lighter, more playful, and remember how to breathe again.

Become a part of a community that supports you in what you want and need.

Welcome to a playful life!

Judith A. Froemming

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Having experienced their own healing through the modalities that they now offer, David and Ellen weave together their many skills facilitating a profound healing experience.

*Judith A. Froemming BA, CH, CTC
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Certified Master Therapeutic Coach
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**CHANGE YOUR MIND.
CHANGE YOUR LIFE.**
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