

Customers are saying:

“My experience was remarkable...the results were surprising. Zero Point along with yoga allowed me more tools in handling daily situations. I would highly recommend Anne-Marie. My sessions with her really have helped me a great deal.” Tricia D, Office Assistant

“Anne-Marie’s approach is comprehensive, diversified and compassionate. I eagerly look forward to my weekly yoga sessions with her... energetic but relaxing and peaceful. I have improved immensely in flexibility, mobility and calmness towards life.” June A. Health Professional

“Attending Anne-Marie’s raw food class changed my life. Now I am inspired, empowered and full of energy”. Teresa K, Realtor

“The other night, at the zero point workshop, I really had a breakthrough... I felt like during the session I was really freed.” Wendy B., Creative Director

“(I am) learning to relax, not to be a dead run all day long” Karen A., LMT

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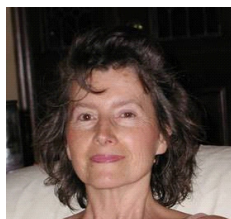
www.emergenceresources.com



Rev. Dr. Anne-Marie Derouault

Rev. Dr. Anne-Marie Derouault is the owner of Emergence Resources LLC. She has been practicing Yoga for 25 years. She was trained at the Academy of Yoga of Energy in Paris, France. She is certified in Kripalu Yoga; Amrit Method™ of Yoga Nidra; and Reiki Level 2. She obtained her Raw Live Food Intensive Diploma from the School of Living Arts (AZ) with Dr Gabriel Cousens. She holds a Masters degree in Psychology and a PHD in Linguistics from the University of Paris, France. After working as a corporate executive for many years, she now offers yoga, reiki, raw food education and coaching internationally.

For more information and appointments, call 321-431-5054 or email: annmaryd@earthlink.net



Dr. Anne-Marie Derouault is in Merritt Island, FL. She is available in person or by phone.



**Emergence Resources
LLC**

**LIVE YOUR LIFE
TO THE FULLEST!**

- **PERSONAL LIFE COACHING**
 - Stress Relief techniques
 - Healing loss and grief
 - Organize time and priorities
 - Conflict resolution
- **KRIPALU ENERGY YOGA**
 - Reconcile body mind spirit
- **RAW FOOD EDUCATION**
 - Optimal weight
- **REIKI HEALING**
 - Reiki Treatments

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Would you like to relieve stress and increase your energy? Do you need to reclaim your time and your life? Do you want to reach for your highest goals and fulfill your deepest purpose?

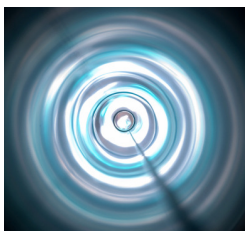
Emergence Resources, LLC, supports you with affordable and complementary services to establish a holistic lifestyle; break the momentum of stress; and dissolve the physical blockages and mental patterns that may be holding you back from your highest potential.



Stress Management

We design for you renewal strategies that help you manage your level of stress. You learn to find a place of calm in the midst of pressure. For example,

the Amrit Method™ of Integrative Relaxation offers a series of simple easy to practice techniques using body, breath and awareness to produce a deep state of physical and mental relaxation. You will then plant a personalized intention to resolve specific stressors or reach a goal.



Zero Point coaching, developed by Dr G. Cousens, helps remove the layers of concepts, thoughtforms, and emotional patterns that hide our original true nature. It

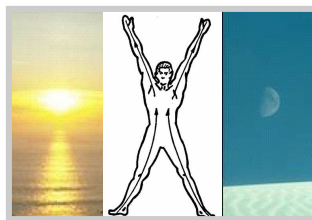
allows us to dissolve the past stories that encumber our minds to bring more joy and freedom into our life.



Raw Food Education

Increasing the proportion of raw living foods in our diet is part of a life giving and holistic process.

Not only can it change forever your relationship with food, weight loss and cravings, it is also a way to enhance the flow of vital life-force and support your whole being spiritual evolution. We offer personal assessment, demonstration, education and support during your progressive transition.



Yoga of Energy

is a complete and balanced yoga practice which circulates the sun and

moon energies in the body during postures. It uses polarities, consciousness and breath to open and recharge the major energy centers.



Reiki is a traditional energy based technique that may help reduce pain; decrease stress; and induce a profound state of calm.



Time Management

Discover and work with the “laws of time” and the patterns driving your attitudes.

Get concrete tools and practices to make your day to day time management efficient and enjoyable. Reclaim every instant of your life!



Communication

Develop harmonious relationships with your co-workers, partners and family.

Rates (subject to change)

Personal Coaching: Stress Relief, Zero Point, Time Mgmt, Communication

30 minutes: \$50

45 minutes: \$75

1 hour: \$100

Yoga-Relaxation Group Class:

Drop-in: \$10

6 sessions series: \$50

Reiki treatment: \$50

Raw Food education: \$50

- Metabolic assessment

Private Yoga Instruction: \$50 / hour