

www.lizjones.co

Fall Wellness News

Liz Jones Wellness & Yoga and Aaron Jones Massage

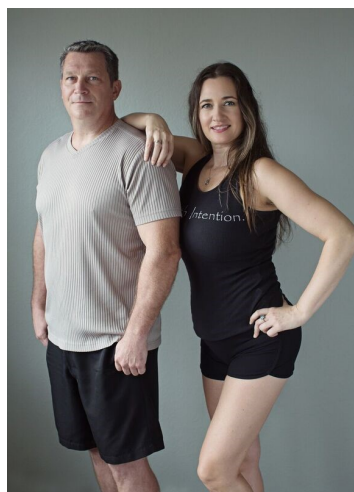
Ribbon Cutting

Ribbon Cutting and open house to be held Tuesday October 4, 4:30pm at Unity Spiritual Center 5502 Ben Davis Road (right off Hwy 78 across from Chamber) Sachse, Texas.

Liz Jones, BA, MAOL, RYT, CPT is a corporate wellness professional and owns **Liz Jones Wellness, LLC**, a corporate wellness program available to businesses in the Wylie, Sachse, Rockwall, Murphy and surround areas. Jones is a Certified Master Workplace Wellness Ambassador, personal trainer, certified yoga teacher, wellness and nutrition coach. She completed her undergraduate and master's degree at the College of St. Catherine in St. Paul, Minnesota.

Aaron Jones, LMT is a massage therapist and owner of **Aaron Jones Massage**. Aaron is a life-long resident of Wylie, Texas and was a well-known football player for Wylie High School class of 1989. He is opening a private practice in Sachse.

They live in Wylie with sixteen-year-old, Britney, three dogs, a mini pig and various farm animals. Liz's son Jordan is twenty-six-year-old



and currently lives in Wisconsin. Together they bring their passion and expertise for wellness and helping others to the work that they do.

Liz Jones has over 25 years of business experience and 20 years of experience in the fitness and wellness industry. She is a registered yoga teacher, a professional trainer and wellness coach along with an MBA in Organizational Leadership and Strategic Management. Jones has created employee wellness programs for various organizations. She has numerous articles appear in fitness and wellness magazines, newspapers, and websites.

Aaron Jones has 22+ years of experience as a massage therapist. He has worked with clients from celebrities to senior living facilities, YMCAs, government buildings, spas, chiropractic offices and rehab centers. He works

with private clients in their homes and is a caring and skilled practitioner.

Liz Jones was named one of the Top 100 Wellness Professionals in the nation by WELCOA- Wellness Council of America in 2014 and has worked with organizations such as the City of Mesquite and the JER Chilton YMCA. She has a background in non-profit management and has worked with domestic abuse shelters and helped to bring community wellness programming, housing and health resources to her community. She is currently in the process of establishing a non-profit that would provide services to those in need including disabled and elderly community members that cannot otherwise afford wellness services that they need.

She is serving on the advisory board of the Lillian Smith Family Violence Foundation whose mission is to protect children, women and men from the millions of child, dating, domestic and sexual abusers in the U.S through a variety of services and programs and will be partnering with them to bring an anti-violence platform to local businesses as part of a holistic workplace wellness package.

###

Volume 1, Issue 1
www.lizjones.co
Fall 2016

Special points of interest:

- Local yoga class for Wylie/Sachse
- Massage special for teachers and school staff
- Weight Management Class
- Corporate Wellness Programming
- Tropical Trout Recipe
- Empowering Your Life Through Yoga

Community Partners

Rock Fitness
<http://rockfitnesscamp.com/>

Unity Spiritual Center
unityspiritualcenter.info

Sunwarrior Protein
<http://lizjones.co/partners-guest-posts/>

Lillian Smith Family Violence Foundation
<http://liliansmith.org/>

Local Yoga Classes

YOGA CLASS

MONDAYS

6:00 PM

LOCATION: UNITY BUILDING
5502 Ben Davis Road
Sachse, TX
(just off of Hwy 78)

www.lizjones.co

Email liz@lizjones.co for more information

\$12 per class

Community members may pre-purchase a class series pass by month for a discount



Thank You Teachers

Teachers and school personnel- thank you for all you do. We appreciate what you do every day to educate and care for our children and in honor of your work, Aaron Jones Massage is offering a Back to School special. \$50 for your first massage with Aaron (must have school ID).

Take some time to take care of yourself and schedule a massage today!



Back to School Massage Special

For Teachers and School Staff ONLY- must have school ID.

**\$50 for your FIRST massage
Call Aaron at 214-662-1089 to set an appointment**

Weight Management Class

Weight management class is starting up in the fall. \$120 for 6 week group session.

Class includes private consultation, six group classes and support, private Facebook group.

Various meal planning options are available to fit your needs.

Liz Jones is a certified nutritional therapist and sports nutritionist. Contact Liz today to get more information .

liz@lizjones.co

Corporate Wellness

Do you want to be an employer that shows you care about your employees?

Do you want to be known as an employer of choice?

Do you want to control your health care costs?

Any size employer, from the smallest to the largest needs to address employee wellness and engagement.

We all know someone, whether it is ourselves, a family member, a friend, or a coworker, that has gone through a health issue while on the job.

Or maybe we know someone who has struggled with

their weight and would feel better and be more engaged on the job if they had better knowledge and planning skills on how to eat nutritious food. Maybe they would benefit from more energy and instruction on how to exercise.

Maybe you have employees who are sleep deprived and could use education on the dangers of being chronically tired.

Maybe financial wellness is an issue that your employees need coaching and support to live a better quality of life.

Or maybe you want to bring in chair massage to help your employees overall wellbeing.

Wellness and wellbeing have many different aspects

and layers. I can help your team grown stronger by helping you to identify your areas of need and to build a wellness program to meet your business and individual needs.

- Executive Coaching
- Wellness days
- Training your staff wellness team
- Ongoing wellness programming
- Lunch & Learns
- Retreats & workshops
- Yoga classes
- ...and much more

contact Liz Jones today (715) 684-9297 liz@lizjones.co to set up a consultation.

Tropical Trout



- *1 large trout filet or swai
- *sprinkle with turmeric, black pepper, crushed red pepper, marjoram, Braggs spice herb blend
- 1 can black beans
- 1 can diced tomatoes
- 1/2 can pineapple chunks in juice

Place fish in a pan sprayed with olive oil
Place beans to the sides of the fish cover with tomatoes and pineapple cook at 425 degrees 15-20 minutes

Gourmet taste, frozen pizza effort!



“What other people think of me is none of my business. One of the highest places you can get to is being independent of the good opinions of other people.” – Dr. Wayne Dyer



For more recipes and articles on health, wellness and empowerment, visit our website at www.lizjones.co



Join Liz Jones Wellness on Facebook <https://www.facebook.com/lizjones.co/>

*Liz Jones Wellness & Yoga
and Aaron Jones Massage*

www.lizjones.co

Phone: 715-684-9297

E-mail: liz@lizjones.co

*Serving those in need and creating ways to better our
community by helping organizations and individuals to
achieve wellness in their lives*



Empowering Your Life Through Yoga



Aaron & Liz

Some of the ways yoga can help you to feel empowered are by opening the flow of energy in your body. Different areas of your body are associated with different physical and emotional manifestations. For example the solar plexus area (aka 3rd chakra) is associated with emotions, empowerment and self-control. The heart (4th chakra) with accepting and giving love and

being compassionate, the throat (5th) with expressing your voice.

Yoga builds physical strength and helps to alleviate anxiety and stress and manage a busy brain. It builds confidence by both the physical aspects of yoga, as well as by the meditative benefits.

Poses like warrior pose, mountain pose, tree pose, Goddess pose and many others help us to feel personal power. Poses such as pigeon pose, easy pose, camel pose, wheel, etc. open up the hips and the heart, where we hold a lot of emotional congestion.

A good exercise to get vibration moving in your body is to chant "Om" (AUM). Without going in depth into the philosophy it is meant

to make us free from obstacles and connect with our practice.

A yoga teacher does not heal, but is the vessel that helps the student find healing and peace within themselves. Yoga is a tool for empowerment, for us to find our inner strength, our inner peace, our inner warrior.

Yoga may:

- *Increase self-confidence*
 - *Increase focus*
 - *Increase strength*
 - *Build resilience*
 - *Unblock energy*
 - *Improve posture*
 - *Bring difficulties into perspective when we are able to look at it from a meditative, detached, perspective*
-