



Generation Regeneration Archives Available

**October 25th 2016: Encore: Transformation and
Regeneration from the Inside Out**

Transformation and Regeneration from the Inside Out will feature 2 innovative holistic healers: Shanti Medina and Lisa Wimberger. Shanti created the Body Current® modality that combines yoga therapy, neuromuscular exercises, and mindfulness. In other words, Body Current® works with the body to transform the mind to resolve issues like trauma and pain. Lisa founded the Neurosculpting® Institute, and teaches a patented fusion of neuroscience and meditation that helps individual control how they perceive situations and therefore better manage stress and trauma. Neurosculpting®, then, focuses on n

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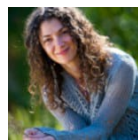
Featured Guests



Shanti Medina

Shanti Medina, CYT CPT CNSF is the founder of Energize training systems and Body Current® therapeutics and assists her clients in resolving trauma, pain and dysfunction through neuroplasticity and neuromuscular conditioning. She empowers her clients and students in discovering their innate mind/body intelligence through an integration of somatic therapy, sensory perception and yoga therapy techniques. She is the Marketing Director for Give Back Yoga Foundation and is on the teaching faculty at the Neurosculpting® Institute as well as the 500-hour Yoga Teacher Training program at Samadhi Center for Yoga in Denver, CO. Shanti facilitates women's authentic leadership retreats and co-creates

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Lisa Wimberger

Lisa Wimberger is the founder of the Neurosculpting® Institute. She holds a Masters Degree in Education from the University of Stonybrook, NY and a Foundations Certification in NeuroLeadership. Her work draws upon her background in medical neuroscience. She is the author of "New Beliefs, New Brain: Free Yourself from Stress and Fear," and "Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness." As the Founder of the Neurosculpting® modality Lisa runs a private meditation practice in Colorado teaching clients who suffer from stress disorders, and she is a faculty member of Kripalu Yoga and Meditation Center, and the Law Enforcement Survival Inst

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