

ARE YOU ACTIVELY SEEKING A HEALTHIER, MORE BALANCED LIFE? WELCOME TO **LIVING HEALTHY NOW**.

Through direct coaching, lectures and classes, holistic health practitioner Rob Reider guides you in connecting to the source of life as you gain an understanding of personal consciousness, experience health, know happiness, enjoy authentic relationships and build wealth.

ASSESSMENTS RECOMMENDATIONS TREATMENTS

For nearly 40 years, Rob Reider, a practitioner of natural medicine, has consulted on diet, exercise, dietary and herbal supplements, relaxation techniques and other holistic modalities. *Life Energetics* combines the breadth of these modalities to give you a new wellness tool. By applying the principles and practices of *Life Energetics* to your situation, Rob can assist you in making your mental, spiritual and physical wellness intentions a reality.

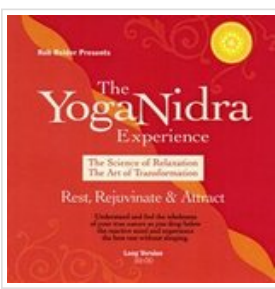


Rob offers these additional modalities, which can become part of your overall Life Energetics strategy:

- Yoga Nidra
- Tai Chi
- Massage Therapy
- Macrobiotics
- Healthy Cooking

Please take a few minutes to browse the website. Feel free to [contact us](#) with any issues we can help you address. See the [Calendar](#) for upcoming events, Individual appointments are available in person and via phone consultation or Skype: 616.299. 3371.

NEW! *The Yoga Nidra Experience: The Science of Relaxation, The Art of Transformation*



allowing you to create your own intention. At the end of the session, you will feel alert, refreshed and ready to enjoy your life. "This process helped me to focus on things in life that are important and let go of the non-essentials." ST, California

Download *The Yoga Nidra Experience: The Science of Relaxation, The Art of Transformation* with Rob Reider Now!!

Buy the download now for \$9.99.

Also available on CD for \$12.97!

"It is not what you know that hurts you and it is not what you don't know. It is what you know that ain't so." ~ Louie Armstrong

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