

Living Lighter Stress Reduction Program

Traditional wellness programs are based on machine-like behavior structured around a pre-defined set of measurements. Measurements make people feel boxed in and actually create more stress.

“UTUE teaches skills and guides people in their understanding and resolution of their polarity responses. As a person works to clear the negative feelings accumulated through life, a re-connection to themselves is opened bringing them fresh objectivity, clarity, and a sense of freedom.”

Julie Oswald, President, Oswald Foundation
The Oswald Family Foundation supports local and international non-profits to creatively foster healthy individuals, families and communities.

“It is so common for musicians trained with a classical approach to get lost in the musical culture of competition, comparison, jealousy and perfectionism. UTUE has been instrumental in guiding me toward finding my own unique musical voice and the creative vision to raise \$50,000 for my film Remembering Frederic.”

Pamela Howland, Classical Pianist, Professor, and Creator of Remembering Frederic: A Musical Conversation Between Chopin and George Sand



A Program that Works

We offer a variety of customized programs designed to fit your needs. Our four week introductory package includes:

Move, Clear, Meditate Workshops

- Interactive, dynamic workshops delivered as a lunch and learn or at times best suited for your organization.
- Story-based aerobic routine that incorporates our own brand of clearing to get rid of negative emotions.
- Teaches employees how specific foods can cause a wide variety of behind the scenes health problems they never thought possible.
- Uses meditation specific scenarios to help meet difficult deadlines, performance objectives, and productivity goals, while reducing stress.
- Is user friendly and practical for all ages and fitness levels - participants don't need to be on the floor or change clothes.
- Helps employees cope with mission critical aspects of their job they don't like.

CONTACT US

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Get Started

Schedule a free on-site demonstration. This demo gives you the experience of our unique approach to wellness, as well as an opportunity to explore how our program leads to greater employee well-being, improved productivity, and controlled benefit costs.

- The demo is free of charge.
- We will take the pulse of your business and customize a program to meet your needs.
- You will learn how our **Move, Clear, Meditate** approach is a powerful tool to reduce stress at the root level.

About Us

UTUE (Universal Truth, Ultimate Education) is a non-profit educational organization dedicated to developing emotional intelligence for professional and personal transformation. Our team of Coaches, Instructors and Therapists have over 40 years of experience teaching people how to develop their own internal resources so they can experience optimum external results.

We have helped thousands of people find their road to relief and better health. Call to get to know us and see how we can help your employees thrive.

“80% of workers feel stress on the job and nearly half say they need help in learning how to manage stress.” Attitudes in the American Workplace, Gallup Poll

Living Lighter Stress Reduction Program

If the stress in your life seems out of control, the Living Lighter Stress Reduction Program can help you. Learn the skills to reduce and transform the harmful effects of stress.

A Program that Works

The Living Lighter Stress Reduction Program is based on three principles: **Move, Clear, Meditate**. Because our program goes directly to the root cause of your stress, you feel light-hearted, joyful, and relaxed.

Living Lighter:

- Is an aerobic routine set to a story that incorporates our own brand of targeted clearing to get rid of negative emotions.
- Helps you cope with mission critical aspects of your job you don't like.
- Teaches you how specific foods can cause a wide variety of health problems you never thought possible.
- Uses meditation specific scenarios to help meet difficult deadlines, performance objectives, and productivity goals while reducing stress.
- Is user friendly and practical for all ages and fitness levels - participants don't need to be on the floor or change clothes.

Demonstrated Health Benefits

Living Lighter has a significant impact on the reduction of stress related symptoms with a positive affect upon:

- Muscle tension and pain
- Anxiety
- Fatigue
- Digestive problems
- Difficulty sleeping
- Chronic disease
- Unbalanced hormones
- Excess weight
- Overwhelming cravings
- Lack of mental clarity
- Negative feelings and emotions
- Lack of creativity

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Are you treating your body like a machine?

We teach machines to be like humans and humans to be like machines, but we never teach humans to be more human. Humans being human contains power and abundance that is not present in the machine-like world.

Do you constantly search for the perfect state of being?

We play the game to win at work, but playing the game all the time is toxic, making us feel heavy with negative emotional side effects. When you tap into your unique ecosystem you begin to access resources that are profound and infinite.



Get to the root problem of your stress and transform your life!