



Testimonies



"I have tried many yoga, meditation, healthy eating, and other mind, body, spirit classes, but nothing has impacted me as much as Romy and the Energize & thrive program."
- Sandie N.

"These are things that I've been wanting to do for a long time and being a part of this program has given me that push to practice those things more in earnest."

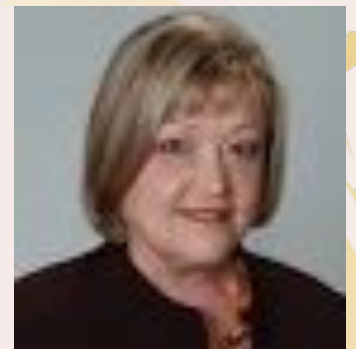
-Geraldine Pierre



"When the pandemic happened, I didn't want to fall apart and Romy created a space to optimize and thrive in our talents. Therefore, I didn't want to lose that opportunity."
- Gina Guillen

"What do you want your life to be like this time next year? How do you see that happening if you don't do this or something like it?"

- Donna W.



Meet a Member!



Geraldine Pierre
Health Coach

Why did you join the immersion and what was life like before the Immersion?

- ❖ I joined the Immersion because I don't feel energetic, although I am someone who thinks of herself as healthy and adopting healthy lifestyle, I don't feel optimal health.

What's Changed?

- ❖ A lot of things change. I am eating an earlier dinner and doing much less snacking in between meals. I also drink a lot more water than I usually do. I've been working really hard in sleeping earlier consistently to have a better morning. These are things that I've been wanting to do for a long time and being a part of this program has given me that push to practice those things more in earnest.

What's your biggest take away?

- ❖ My biggest take away is to have self compassion and to not give up. A big theme in the body thrive program is "Kaizen", small changes for good. So it's ok to take small steps and keep going. And if I feel like I slipped or if I feel like "Well I'm not doing all ten of these habits", I can remember that even if I'm doing one habit and I go back and build on that.. that's ok! We tend to be extra hard on ourselves and think we have to do everything. We can take small steps and keep going and keep making progress like that.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ I would absolutely recommend the immersion to anybody. In terms of time, it does take time but it's doable. Personally, one of my concerns were am I going to be able to keep up with all the reading? Am I going to be able to do all the things I am supposed to do? It is very manageable. Again, like breaking small steps. You can break the chapter into small pieces. Accountability partners help you to keep that momentum going. In terms of financial challenges, Romy works with you. And can be very helpful with that. to me I would try not let finance get in the way. If you are wanting to do this program and make changes in your life in a different way. I am a health coach myself and more verse in western self care. This is a great way of thinking about it differently. Especially finding ways to care of yourself and slow down is. a wonderful way to take care of yourself.



Meet a Member!



Gina Guillen
Yoga Practitioner

Why did you join the immersion and what was life like before the Immersion?

- ❖ When the Pandemic happened, I didn't want to fall apart. I knew Romy was doing this program, which is about automating your life so you can have space for your talents and what make you thrive. So that's the biggest reason why I joined the Immersion.

What's Changed?

- ❖ I focused on all the habits but going to bed earlier and waking up earlier to have me time before my two boys wake up, (and not the me time where I'm working or "working out") has opened up space for me to open up talents that I have. Doing things that I haven't done in a while and just automating your daily life has just been heaven sent.

What's your biggest take away?

- ❖ There's so many, but I think my biggest take away is in creating structure and focusing on alignment with self because it filters into my career and cultivates how that career looks. I worked on keeping it all in alignment with my durma, my path.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ Well, I've recommended to almost everybody that I know. With financial investments, you give what you get. Romy is always there to work with people. What is more important to you? Going to get Starbucks everyday or is changing life important to you. I mean that really what it comes down to. When mothers get upset about not having enough time, I tell them about this Program. It helped me create that space where I'm better mom, a better partner. Personally, I think it's really great for mothers because that's where I am, but I recommend it for them to allow more space in their lives.

Meet a Member!



Stephanie Wakeman
Physical Therapist

Why did you join the immersion and what was life like before the Immersion?

- ❖ The reason I joined the Immersion is because I've been looking for a program that could address physical, emotional and spiritual improvements. The combination of both the Ayurvedic lifestyles habits and conscious leadership skills was really attractive to me and met all the goals I was looking for in a single program.

What's Changed?

- ❖ I had a bad habit of a lot of negative self talk and Romy has been a tremendous positive influence and a really bright shining light in my life. She points out all of the goodness and helps me overcome a lot of the negative self talk and negative feedback I was giving myself. She not only helped me see the good in myself but in others as well. I learned how generating positivity within can bring positivity outwards. In terms of the mental block I was having, I've had to process my life forward and she's been a real force in helping me overcome that.

- ❖ In terms of lifestyle, I've been really good compared to the relative population because I am a physical therapist and I have a lot of knowledge in that area, but I was really still struggling with eating too much processed foods and having difficulty with too much snacking, using the wrong things to satisfy my cravings for salt and sugar and how to break that cycle. Through, her Ayurvedic habits has been very transformative in that way because it helped me to eat a little bit better and switch to a more plant based diet which I was trying to aspire to and having a hard time getting that into my daily routine. It's really helped to schedule in meditation everyday. I've been trying to become a bite more spiritual, introspective and reflective. This whole program has really sent me on a path to taking small steps to achieving those goals.

What's your biggest take away?

- ❖ There's lot, but one of them for sure is being in a community of people going through the same thing as me. I am not alone with these struggles and hardships. Having that camaraderie with others and that relationship building with others is huge. Another big takeaway is the self care is really key to growth and getting out of your comfort zone, trying new things and being open to curiosity. Doing that with others in a group is really empowering.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ The biggest block that I had into joining the program was the cost. I got over the cost pretty quickly when you start thinking about what's my copay when I go to a counselor to work these things out or avenues that'll cost money or smaller chunks of money that accumulate overtime. I asked myself, "was I really commit to something for an entire?". It was already tough for me to commit to something for a week. I had a hard time getting over that but I am really glad I did. It is a commitment but getting into it really reveals how much a commitment can open up other avenues of your life. Instead of it being a commitment, it something I now look forward to. Seeing everybody brings energy and fulfillment in my life and that can create more time.

Meet a Member!



Ann Kerr
Librarian

Why did you join the immersion and what was life like before the Immersion?

- ❖ With just watching Romy and seeing how much energy she has, I thought this would be a good idea. I am entering my 80th year this year, naturally I am going to have less energy but I wanted to keep up with what I can do. I wasn't sure what was included in the program but I figured whatever Romy was doing that it's going to be good because she's such a great leader. It has proved to be the case almost everybody who joined has had some positive experience and has made some small changes and sometimes major changes. I believe we're all fairly happy and satisfied with it.

What's Changed?

- ❖ I've never drank so much water in my life. We focused on going to bed early, having an early light dinner, and drink a lot of water, which made a very positive change in my digestive system. I managed to do 2 out of the 3. Going to bed is still tough, I am a serious reader late at night and I did not want to stop, but I decided that I will just do it because when you make a commitment like that you have to just start. I did it and it really worked, which surprised me. What was Important was taking small steps until you can actually do it. I've succeeded into having nutritious meals, which I did before but now it's a daily routine. I'm meditating longer each day which is excellent. I had committed to do that but I haven't actually done it until we had to report every week back to Romy. So that made a difference.

What's your biggest take away?

- ❖ Making a commitment and sticking to your commitment. Self reflection, knowing what your truth is and speaking out your truth and even listening carefully to others. Most importantly, being at ease with yourself.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ You're making an investment that will pay off the rest of your life. If you're looking for a very strong, vibrant leader, who will make sure that you are accountable and make those changes and have fun while doing it, then look to Romy because she is that person.

Meet a Member!



Sandie Nicholson

Why did you join the immersion and what was life like before the Immersion?

- ❖ I joined immersion because I was feeling very unsettled in my life: recent loss of parents, recent empty nest, sleeping problems, very low energy, anxiety, difficulty focusing, difficulty eating – weight loss, menopause issues, searching for new purpose due to Covid, negative self judgement and stress with some relationships.

What's Changed?

- ❖ I sleep 100% better and go to bed much earlier and wake up earlier, I have more energy, I prioritize my self-care, I understand the importance of taking care of myself to take care of others, I have a meal plan that works better for my body with timing, mostly plant based, and healthier, I practice self-massage on my feet before bed, drink a lot more water, I meditate daily even if for only few minutes several times a day, I am more aware of how my body feels and giving it what it needs, I listen to my heart for first time ever, I remember to Kaizen the habits daily and not be critical when good habits falter, and I start the day right with yoga, meditation, healthy meal, hot water, and walk outside.

What's your biggest take away?

- ❖ It's great to have a plan that really works to be healthier in mind, body and spirit. Life can always change and cause problems, but going back to "the plan" and having the incredible weekly support and guidance from Romy and other participants, make it so much easier to deal with these changes and continue to thrive.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ I would highly recommend the immersion. I wish I had done it 30 years ago. It has taught me so much about how to care for myself to truly Thrive and really has been life changing for me. I have tried many yoga, meditation, healthy eating, and other mind, body, spirit classes, but nothing has impacted me as much as Romy and this program. The year-long immersion with weekly meetings is not an overwhelming commitment and the support, knowledge and experience sharing really help solidify the habits. The relationships you develop with other participants and Romy are incredibly helpful and make the journey extra special. There is no better investment in time and money to help yourself for a lifetime of habits that will help your body, mind, spirit and your relationships. The book is a good start, but you learn so much more from the classes, videos, sharing experiences, and Romy's incredible wealth of knowledge and encouragement. The year-long immersion truly teaches you how to be a better person for yourself and others.



Meet a Member!



Donna Wolfe
Librarian

Why did you join the immersion and what was life like before the Immersion?

- ❖ I joined because Ann Kerr suggested I join. I trust her implicitly, and if she says something is good, I believe her. I was feeling like I was in a rut and not doing much to get out of it. If Romy could teach me how to set new healthier habits, I was open to learning.

What's Changed?

- ❖ I am taking more responsibility for my actions and especially for my health.

What's your biggest take away?

- ❖ Reverse engineering of habits to get the result you want and "Kaizen." Where you are is exactly where you are supposed to be. You don't have to make big changes. Make small changes in a positive direction.

Would you recommend the immersion? What would you say to someone who is on the fence?

- ❖ For some people. This does not happen overnight. What do you want your life to be like this time next year? How do you see that happening if you don't do this or something like it?