

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

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FOR THE HEART PATIENT AND THEIR FAMILIES

## Supporting Heart Health with Breath Work and Gentle Movement: A Yoga Practice with Essential Oils.



**M**argie Deutsch Lash has worked in education and the health and wellness fields for over 30 years. Using natural solutions to create conscious wellness has been a part of her life for decades. She is the co-owner of WHOLEistic Life, a company that supports people in improving their quality of life through healthy nutrition and lifestyle choices including yoga practice and essential oil use.

Margie feels so fortunate to be able to bring all of the things she loves together with her work as a yoga teacher

and Wellness Advocate with doTERRA.

Margie is also an International Board Certified Lactation Consultant (IBCLC), a Master's prepared educator, a Registered Yoga Teacher, a bodyworker (employing Reiki, Craniosacral Therapy and other energy modalities), and an essential oils educator. With this unique combination, Margie provides a full range of services to her clients including yoga for special populations, spinal oil applications and body treatments for a variety of situations.

She is a published author having been a columnist for **Paths of Learning**, a learning journal and is co-author of a book entitled *The Stone Age Baby in a Techno Society*.



*Don't forget the program starts at 7:00 pm, Wednesday  
October 21st at the Conference Center.  
Come early for a seat as the program is always very popular  
and the public is invited. Refreshments start at 6:30 pm.*

**Location:**  
*Mission Hospital Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA*