

Françoise E. Netter

Yoga

Useful Products

Classes and  
ServicesMovement for the  
Mind™Meditation and  
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## Useful Products

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### Redress Your Stress

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This CD offers powerful and practical tools to prevent and manage negative states and situations into positive productivity and joy. Professionals, athletes, students, parents and anyone else who has practiced these exercises and relaxation techniques come from all areas of their lives.

**Redress Your Stress** is designed to offer you the following benefits:

- ◆ Healed and reduced body pain
- ◆ Improved concentration and clarity
- ◆ Reduced anxiety
- ◆ Better breathing habits
- ◆ Improved relationships
- ◆ Increased vitality and health
- ◆ Weight loss
- ◆ Achievement of Goals
- ◆ Feeling more centered and grounded in daily life
- ◆ Feeling relaxed and increased energy

*Redress Your  
Tools for managing stress*



with  
*Françoise E. Netter*

This page is a sample of the client's old Web site. The last page shows the new site, designed and developed by Philip Tobias. The in-between pages show some of the design mockups Tobias created (after client had already chosen the basic look):

#### Project and design requirements for new site:

- Make new site easily maintainable by client
- Add full-featured blogging capabilities
- Add recent Twitter stream to homepage
- Provide online ordering of products and services
- Replace outdated HTML code and inline styles
- Furnish editing and copywriting as needed
- Provide basic search engine optimization (SEO)

For more information on the full range of Tobias Web publishing services, visit [www.PhilipTobias.com](http://www.PhilipTobias.com).





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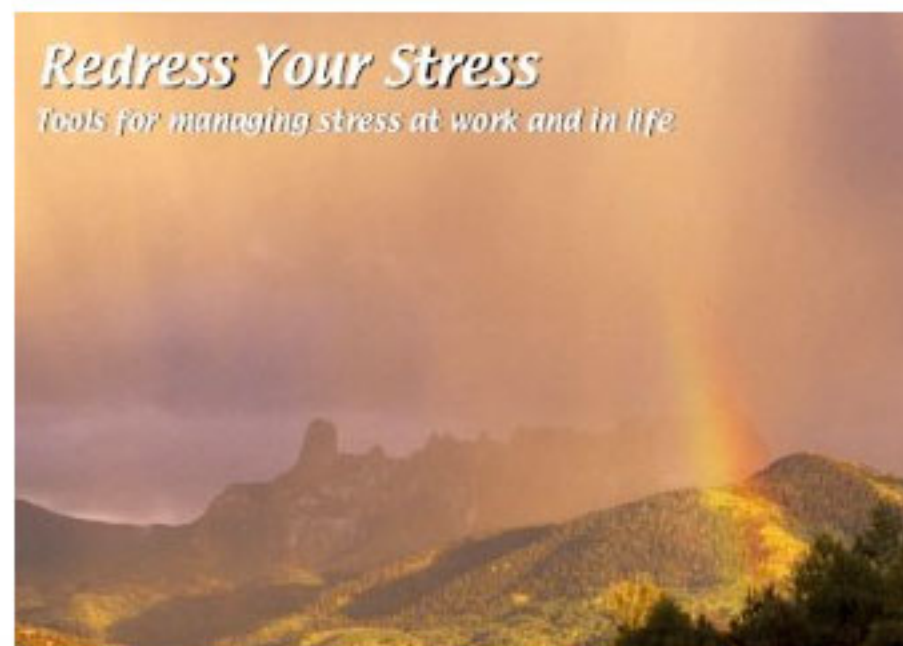
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Weight loss

### *Redress Your Stress*

*Tools for managing stress at work and in life*






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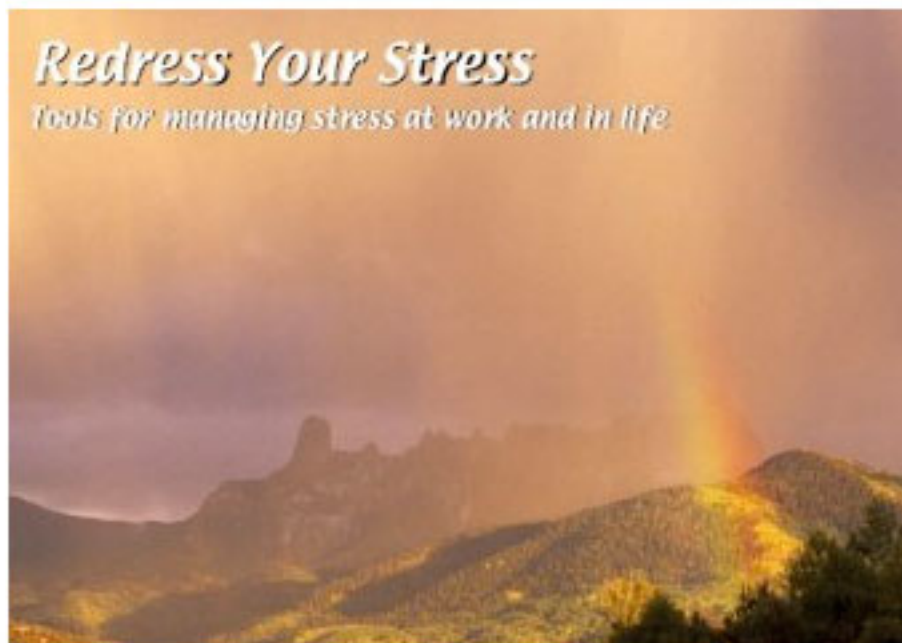
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*Tools for managing stress at work and in life*






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# Body/Mind Dynamics

*"Empowering integration that lets you overcome stress"*

## Redress Your Stress

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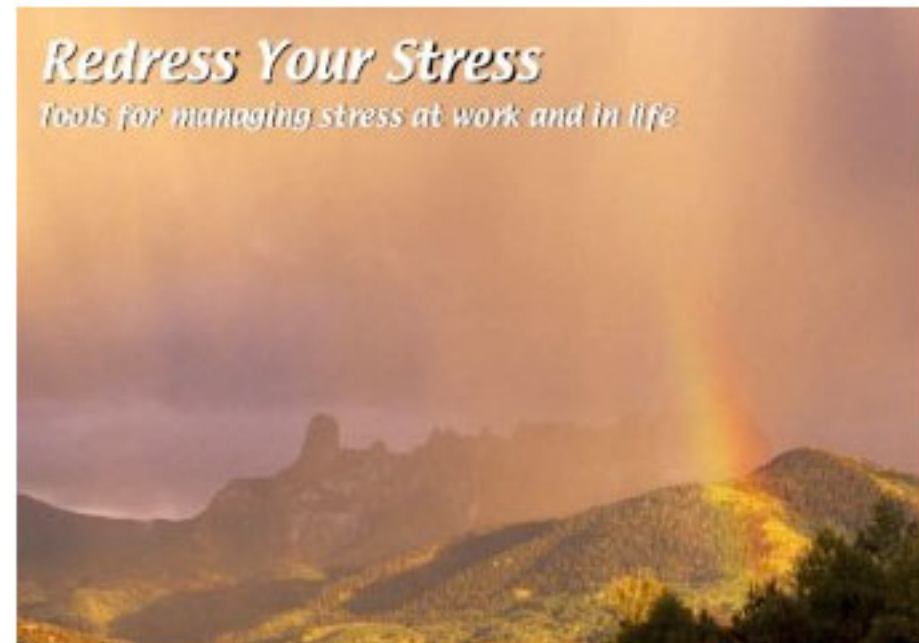
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### Get Involved with Body/Mind Dynamics

Through her company, Body/Mind Dynamics, Françoise Netter teaches her philosophy of movement and body/mind approach as a path towards mental health, physical well being, emotional growth, and spiritual integration.

*“To explore who we are and to share the depth of that authenticity with the world is indeed our greatest birthright. That exploration will lead us to embrace both the right and the left brain and to incorporate mind, body, emotion and spirit into our work, relationships and life.”*

*– Françoise E. Netter*

### CDs for Actualizing Balance, Integration & Conscious Creativity

Redress Your Stress

Redress Your Stress: Tools  
for Managing Stress at Work