Mastering Mind-Body Wellness: Yoga, Trauma Healing & Meditation | Beth Shaw | Ep. 36 Transcript

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Podcast Introduction and Guest Welcome

The second leading cause of death is, oops, doctor made a mistake, Dr. Error. So I think the more you can stay away from conventional medicine, the healthier you're going to be, because that is a very broken system.

Meet Beth Shaw, founder of YogaFit and a pioneering force in mind-body education. With decades of experience, she has transformed the way we approach wellness and yoga, authoring several best-selling books that inspire millions.

Get ready for an insightful conversation. Tell me a story of how powerful the mind is. I will just say personally I've healed myself very quickly from sprained ankles to urinary tract infections using meditation.

Most people don't even realize they have a body until something goes wrong and then they a wake up call. What is guided meditation versus just regular meditation?

A guided meditation listening to someone guide you through a series of relaxing exercises or visualization cues. Every young girl 13 to 18 should be going to lift weights and feel strong because if you feel like you can kick some ass, life is going be very different for you.

People would always think that yoga is just for like females. Half our students at our Be Yoga Fit studio in Lauderdale by the Sea are men. What is the reason that most people seek yoga for the first time?

I think that people see it for… Welcome to another episode of a healthy point of view podcast. I'm your host Sam Tahara. Today we have a guest. This is a person who's not just an expert.

It's a. Person that creates experts in the mind body connection. She is. A published author of multiple books. Recently she had one book we're going to talk about that I am so excited to.

Talk about. Um, she is one of the leaders, thought leaders in. The yoga business today we. Have Beth. Shaw, Beth, thank you for coming on the podcast.

Thanks Sam, it's a pleasure to be here. And the best part about it is that we have people flying from all over the world and you're right here in our backyard.

So today we're gonna be talking about the mind-body connection. You have so much expertise when it comes to the body connection, and it's so important for us to actually make this a priority when we talk about our health.

Some people are so focused on just nutrition, which yes, it is important, right? And then all of these other biohacking things that we do that you see at Liquivita, I just found out you come to our Liquavita.

Mind-Body Connection and YogaFit Origins

But there's something else that I actually would actually put as even a higher priority, which is that mind-body connection. So let's talk about it. Well Sam, most people don't even realize they have a body until something goes wrong and then they a wake up call.

And at YogaFit we really focus on listening to the body so that you learn to listen to whispers before they become screams. Most times whether it's an illness, an injury, a special condition, we'll have an inkling that something is going to happen before it happens and we can take steps.

Um, so we really use the practice of yoga and other mindfulness techniques to feel into the body. And then also to kind of reset our bodies into a state of greater health and wellness, because the.

Body follows the mind. So we can use our minds to make ourselves well, to. Make ourselves ill and to, make. Ourselves everywhere in between. A lot of it is conscious choice that most people don't even realize that they have.

So, YogaFit, so you guys have the world's largest training platform for people that want to learn yoga and teach yoga, right? So what made you get into yoga?

Well, actually, when I was six years old, I suffered from horrible migraine headaches, childhood trauma, and I taught myself how to do guided imagery and meditation to cure the headaches.

And I grew up in a family where, let's just say, they were not that invested in what was going on with me. So somehow I figured out how do this guided-imagery meditation and cured myself of those migraines.

I've been practicing yoga poses since I as a child. And then I started, I've been working out since age 15 in the gym. And I then started a more formal yoga practice when I moved to Los Angeles after college.

That's gotta be really big in LA when it comes to yoga and health. Yeah, at the time it was just starting to get big. It was early mid-90s and it wasn't as big I took every type of class that I could and There weren't many teacher trainings at the time.

And when I went into the gym environment to start teaching, I really quickly recognized that no one was preparing instructors to teach in the jam environment, freezing cold rooms, a lot of distractions, people with multiple different levels, different injuries, um, Different sizes and bodies.

So I developed a style that I called yoga fit that really seemed to work. I trademarked the name very quickly. Um, and we started doing teacher training.

I think 1997, officially. Oh wow, you've been doing it for a while. A long time, yes, I'm a well-preserved dinosaur. I don't even think you'd be old enough to be doing that for that long.

Thank God for yoga, it keeps you young. That's amazing. So you mentioned guided meditation. Yeah. For the listeners, what is guided mediation versus just regular meditation?

A guided medication, your listening to someone, either from your phone or an app or whatever, you're listening to someone guide you through a series of relaxing exercises or visualization cues.

Maybe visualizing a light or a sound moving through your body. And maybe just visualising your muscles relaxing. Many people prefer a guided meditation because they don't have to think.

One of the things that gets in the way of meditation is the thought process, the mind. It comes and goes. So a lot of people like guided mediation for that reason.

I can relate with that. So years back, my business mentor, actually my medical side mentor Dr. Robert Willicks who unfortunately passed away at the age of 80. He was a former heart surgeon but went into functional medicine and Dr Willick was also a shaman.

And he studied with the natives in Peru. Oh nice. so he was huge into meditation. Yeah. and in my early 20s, he actually gave me this small, I forgot the name of it, but it was small green book that taught you how to meditate.

And I tried, I'd go into the closet and my brain was just always like, uh, um, always nonstop. And for me, it was like I'm, really trying to meditate, but I was feeling like.

Getting there, you know, wasn't getting to that Delta wave that they talk about. It wasn' until I actually started doing

guided meditation with a, with the device called brain tap.

Guided Meditation and Healing Through the Mind

Yes, I use the brain tap. I know Dr. Patrick Porter. Well, he's been on my podcast, Make America Healthy about three times. That's amazing. He's supposed to be coming on our podcast to work in communication with him.

So and I known I've worked on some projects with Dr Porter, very smart guy has a lot of research behind it. And we use it, Los uses it as well too here.

In that guided meditation really has changed my life. And recently I've been dealing with sciatica pain. And I told myself I'd been doing everything. I'm the wellness guy, right?

So I have access to everything, and I injected stem cells back there, I been doin' decompression, traction, things on an inversion table, you name it.

Got someone stretchin' me out a couple times a week, got a chiropractor. The most relief that I got was when I decided to just navigate the Brain Tap app.

right? And there was one for spinal decompression. And I went through that guided meditation and I got relief. That's awesome. I told myself, I said, it's amazing how powerful the mind is.

Tell me a story of how Well, I will just say personally, i've healed myself very quickly from everything from sprained ankles to urinary tract infections using meditation.

Wow. Yeah. That is so I mean, and obviously I started by curing my migraine headaches, which were really bad. So with YogaFit, do you guys do retreats?

Yes, we do. We actually have a conference coming up in Palm Springs next weekend. And we have one in Chicago in March, Arizona in July, and I think we're looking at something in Florida.

Maybe we'll do something together, maybe something in Florida in the fall. That'd be amazing. Yeah. Well, at first I gotta burst that yoga cherry of mine, right?

Yes. I got to get in there. So, you know, for years, not so much, but for year, people would always think that Yoga is just for like females. Yeah, half our students at our BeYogaFit studio in Lauderdale by the Sea are men.

And they're getting, I have one guy, he's got sciatic and very tight hamstrings. He's getting tremendous relief. Wow. Yeah. I love that. So, you know, and that's one thing that I've noticed that you're giving a lot more men coming in there.

and I got a lotta guys even from the fire department and these are your men of men, the macho men that are doing yoga because really there's more to just fixing your body with exercise.

There's a mind connection to it as well too. Yeah, and developing more awareness when you're in challenging situations is also very helpful. Strengthening your intuition, things that yoga gives us.

Sixth sense, if you will. Do you use any kind of music or frequencies as people are going through yoga? Oh yeah. I have several different playlists. Back when CDs were a thing, I produced over 200 CDs that are now living in some Spotify libraries.

And yeah, i'm always putting together different playlist. So I've recorded a couple of things myself. That's amazing. Yeah, it's fun. What's your favorite yoga position?

Oh, that I get asked that a lot. I'm going to say Warrior 2 because it's the logo for YogaFit and BeYogaFit. Nice.

You have to go with that if that's your logo.

So the book that you put together, the most recent book, which is talking about healing trauma. Yes. What made you write this book? I wanted to get a little bit more specific at YogaFit.

We have a program called Yoga Fit Warriors where we first started over 12 years ago with first responders and military veterans, helping them release trauma from their body without even having to discuss what that trauma was, Sam.

There are many exercises that release the vagus nerve and get literally get trauma out of the body. So we started again with first responders. And then as time went on, we got a lot of therapists, mental health professionals taking the course.

Then of course, during the pandemic, like everybody was taking in the chorus. I just saw the need for more people to be talking about trauma, how it impacts the body, how it impacts the mind, and how relationships work.

My first chapter in Healing Trauma with Yoga, there's the ACE test, Adverse Childhood Experiences test. It's a nine question test and if you score higher than five, were your parents incarcerated?

Was one of your parent an addict? Did you experience any violence as a child? You know things of that nature if you answer five or more You have trauma and then you look at this chart where everything from getting fired, divorce, suicide, addiction, all of these things come from trauma.

And so if we can start to understand it, mental health professionals obviously are very important, but we live in our bodies and trauma lives in out bodies.

The issues remain in the tissues. We have muscle memory. You've been working out for a long time, you could probably go a year without working and go back to the gym.

you'll probably be popping some muscles in two weeks or so because the body remembers. Body keeps score. So if we can work on at least becoming aware of where trauma is in our bodies, I've had friends that were war correspondents in Iraq and Baghdad go through our YogaFit Warriors training and be able to reduce their medication down to half.

So, you know, we've seen a lot of really positive results worldwide, not just in the US. That's amazing. Yeah.

Breathwork, Trauma, and Plant Medicine

You know what, when it comes to trauma, one thing that I've learned that, I participated in sort of mastermind groups where they do a And sometimes you go to some of these workshops and you think that you're gonna get some kind of information to help you grow your business or something like that.

And one of the ones that I went to, the information that got wasn't what I thought I was going to get. It was actually what needed, which is a great thing, I got the info that truly needed was what was holding me back on certain things when it comes to scaling the business was some childhood trauma.

So, and I know you probably see this all the time. When someone actually has a release of that trauma, you'd probably them succeed in different areas of their life.

Oh, they blossom. I mean, even people coming into class, their stressed out, maybe they got in a fight with their partner, or they've had a bad day. They literally leave so much brighter and clearer that you can see the shift in their energy.

Yeah. Energy. That leads me to the next thing. What is energy? Well, energy prana, you know, people call it different things. It's the field in which we're emanating.

I think some of it is just inherent that we are born with a certain energy, but I also believe we can cultivate and refine it. as we become more aware of it.

I'm from New York, I am a triple type A personality, and I run multiple businesses. And I always say thank God for yoga and meditation, because I would be really a nightmare.

Not that I don't have my moments now, it's not the panacea for everything, but it has made a big difference, especially meditation in me. keeping a fairly calm, most of the time, energy.

But that's something great that you're bringing up here. It's like being able to go through what you go though gives you that awareness. So when you get to a point where things become overwhelming or anxiety starts to kick in, you can go ahead and take a step back and calm yourself down.

And I think that's what's most important. It's like, there's certain things that we can't just get rid of, right? And it's about how you handle those situations when they come up.

One of the things I do is breath work. Is that something that you guys do a lot of? Oh yeah, we do lot a breathwork. Breath is life and breath is spirit.

So when people come into our studio, I tell them all you need to do is breathe and feel. And for many people, just breathing through the nose is something they need learn.

But I was just teaching a class this morning at 10. We had about 12 people in there. And I'm just so proud of everyone who's been coming to our studio.

We just opened the first Be Yoga Fit studio that will become a licensing situation down the line, but we just open in August. And so we have a lot of new people to the practice.

Just to see how everyone's breathing has improved in six months is amazing. The power of breathing and the power breath work, you can help regulate a lot of things for your body.

You can regulate your heart rate, your blood pressure, all kinds of stuff. How often do you recommend people to do breathwork? I mean, really a couple of times a day, different breathing techniques like breath of fire, which gives you energy is a great thing to do in the morning.

Alternate nostril breathing. If you're at work and you are feeling like your right or left brain dominant to balance the hemispheres. What's breath fire?

It's a very fast like inhale, exhale, inhale. Exhale, you breathe into the belly and it's like And then, yes, very short, and very powerful. Then you hold your breath, then you do it over again, you'll hold you breath and then do you it again.

You do about three rounds of that. It creates a lot of energy, a lots of heat. Also, if you make your exhalations twice as long as your inhalations, You induce the parasympathetic nervous system, rest and digest.

So you can literally take yourself out of fight or flight and into rest or digest just by making your exhalations as twice long your inhales. Yeah. So there is a truly a variety of different type of breathing techniques depending on what you're trying to heal or what your trying feel.

And I know sometimes when people do breath work they're squeezing and open up their hands. Yeah like Kundalini stuff. I personally feel a lot of relief when I go and have breathwork.

Have you done holiotropic breath? No, what is that? It was designed by Stan Grof and it's kind of a fast chest breathing done to kind a wild music. And if you do enough of it, they say I've done it a couple of times.

I did not have this experience, but they said it was almost like taking a psychedelic or plant medicine where you can really get into altered states. Oh, wow.

Yeah, I want to try it. Do you train on that or? I've done it a couple of times. I didn't experience what I have experienced in plant medicine or through other modalities.

However, I did have like later on in the evening, and I had a lot of emotions come up. So it was impactful, yeah. And I led groups before and sometimes you have to be careful because sometimes people have an anxiety attack.

You know, warning, do not try this at home. It's better to do these things with a trained professional to start with. Yeah, it's always good to have a coach.

You know, especially when you're doing certain things and you are dealing with certain traumas and even depression. You never know if you teach yoga who might have had a trauma.

They need to know where all the exits are. If you grab, you better tell them before you touch them. Because if they grab their legs, they're going to get reactivated.

So we teach a lot of trauma-informed yoga. Yeah, that's interesting. So plant-based medicine, I've noticed a lot of people that do yoga are also into a lotta the different plant based medicines that are out there.

And there's certain psychedelics and stuff. I like to microdose shrooms. It brings the most creative out of me. Some of my biggest business ideas have been from micro-dosing shroom.

Really? Yeah. Yeah it really has, it's amazing. You know I had a little time during the pandemic to experiment with a lots of things. I did micro dosing with mushrooms because it was a micro dose.

I probably didn't have that, but I also microdosed with LSD and I found that really good. Yeah, I had a lady on the podcast before PhD and she actually treats trauma.

With LSD. With the LSE. Yeah, I believe it. There was a woman who wrote this book called The Perfect Day and she was going through perimenopause or menopausal.

She was never sure when to take her hormones. she had four children, she needed to pull herself together. Conventional antidepressants weren't working for her.

So she microdosed with LST for 30 days straight and then she wrote a book about it and said it really changed her life. What other plant-based medicines have you experienced?

I've done ayahuasca over a dozen times. I'm scared to try that. So many friends, business mentors that have done it. Dr. Willix was big on it, and I don't know what I would experience.

But isn't that part of the joy? That's the thing. Part of that joy, I want to make sure I enjoy it! I will say, and I've done it about a dozen times, I never had a bad trip.

I had opportunities to do a lot of emotional releasing, to journal about every single relationship and friendship I ever had in my life and break them down.

I've had opportunities to do remote viewing where someone close to me was like at the Soho house in Istanbul and I knew they were there and saw what the SOHO house Istanbul looked like before I actually even went there.

And then I was, you know, I went, there was a guess that works. So I had lots of different opportunities for different experiences to meet spirit guides and the like.

And I don't know, to me there's something a little bit exciting about trying something where you just don, you really

don' know what the outcome is gonna be, but you will land closer to yourself, and one of the things I like the most about doing these different things, Sam, is that it strengthens that muscle where your able to bring yourself back to center more quickly.

And you have that trust in yourself to do that. For example, if you went out and you had too much alcohol or too many cannabis, you or you had too much stress or your feeling like you're about to have a mental breakdown.

You're able to bring yourself back to center and regulate your emotions because you have gone to the edges. And then you are able come back. Yeah, yeah, I hear this a lot.

Yeah. And it's trust me in my head is like, and I want to do it. But then I started and when you do, you'll go Why did I wait so long? Really? Yes. It's like I start hearing some of the stories like purging is actually good.

That means there's some toxins that you need to release. I had a friend we went down to Costa Rica for an experience that was medically supervised. and she was throwing up all night long, and I remember the shaman said, hey, is your friend, does she have a disease or an illness?

And I said no. And she goes, well, she might just be getting rid of one tonight. Wow. Yeah. I mean, they're people that have cured themselves of all kinds of cancers and things.

with plant medicine because often as you know, you get sick, there's a psycho-spiritual emotional reason why that happened. Maybe it's in your DNA from your grandmother, maybe it is something that has happened in this lifetime, or maybe its a lesson.

So I also believe that plant medicines is a very powerful way to get to the root cause of what's going on because usually we just treat the symptoms. And that's not the way to do it.

That's something that there's a lot of talk in the world right now about actually getting to the root cause, looking at your metabolic health, look at a bunch of other things versus just giving someone a pill to cure the symptoms, but the disease is still there.

So in your professional opinion, how important is it for someone to have a strong spiritual belief? I want to say that it's crucial, but I also just want say it is very helpful.

You know, we are in a chaotic world that doesn't make sense. I mean really, especially in this country, nothing makes sense anymore. Nothing they tell us makes any sense, you know we were told one thing about our health four years ago, now we're told something different.

So, I think that reliance on faith and spirit and trusting the universe is a great coping mechanism for people. You know, it was a Marx that said that religion is the opiate of the masses.

But spirituality is different than religion, and I thing spirituality something we find when we literally worship in our own bodies. When we practice yoga, when we're moving, dancing, working out, we are worshiping in the body temple.

We only get one body per lifetime. So it's our job and our responsibility to take best care of it as possible. I wish more religious institutions would focus on physical health, as opposed to making people sit for sermon and then giving them donuts and barbecue.

Spirituality, Yoga Philosophy, and Energy Centers

But for me, it's paramount to keep your physical health optimal, like you do with all the drips and IVs and various modalities, which I 100% believe in, but also to have some type of connection to spirit because it is grounding and in times of challenge it becomes sometimes the only crutch that you have.

You know, for me, I think the biggest thing, and I went a period in my life that, you know I grew up Catholic, And I come from a family that consists of Jehovah's Witness, Mormons, Catholic.

Family reunions were pretty interesting to say the least. But once I graduated high school, went into the fire department, For about five years, until like about the age of 23, had this sense of emptiness.

Almost like, Something was missing like almost like someone was dead. Yeah, but everybody was still alive all of my family members and everything And I really wanted to get a stronger connection with God, but it wasn't through the Catholic religion that I grew up.

I went to Catholic school also. So you know what I'm talking about. For me, it was just like, I would go to church, and I was looking at the time, like when am I leaving?

And it isn't until I actually started going to non-denomination church where I learned words. Christianity that comes straight out of the Bible was my connection to the higher power.

And I told myself religion was manmade, right? So for me, having that connection with the higher power, just as, regardless what it is, Having that spiritual belief, I no longer felt alone.

That's the beautiful thing about spiritual practices. You never feel alone, you never do. And, and I'll tell you today I can lose everyone around me which that would suck.

Yeah. But I know I won't be alone So for me, that's like very powerful to feel that way So all of these things that we're talking about This is something that having a good person to guide you during yoga, right?

They feed you a lot of this information Well, hopefully they do I can't speak to other instructors, but I just know that um, I Myself, when I instruct, I am continually guiding people into their body, into the breath, and to the benefits of the poses and also into energy centers, the chakras, also in the areas of body where they might be storing trauma.

Without getting too complex into that and also giving people positive messaging, you know Because they're in a very receptive state the style that we teach almost puts people in the hypnotic state we do about a 20 minute warm-up of Working the larger muscle groups with repetitive flow.

So you get into a state of entrainment where you're highly susceptible and then you start to feed people positivity and Remind them that they have the power over their physical body.

They have agency there. Their own best doctors, gurus, sages, and priests. And they need to, you know, not always outsource. You know we get a diagnosis we run to the doctor and we trust that this doctor with medical practice not perfection is going to take care of us and what you know people a lot of people don't realize that the second leading cause of death is oops doctor made a mistake doctor error right.

So I think the more you can stay away from conventional medicine, the healthier you're going to be because that is a very broken system right now. It is.

And there's a lot of correction that needs to done. Yeah. There's lot a corruption between the food companies and the pharmaceutical companies, and insurance companies.

That's big racket. And I do think that within the next few years, we're going to see a little bit of a shift. I pray. Yeah. My Make America Healthy podcast is all about giving people the power to take control of their own physical and mental health.

Yeah and you know the other day I had a gentleman on the podcast and he heals people, he does a lot of breath work and one of the things he stopped me and said I'm not a healer, I am a guider because the person has to do the work.

I can guide them in the right path, but if they're not willing to do the work, and that just stuck to me, I was just like, man, you know what? Most people that I deal with, they are guiders, the really not healers.

They lead them to heal. Yeah, yeah, that's, as teachers, we are just guiding people to themselves and their own intuitive healing power. I run these four week and eight week yoga lean weight loss groups, I can weigh them in every week, I tell them what to eat, come to yoga every day, do this exercise, but at the end of the day they have to do the work themselves.

And unfortunately not enough people want to the do work. When they do get sick again, handing off the authority to an outside party, whether it's a mental health professional or a doctor, is not always the right course of action.

Right, right. What is the reason that most people, in your opinion, seek yoga for the first time? Probably back pain, joint pain. They're feeling stiff, they're feelin' sore, their feeling inflexible.

I think that people seek it for that reason, but I also think it's probably a deeper spiritual calling that they are not aware of, that is guiding them towards themselves.

Because we all want to get to know ourselves. at a better, deeper level. And yoga's one of the best ways to notice what your self-talk is if you're cursing your tight hamstrings during the class, or you know, you are unhappy with your body in some way, which a lot of people are, to get comfortable in your own skin.

That is to me the biggest gift you can give anyone is the gift of their body to be able to move with ease and not dis-ease. Yeah, yeah. Are you starting to see more youth get involved in yoga?

Yeah we have a kids program at YogaFit, we had a teen program, a Yoga Fit Warriors program now for kids, 200 hour program. Because a lot of children, if they weren't traumatized before the pandemic, they certainly are now.

And at our studio we're going to be having some kids classes. We have people who have taken our trainings in their early 20s. or in college. I feel like it's so important especially at a young age because it it if you start learning these things from a younger age you're just gonna live a a better fulfilled life.

Exactly. You know? Yeah I started working out at 15 and I would just especially for women say that you know Every young girl, 13 to 18, should be going to lift weights and feel strong.

Because if you feel like you can kick some ass, life is gonna be very different for you. It will be. Yeah. I bet. So you mentioned earlier chakras. What are charkras?

Chakras are energy centers within the body. There are seven of them, starting at the base of the spine up to the crown of head. Each one represents a different thing, like the root chakra represents being grounded, your stability.

Second chakra is creativity, sexuality. Third chakra's your power center. The goal through our yoga practice is to get the energy moving up into the heart center, the throat center and the third eye.

the crown of the head connection to source consciousness. So they're represented by different colors, different sounds, and different aspects. Interesting.

Yeah. This is pretty cool. I'm going to show you really quick. My team gave me a little gift with a few different things. Part of it was this here. It has different energy stones.

When you get stressed and have some anxiety, you rub it. I've been doing that for the last few weeks. Is it helpful? It's very helpful.

Youth Wellness, Essential Oils, and YogaFit's Future

Regardless if it's doing anything or not, I feel it, but it supposed to hit all of the different chakras. That's amazing.

Yes, it starts a red at the bottom and works its way up.

Yeah. So that's pretty cool when you talk about the chakra. You know, I like it. I'm using it and if it's fixing and balancing out my shoulders. As long as you think it is, that's all that matters.

Exactly. So are you big into like the different energy stones and the frequencies that those stones have? No, just I haven't spent a lot of time around gems.

I know a little bit, but not that much. Yeah. Cause I don't know. A lot of people that do yoga, they have the different, uh, energy stones sometimes and they put them out.

I mean, I've got a PMF met at home with like amethyst stones in it. Um, What about like essential oils? Yeah, we're we begin to essential oil. So let's talk about the essential because I'm noticing there's a lot of these companies that sell the hotel collection scent and all of this stuff.

And some of the companies and I don't want to say that it's whatever name I just mentioned, but some companies, they put in some crazy chemicals. And that's the thing, like we do a lot of work with doTERRA at YogaFit, and a lotta their essential oils you can actually put.

In fact, I had some of the peppermint beads before I came in to kinda wake up. A lotta the essential oil that they sell, you could put in water and drink.

Oh, really? So they're non-toxic. So yeah, in dealing with essential oils, you want to make sure that you're dealing organic essential oil. Right. Yeah.

Especially if you are breathing that stuff in. Exactly. You don't want something that's going to create toxins and create all kinds of other issues in your body.

Just like, uh, sticking a glade stick in the wall. Or a car freshener thing in you car. It smells good, but it's not good for your health. What's the next big thing for yoga fit?

The next big thing that I am personally working on is we have a three-hour yoga for healthcare providers program that has successfully launched in Japan where one of my business partners from a program I did at Harvard owns three hospitals, two spa hotels, and has opened up the first diagnostic wellness hotel.

in Japan. He's got two yoga fit studios, one in his hotel and one one of the hospitals. And I've gone over there several times to lead this three-hour yoga for health care providers program because health-care providers, I think they say that 45% of them, Sam, in the next three years are going to leave their job.

And so, you know, they're obviously taking care of others before they take care themselves at that program. I'm really trying to find a partner here in the US that will help us beta test it in United States, maybe even someone here and Fort Lauderdale, because, You know you have to invest in your team.

and your team is taking care of others, so to prevent attrition and burnout and all of those other things, that's an important thing for me. Also, with the Be Yoga Fit Studios, we're looking at refining the model so we can license them, much like CrossFit licenses Crossfit.

I'd like to see BeYogaFit Studios everywhere. And I've got a non-profit called the Center for Conscious Healing. That I'm planning on doing some work on a little bit later in the year.

Nice. That's amazing. I love that whole Yoga for health care providers, you know that that's gonna be that That''s game-changing. Yeah, especially game changing if someone would take the risk and roll with this program And if you're listening to this and you work for a hospital or health-care system, You can email me at Beth at YogaFit.com.

Yeah, no, for real, but we'll get the message out there. And yeah, there's even a lot of healthcare providers on the

functional medicine side, which I think that's a good start on a functional medicines side because a lotta those healthcare provider are open to these type of techniques that you could do through yoga and learn and bring it to their patients.

It's not just about healing themselves as a provider, when you have the ability to heal yourself, Now you're doing it from firsthand experience where now you can bring it to your patients.

Yeah and that's why so many people take a yoga fit training even if they never want to teach because we learn best by teaching. Right. So we teach ourselves first and then we hopefully fall in love with it and want bring to others.

But like I mentioned mental health professionals are really taking a lot of our programs because they need to give their clients skills to use in those other 23 hours a day when they're not with their therapist.

Now you mentioned Harvard. Yes. So you went to Harvard? I did the OPM program which is for people who have businesses and basically it was like getting to go to College again as you know a middle-aged person which was really fun and I did a three-year program that because of the pandemic ended up five years, but I would spend three weeks there at a time and Usually was with around a hundred and seventy other business owners from around the world entrepreneurs and it was Really fun.

I highly recommend it OPM stamp owners presidents management. Oh, I'm technically Harvard alumni Because I wasn't much of a student when I was young and so Um, yeah, that's awesome.

I love it. Yeah, I'm gonna read more into that. So where can people find you? People can find me on Instagram at Beth Shaw Health. They can also find at the Be Yoga Fit Studio where I spend about six days a week.

BeYogaFitStudio.com. they can look at YogaFit. Com. Um, they visit my personal website at bethshaw. com. I love it. Yeah. And Beth, you got my word, I'm going to be there.

Im gonna hold you to that. Yes. Bring your whole team. Oh, we can make a special event. I like that. Maybe I'll go without them so they don't make fun of me and then bring them after that, but definitely I want to do it.

We're neighbors, you know, liquid Venus right there, right up the street. So we're going to make that happen. Wonderful. Look forward to that so Beth, if you can leave the listeners with one last thing, people that might be out there struggling with trauma, depression or anything, what can you leave them with?

I would leave anyone with something from my book, Yogaling, and that is to be willing to do whatever it takes to find relief and find healing. Just be open-minded, whether it's yoga, therapy, plant medicine, microdosing, whatever.

Try different things because there's a whole world of options available to you that you might not even know in this moment are available. Yes, I agree with that.

Beth, thank you. It was a pleasure having you on. Thank you very much. Alright guys, that was another episode of a healthy point of view podcast. Make sure you follow Beth, click on the links, learn more about it.

Guys, this is going to be fantastic when you take a deeper dive and understand that there's more than just nutrition. There's that mind body connection.