



Dr. Sara Smith
DPT, RYT-200, CHC

REAL LIFE CHANGE FOR CHANGE MAKERS

*Doctor of Physical Therapy, Certified Yoga
Instructor, Certified Wellness & Life Coach*

Dr. Sara Smith is an inspirational speaker who enjoys fostering experiences as opposed to speeches. She has been speaking and educating others on how to quickly improve their quality of life by using the latest neuroscience, mindfulness and pelvic floor research for over 15 years. By weaving in easy to follow processes, Sara enjoys getting over-scheduled, multi-tasking, "get the job done" women to move beyond their current stress and reach far into the possibility of "where can I thrive?" Specifically she focuses on the mind-body connection and how it can be skillfully utilized by any individual to build clarity, resiliency, physical strength, confidence and ultimately improve productivity. She artfully crafts a perceptive experience for her audience allowing all to come away with not only the motivation, but imperative tangible action, to immediately begin creating lasting lifestyle shifts.

Topics



Physical Strength in Action: Activate Your Core Confidence

Break free of stress, poor health and lack of productivity by learning the art of activating your core muscles and core intentions. Together we will activate your core by my step by step process to discover individual intentions which is the foundation to taking direct action for change. This is an interactive experience utilizes several researched modalities such as art, writing, yogic movement, core exercises and empowering breath techniques that can all become tools to create lasting lifestyle. This is also approved Continuing Education by Yoga Alliance.

Enlightened Communication: Living From the Heart

Do you want to learn to communicate more effectively and manage conflict with less arguing and more resolution? By learning the anatomy of the core, including the heart and the pelvis, the research can unlock a deeper understanding to innovative conflict solutions. We will connect the dots of the anatomy of the body to the art of communication so that you can learn the necessary tools to speak and act from a place of compassion, connection whether you are at work or at home.

How Stress Plays Into Urgency and Prolapse

Learn how stress, worry, overthinking, hidden fear and grief show up in the body as well as why this happens. There are steps you can take to create a new habit and break free of discomfort, urgency and prolapse that go beyond the usual physical exercises. Together, we will curate your own tailored action plan to prevent, or reduce physical symptoms using my specific mind-body approach. This is approved Continuing Education by Yoga Alliance.

Your Gut Microbiome Effects Business and Relationships: Nourish the Mother, Nourish the Child

(Can be tailored to mothers or women business owners)

Discover the connection between the gut microbiome, thoughts and physical characteristics as well as how stress that comes with mothering a business, a child or relationship effects the microbiome. You will learn a variety of simple, quick ways to nourish the gut and create a plan of self-nourishment for yourself, your business and family that will graciously spill over to others.

raving fans



Her well-informed yet accessible approach gave me some GREAT TOOLS for working toward my own personal well-being and fulfillment. I believe that people are most effective when they find their way...and Sara has most definitely found hers.

-BECKY

The combination of tools presented helped me integrate the concepts easily and the results have been powerful. I have been shifting into a more positive mentality, that anything I focus on is possible. The realization I had (setting aside the appropriate time for each priority in my life), has been coming to fruition. Sometimes the most obvious solutions are buried beneath resistance, and Sara's beautifully designed workshop and gentle intuition helped me uncover what had been holding me back. Sara led with heart and a light touch of humor that made this deep work feel both approachable and profoundly meaningful.

-SHEILA

ot to at least attend once to see what all the "awesome" is about. It's hard to put into words how much change has occurred within me in a few short hours. It's the motivation I have needed to engage with change.

-JOANNA



Join the movement that hundreds of other medical & wellness professionals, yoga teachers, women's entrepreneur groups and truth-seekers have already discovered. This is not your average motivational speech - Dr. Sara Smith is driven to create real change for change-makers.

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book sara for your next event

To Schedule Sara for Your Next Event, Contact Her Assistant, Kim Grass
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