

about beyond the bridge

beyond the bridge, based in New York City, is an Integrative Wellness Consultancy focused on the implementation of Life-Work Balance and Stress Resilience programs.

The stresses of everyday life naturally cause imbalances in our bodies and relationships. Reverse these imbalances by conditioning and strengthening your mental, emotional and physical resilience to meet the demands of day-to-day pressures in the 'real world' while retaining a clear perspective.

These natural, time-efficient and customized tools integrate seamlessly into the flow of your current work or personal environment with minimal disruption and without additional expenditures (gym etc).



linda shields, our founder, has 20 years of experience and success on Wall Street. Combine this with her strong organizational skills and 10 years of study and development of a practical system, and it's clear that Linda has a unique

understanding of developing programs that help to balance the demands and stresses of the business world.

We partner with our clients through integration and collaboration to create tailored, leading-edge, effective Life-Work Balance and Stress Resilience programs for corporations, small businesses, hospitals, high schools, colleges, hotels and individuals.

By offering Wellness Coaching, Wellness Techniques, Corporate Solutions, Hospital & Patient Care Programs, Individual Wellness Solutions and Pre & Post Natal Programs, we offer the resources to create a personalized wellness toolkit for every individual or team.



beyond the bridge®

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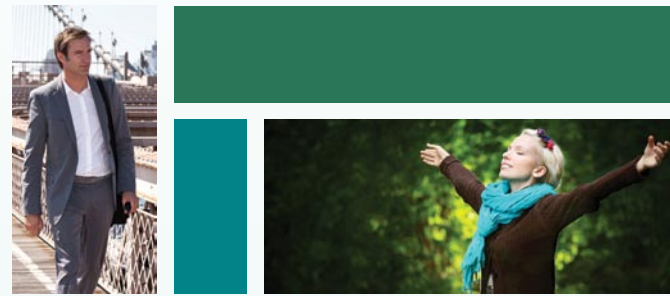
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beyond the bridge®



*Bringing wellness
and balance to
organizations
and individuals...*



wellness coaching

Wellness Coaching is for everyone. It allows individuals and health care practitioners alike to enhance the benefits of many traditional methods of healthcare by creating a personalized toolbox designed to keep it simple, sharpen decision making skills, reduce anxiety and experience more clarity and overall well-being on a daily basis. Learn to utilize quick tips to de-stress the mind and body, restore balance and strengthen your resiliency.

wellness methodologies

Naam Yoga® is a mind-body fitness yoga system that maximizes physical and mental exercise to promote optimal health and well-being, strengthening the immune, nervous, circulatory and digestive systems. It can be adapted to any environment.

Transformational breath brings awareness of the impact of your thoughts, habits and patterns, and clears negative thought patterns/habits over time.

Breathwalk® is a series of walks that release vitality, resulting in increased energy levels, clarity, connectedness, mood control, and relief from anxiety, depression and stress.

Relaxation stands for a release of tension and a return to equilibrium. Harmonyum® is a metaphysical system that works on the body energetically; it raises the vibratory frequency of the entire body, clears energetic blocks and shifts unhealthy patterns, creating a deep sense of harmony within.

corporate solutions

Corporations, small businesses, hospitals, high schools, colleges and hotels can enhance their existing employee wellness program or customize a new program tailored to their objectives. Programs to improve the productivity and clarity of any individual or team can be customized based on size, scope and organization type.

- Brain Power: Improve memory, focus and concentration
- Confident, clear decision-making
- Quick adaptability to changing situations
- Recognize opportunity and be prepared to act!
- Be present and fully engaged
- Enhance productivity
- Avoid burnout
- Companies save money

hospitals & patient care

Both patients and caregivers benefit from techniques that tap into the body's own innate ability to be calm, alert and emotionally clear.

- Reduce anxiety and increase comfort while going through surgery, treatments, and tests
- Speed up your healing process
- Promote Relaxation and Stress Therapy for Family and Caregivers
- Provide Relaxation and Stress Resilience classes for Hospital Staff

individual wellness

Life-Work Balance

There is no "one-size fits all" formula for a perfect Life-Work balance. Life can change from day to day depending upon our responsibilities and priorities. The right balance will be different when we are single or married, have children, start a new career or are nearing retirement.

Strengthen your Resiliency!

By strengthening our resiliency, we build a natural defense system against all forms of stress. The more accessible our resources are when faced with challenges, the better our ability to bounce back and regain a sense of normalcy. This holds true whether we are a business executive making crucial decisions under constant pressure or a student getting ready to take SATs.

pre & post natal

Align with your body's natural rhythms to deeply nurture yourself and your baby.

- Breathe, Move and Relax throughout your pregnancy in a safe and gentle way
- Bring a Calm Strength and Inner Balance into your life that is communicated to your baby
- Promote your Mental, Emotional and Physical well-being
- Establish a Spiritual connection with your baby through your thoughts, words, feelings and actions