

---

Cultivate the reverence  
for fulfillment & balance

Uncovering the highest potential in  
your **whole life** through discovery,  
assessment, agreement, and home  
play.

From **thought** to **word** to **deed** at  
a forward stride that is equivalent to  
a hike up a mountain,

**challenging and attainable.**

Teaching tools include:

Exercises in spiritual qualities, move-  
ment, writing, and natural self care.



Open the doors in your life

Body & Soul, Inc.

3546 Lake Elmo Ave N #2  
Lake Elmo, 55042

---

Phone: 651-779-7453  
Fax: 651-779-1818

---

# Life Coach

## Roxane Fogard

HEALING AND GROWTH FOR YOUR  
MIND BODY SPIRIT



Body & Soul, Inc.

# The heart of the matter

Leadership and Ministry Ordination  
2003

Certified Yoga Teacher 2002

Certified Breath Integration Coach  
2001

S.P.I.R.I.T. Graduate 2000

Certified Massage Therapist 1995

Other studies:

Body-Mind

Centering <sup>tm</sup>

Ortho-Bionomy <sup>tm</sup>

Body Voice



What waits behind  
those doors?

“Tell me, what is it you plan to do with  
your one wild and precious life?”

by Mary Oliver

## Welcome to my practice

Roxane Fogard is a business owner,  
massage therapist, yoga teacher, and  
educator who focuses on health and  
wellness in the St. Croix Valley.

Roxane is inspired by the fine arts &  
crafts, nature, and our inter-connected  
relationship to all life.

The values she uses in her coaching  
come from her spiritual studies in A  
Course in Miracles, The 5 Mindfulness  
Trainings, and The Yoga Sutra.

She has a practical and playful style that  
allows for the many creative ways that  
inspire the changes you want in your  
life.

## Foundation

Roxane is committed to whole health in  
all of its multi-faceted forms.

She utilizes her stress management  
knowledge as a foundation in the pro-  
cess, incorporating developmental move-  
ment patterns, sensory exploration, and  
re-patterning exercises to facilitate your  
personal growth goals.

## Essence

Trust

Honesty

Tolerance

Gentleness

Joy

Defenselessness

Generosity

Patience

Faithfulness

Open-mindedness



“In you  
is all of Heaven...”  
ACIM