



Grace's love of movement, laughter & life is contagious. Grace is a Jersey girl who landed in Jupiter, FL in 1987. After moving to Martin County in 1998, she began working at Martin Memorial Wellness Centers and had the privilege of starting the yoga program at the Stuart YMCA. Her five-year vision came true when she opened Grace Yoga in Stuart. A successful entrepreneur, teacher, wife and mother, she feels the currents of grace nudging her into the next chapter of her life. As a proud member of Toastmasters International, she has won several awards and is well on her way to becoming a professional motivational speaker! She is delighted to be in partnership with Jennifer and Peter Jones at StarStruck Performing Arts in Stuart and Scott Fienberg at Kula Yoga Shala in Jupiter. Together we believe that "Moxie" is a wonderfully new and fresh program for teens and pre-teens in our community.

**Trainings and Experience:**

- 35 years Fitness Professional  
AFFA, RYT, KYTA, TCA
- Entrepreneur
- Advanced trainings through Landmark Education in Self Expression, Leadership, and Communication.
- 500-hour Yoga Teacher Training including history and philosophy. Advanced continuing education courses in Yoga's approach to mind/body/heart connection and healing.
- Tai Chi for Health
- Recovery Yoga - Kids Yoga
- Member of Toastmasters International
- Motivational speaker for Hospice of Martin County and "The Movers & Shakers" Parkinson Caregivers.
- "Hearts & Hope of the Palm Beaches" group leader/counselor for children recovering from the loss of a parent or sibling.
- Passion to make a difference, one precious heart at a time.

**THE MOXIE METHOD**

*for girls ages 11-14*

**July 20 & 21, 2013**

**1:00 - 4:00pm**

*At Kula Yoga Shala*

***Investment: \$120***

*Kindly register at:*

*Kula Yoga Shala*

*www.kulayogashala.com*

*400 Toney Penna Dr. Suite F*

*Jupiter, FL 33458*

*561-216-5852*



**Please bring:**

**A journal & a fun pen!**

***MOXIE***

*Courage ~ Confidence ~ Wisdom*



*for teen & pre-teen girls*

*Moxie is the ability to face life's tough moments with courage and confidence!*

# MOXIE

*The Moxie Method* is an innovative and entertaining assertiveness training program for girls. Developed to encourage and inspire teens and pre-teens to discover and celebrate the best-version-of-themselves.

Founded by Grace Coffey, a successful entrepreneur, teacher, speaker and educator, *Moxie* is “reaching out” to teens and teaching them the merits of “reaching in.” *The Moxie Method* is helping young adults learn life skills that will enable them to walk through their fear to fulfill their dreams and goals.

Grace’s inspiration and self-empowerment techniques arise directly from her years of personal experience in constructing the “Moxie Toolbox” — everything you need to develop confidence, caring and self-acceptance in one simple package! She teaches by example, storytelling, movement and role-playing in a dynamic, creative, and refreshingly funny way! Her motto: "If it's not fun, I'm not interested." You can count on an uplifting, joyful experience in a safe space that allows your child to thrive!

**July 20 & 21, 2013**

**1:00- 4:00**



## Topics to Be Explored:

- How to discover your courage & confidence.
- Taking cliques and bullies in stride.
- How to believe you are a “10” - whole, complete and enough!
- Body/Self Image – How to manage the “inner critic” and treat your body with loving kindness.
- Public speaking secrets: How to get your butterflies to fly in formation!

**We will take a lighthearted, entertaining look at some of these serious issues.**

### Strategies and solutions will include:

- **Circle talk**  
Open, relaxed and completely voluntary.  
No pressure ever!
- **Role-playing**  
Acting out daily dramas with kindness and respect.
- **Yoga/Breathing exercises**  
Being excluded at lunch, doing poorly on a test, or walking down a crowded hallway adds stress. Yoga breaks down barriers and helps teens cope. Grace teaches how specific poses reduce stress and how deep conscious breathing creates calm and confidence.
- **Affirmations/Journaling**  
Fun, simple tools to use for a lifetime.
- **The “One-Minute Moxie Makeover”**  
A unique empowering life-long tool for success!

**Grace Coffey**  
[www.exhalewithgrace.com](http://www.exhalewithgrace.com)  
[grace@exhalewithgrace.com](mailto:grace@exhalewithgrace.com)  
772-631-8940



## Testimonials

**YOUR WHOLE LIFE CHANGES WHEN YOU REALIZE YOU ARE ENOUGH!**

*An energetic and radiant teacher, Grace Coffey has developed an instructional style based on experience, knowledge, and engagement. Reciprocal respect and integrity are practiced in every lesson. She is known for keeping the mood light, and the kids laughing. Forget the eyeliner and lip gloss, all else pales in comparison to the Moxie Makeover!*

Donna Cleary, M.A., M.Ed.

*If there is one fact I know about Grace, it is that she lives up to her namesake! Gracious in spirit, love and compassion, she abounds with an infectious playful energy that most dream of possessing. I have experienced nothing but top quality professionalism in her yoga classes. She is sensitive to the needs of her students and delivers instruction with ease, diversity and unconditional love. Grace is most adept at maintaining a presence with people that is inspirational. There is a difference between a "good" and a "great" teacher. Grace possesses that quality of "greatness" that no words can describe.*

Ginny Luther MS, LGA, CCDI  
Peaceful Parenting / Conscious Discipline

*Grace Coffey has always been an inspiration to me! Grace and I were co-workers at a Health Club in the 1980's. I was always amazed by her energy, focus, positive attitude and enthusiasm! She has that natural ability to "make things happen" for herself and, at the same time, inspire others to do the same! She is generous, loyal, and hilarious.*

Diane B. Anderson  
Burbank, CA

*Grace Coffey helped me overcome a bullying situation when I was nine years old. She taught me how to not be afraid and to stand up for myself. It only took her about 5 minutes to show me how to speak to "this boy" and she had me laughing so hard as we role played, that there was no way I could see the situation in the same way. Needless to say, "that boy" never bothered me again!*

Stephy Rae, age 15  
Los Angeles, CA