

Getting Fit in Body and Mind

Holly Maiz

Holly Maiz ponders the connection between the mind and body at the Bailey Tract of the J.N. "Ding" Darling National Wildlife Refuge.



by Greg Luberecki

Spend time talking with Holly Maiz about her work, and you'll likely gain a new awareness of what your body is telling you. "Our bodies are always giving us signals," says Maiz, the woman behind Sanibel-based BodyMindWellBeing. To help folks perceive those signals and more fully express themselves, Maiz offers personal development and fitness training that emphasizes the body-mind connection in order to increase vitality, enhance productivity, and achieve goals.

Fit and easygoing, Maiz makes concepts like "experiential anatomy" and "the body's natural intelligence" readily accessible. She's interested in some pretty esoteric stuff but presents it in a down-to-earth and demonstrative way. When she hunches over and says, "A lot of people manage the world by tightening up their organs and not really experiencing

it," you find yourself easing back and drawing a slower, deeper breath.

Diverse experience and education coalesce in Maiz's work. Training as a dancer and dance therapist fostered her appreciation for body movement, and certifications in psychotherapy and counseling plus a graduate degree in somatic psychology further inform her philosophy and techniques.

Through the early 1990s, Maiz ran substance abuse programs for adolescents at Southwest Florida Addiction Services' Vince Smith Center in Ft. Myers. She then traveled as a professional group facilitator before attending graduate school and working as a psychotherapist and personal coach in Colorado.

Last summer, Maiz relocated her private practice to Sanibel. "There's something about Sanibel that has really drawn me back to this area," she says. Maiz still

offers group facilitation and works again at the Vince Smith Center, but now she's focused on developing her personal coaching business.

Customers come from a variety of sources: seminars she presents, word of mouth, even impromptu conversations with strangers. The flexibility of her home-based operation allows Maiz to visit clients in their homes or at other locations. "I love to work outdoors," she says, "if that works for the person."

For Maiz, helping someone develop the connection between body and mind really gets at connecting with others. "People leave, even if it's after only an hour, and they feel better," she says. "There's a liveliness, and they can pass that on." 🐾

To learn more about Holly Maiz and BodyMindWellBeing, call 239/898-1047 or visit www.BodyMindWellBeing.com.