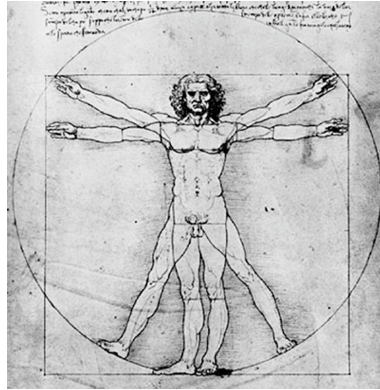


Mind, Your Body



The Spirit of Health and Well-being



A relaxing weekend respite to catch your breath and find your center of wellbeing

16th Annual

Fall Mountain Retreat Workshop

A Special Weekend of Personal Growth & Professional Development

The Sonnenalp Resort,
Vail, Colorado October 10-12, 2014

with

Brian Luke Seaward, Ph.D.

Inspiration Unlimited & The Paramount Wellness Institute • Boulder, CO

Important Workshop Information:

Please, Come Join Us... for a very special mountain retreat workshop...

- For seekers looking to unplug from the hectic “U.S. of Stress” and re-invigorate your human spirit.
- For all those ready to take the next step on their healing journey by unlocking the doors of the unconscious mind and creating the foundation for new healthy lifestyle habits
- For all those searching for the company of like-minded, spirited people.
- For people longing to relax, recharge and master the essential relaxation skills to live gracefully in an ever changing 24-7 society.
- For anybody ready to laugh, play, (even sing) with other fun-loving and forward-thinking people.
- For lovers of golden aspens, fresh mountain air, breathtaking vistas, and a relaxing mountain getaway.

This unique retreat weekend offers essential insights, coping and relaxation skills for both personal growth and professional development, honoring the harmony of mind, body, spirit and emotions.

Location: By popular demand from last year’s retreat participants, this retreat workshop will be held once again at the world-renowned *Sonnenalp Resort* in the heart of downtown Vail, Colorado, nestled in the majestic Colorado Rocky Mountains: <http://www.sonnenalp.com/>

Retreat Fee: The cost of the three-day retreat is \$350.00 (early bird registration). This event is limited to 35+ people. The registration fee includes a delicious continental breakfast buffet on Saturday and Sunday mornings and bountiful refreshment breaks and two great evening musical concerts. Upon receiving your registration fee, a confirmation letter will be mailed/mailed to you with details to help you make this weekend event most enjoyable. Last year we filled up early, so if you think you can join us, please make plans soon.

Lodging: The Sonnenalp Resort has reserved 10-15 rooms for retreat participants at an unbelievable conference rate of \$140.00/night (single/double occupancy—each room has a fireplace) and heated bathroom floor). This retreat includes a continental breakfast each morning and healthy snack breaks throughout the day. To secure a room you must call at least four weeks prior to the retreat, sooner if possible. (Please mention this event is sponsored by *Inspiration Unlimited*.) For information/reservations at The Sonnenalp please call (800) 654-8312 (www.sonnenalp.com). It is requested that all participants stay at the Sonnenalp to keep the workshop price reasonable (note that we have not raised our retreat registration fee in four years). Those seeking roommates to share expenses will be networked through us, just let us know, OK. Thank you!

Transportation To Vail: Colorado Mountain Express provides the best transportation from Denver’s airport (DIA) directly to the Sonnenalp Resort. Reservations are required for this service. Please call (800) 525-6363. The cost is about \$165 round trip. Vail is about a two-hour + ride from Denver International Airport. Rental cars are also available at Denver's airport. We recommend that if you decide to rent a car (and this can be costly), please make your reservation early.

Itinerary Sketch: We begin Friday afternoon at 2:00 p.m. with the basics on the topic of positive psychology and some wonderful insights and exercises based on the fundamental of mind-body-spirit healing. The rest of the evening is free time. We continue Saturday morning at 9:30 a.m. (Hatha yoga at 7 a.m is optional), with music, humor, several relaxation exercises, and more inner wisdom exercises. From 12:00 noon to 4:00 is scheduled as Free Time to explore Vail Village or the beauty of the Colorado Rockies! After this generous break, we continue with some specific relaxation techniques, followed by a shamanic journey, nutritional healing insights, visualization, mental imagery, and music therapy. After dinner, we'll enjoy a special concert of Irish music. We continue on Sunday morning at 9:00 a.m. with relaxation skills, activity exercises and good vibrations of all kinds, concluding at 11:30 a.m. Of course, if you can extend your visit, we encourage you to enjoy the mountain splendor of Colorado including Aspen, Breckenridge or Boulder.

Comments From Previous Mountain Workshop Attendees

“The weekend was an excellent time for personal renewal and I met several incredible people. Lot’s of positive energy.”
—Linda E., Sheridan, Wyoming

“I thoroughly enjoyed the workshop! Even your stories that I have heard before, get better and better!”
—Judy S. Denver, CO

“I mark my calendar every October because your workshop is my saving grace each year. Thanks for being you and the work you do!”

— Maureen J. Seattle, WA

“I thought the retreat was magical and I really appreciated the opportunity to meet other like-minded people as well as the chance to relax and be in the mountains.”
— Julianna U. Denver, CO

“Between Luke’s insights, relaxed teaching style and the majestic setting, I didn’t want to leave.” — Barbara H., Hartford, CT

“I needed a space to make some life decisions. Your retreat was the turning point in my life and I am forever grateful.”
— Jane D. Miami, FL

16th Annual Mountain Retreat, Vail Colorado

Mind, Your Body: The Spirit of Health

Friday, Oct 10th, 2014

- 1:30-2:00 p.m. Registration and check-in
- 2:00-2:05 p.m. Introductions (speakers, participants, etc)
- 2:05-3:30 p.m. Mind-Body-Spirit Wellness: The Whole is Always Greater...
- 3:30-3:45 p.m. Break (refreshments)
- 3:45-4:30 p.m. The Art of Stillness: The Gift of Silencing the Mind
- 4:30-5:30 p.m. The Art of Soul-Searching: Health of the Human Spirit
- 5:30-8:00 p.m. Dinner (on your own)
- 8:00–10:00 p.m. Evening Concert: Traditional Irish music with Jessie Burns and guests.

Saturday Oct 11th, 2014

- 7:00-8:00 a.m. Restorative Yoga (Yoga Light)..... optional
- 8:00-9:00 a.m. Breakfast Buffet
- 9:00-9:30 a.m. Free Time
- 9:30-10:30 a.m. Eating for a Healthy Immune System
- 10:45-12 noon Working the Pineal Gland: Evolving Your Consciousness/Conscience
- 12noon-4:00 p.m. Free Time (on your own)
- 2:30-4:00 p.m. Healing Video screening: Special Feature TBA (optional)
- 4:00-5:00 p.m. Special Topics in Mind-Body-Spirit Healing
- 5:00-5:45 p.m. Guided Meditation: Seeds of Light
- 6:00-8:00 p.m. Dinner (on your own)
- 8:00-10:00 p.m. “Evening Concert” with folk/jazz/blues singer/songwriter Dan Sebranek

Sunday, Oct 12th, 2014

- 7:00-7:45 a.m. Restorative Yoga: Yoga light.....optional
- 8:00-8:45 a.m. Breakfast Buffet
- 9:00-10:00 a.m. The Art of Mindfulness I: Practicing the Art of Stillness (Digital Detox)
- 10:00-10:15 a.m. Break
- 10:15-11:30 a.m. Raising Consciousness, Walking Between Two Worlds In Changing Times
- 11:30-11:55 a.m. Closing comments, Farewell

About Your Workshop Facilitator: Brian Luke Seaward, Ph.D. is one of the most respected experts in the field of human spirituality, stress management and mind-body-spirit healing. He is the author of several popular books including, *Stand Like Mountain, Flow Like Water, Stressed Is Desserts Spelled Backward, The Art of Calm* and *Quiet Mind, Fearless Heart* and *Achieving the Mind-Body-Spirit Connection*. For more information please visit www.brianlukeseaward.net.

Pre-Retreat Holistic Stress Management Instructor Workshop

2014 Level II (Refresher Course) Itinerary* 10 CE's (professional contact hours for nurses)

Thursday Session Oct 9, 2014

8:30 –9:00 a.m.	Registration & Re-acquaintances
9:00-10:00 a.m.	Hero's Tales from the Road: Collegial sharing, teaching tips from your personal experience (with more time allocated if necessary.....)
10:00-12 noon	NEW! Teaching the basics of PowerPoint/Keynote slide presentations (please bring your laptop with either software program)
12 noon-1:30 p.m.	Lunch
1:30-2:30 p.m.	Teaching Mindfulness Meditation
2:30-2:45 p.m.	Break & refreshments
2:45-5:00 p.m.	NEW! Special Topics in Holistic Stress Management <ul style="list-style-type: none">• Stress and the Enneagram• Healthy Boundaries Revisited• Teaching Mindfulness, Insight Meditation & Third-Eye meditation
5:00 p.m.- whenever	Dinner (on your own)

Friday Session, Oct 10, 2014

7:00-8:00 a.m.	Teaching the basics of Restorative Hatha Yoga for Chronic Pain
8:00-8:30 a.m.	Breakfast buffet
8:30-10:00 a.m.	NEW! Lesson Planning/Budgets Revisited: Planning a day-long event (small group dynamic brainstorming and planning)
10:00-10:15 a.m.	Break & Refreshments
10:15-11:30 a.m.	NEW! Special Topics in Holistic Stress Management (Financial Wellness)
11:30 a.m.-12:00 p.m.	Teaching Tips for Stress & Spirituality Revisited: Shamanic Journeying: Teaching the basics of Shamanic Journeying
12:00-12:30 p.m.	Closing Comments, Q&A, and evaluations
12:30-2:00 p.m.	Lunch (on your own)
2:00 p.m.	Start of the 16 th Annual Mountain Retreat Workshop: <i>Mind-Body-Spirit Health, Mind-Body-Spirit Healing</i>

* The intention is to cover all of these topics but will honor the interest and wishes of the participants in the complete holistic stress management genre.

AHNA Disclosure Statement: Brian Luke Seaward, Ph.D., is a presenter/facilitator for this activity. Brian Luke Seaward receives a salary and is employed by The Paramount Wellness Institute. His books and relaxation CD will not be openly discussed during the scheduled hours of this specific professional development workshop activity.

16th Annual Mountain Retreat... with Brian Luke Seaward
(Personal Growth and Professional Development Workshop)
at the world renowned Sonnenalp Resort • Vail, Colorado

-----REGISTRATION FORM-----

Name: _____

Address: _____

City & State _____ (zip) _____

Phone Number () _____

Email: _____

Pre-registration Fee (postmarked by:)

On or before August 20 th (Early Bird)	\$350.00
After August 20 th	\$495.00
Level II Refresher Course (Early bird By Aug 20 th)	\$275.00
After Aug. 20 th	\$395.00

Cancellation Policy: Prepaid fees are refundable minus a \$100.00 processing fee. Sorry, no refunds after 9-2-14. No credits.

METHOD OF PAYMENT: (Select one, please.... And remember checks are preferable to credit cards or Paypal. Thanks!)

1. _____ *Check enclosed (payable to Inspiration Unlimited)
2. Credit Card Number _____ . _____ . _____ . _____ Expiration Date ____/____ CVV Code _____
3. Paypal (please email payment via PAYPAL (go to Paypal.com) to this email address: Brianlukes@cs.com

Registration Fee: \$ _____

Please mail registration form and check to: Inspiration Unlimited • P.O. Box 18831 • Boulder, CO 80308. Fax registration form to: (303) 485-0034. For more information, please contact CANDY at *Inspiration Unlimited* (303) 678-9962 Tu/Th afternoons. Email Luke at BrianlukeS@CS.com

!!!!!!!!!!!!!!THANK YOU!!!!!!!!!!!!!!
Cannot make it this year? Please pass this along to a friend or colleague.

