

Achieving Work-Life Balance: Embracing Mindful Living



**18^h Annual
Mountain Retreat Workshop
Personal Growth & Professional Development**

Rocky Mountain Park Inn,
Estes Park, Colorado October 16-18, 2015

With
Brian Luke Seaward, Ph.D.
Special Musical Guest, Dan Sebranek

WORKSHOP INFORMATION

YOU ARE INVITED... To a special mountain retreat workshop...

- For seekers looking to unplug from the hectic “U.S. of Stress” and re-invigorate the human spirit.
- For all those ready to take the next step on their healing journey by unlocking the chains 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 anyone ready to laugh, play, and sing with other fun-loving and forward-thinking people.
- For lovers of aspens in autumn, mountain air, beautiful vistas, and relaxing getaways.

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

Retreat Fee: The cost of the three-day retreat is \$375.00 (early bird registration). This event is limited to 30 people. The registration fee includes a delicious continental breakfast buffet on Saturday and Sunday mornings and bountiful refreshment breaks. 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.

Location/Lodging: This retreat workshop will be nestled in the majestic Colorado Rocky Mountains at the door of Rocky Mountain National Park.

Rocky Mountain Park Inn (www.rockymountainparkinn.com)
101 S. Saint Vrain Ave. • Estes Park, CO
(800) 803-7837

The Rocky Mountain Park Inn has reserved fifteen (15) rooms for workshop participants at a special conference rate of \$99.00 per night (single and double). To secure a room at this rate you must make your reservation three weeks prior to the event. (Please mention this event is sponsored by Inspiration Unlimited). For information/reservations please call (800) 803-7837. It is our simple request that all participants stay at the Holiday Inn to keep the workshop price reasonable. Those seeking roommates to share expenses can be networked through us. Thank you!

Getting to Estes Park: If you are coming from out of state, you want to fly into Denver’s International Airport (DIA). From here you can either take the Estes Park Shuttle or rent a car. Estes Park Shuttle (970) 586.5151 provides transportation to and from Denver’s airport (DIA) for a RT fee of \$85. Reservations are required. Driving: From all points south of Estes, take Interstate 25 north to the second Longmont exit (# 243). From all points north of Estes, travel south on I 25 to the first Longmont exit (#243). Travel west on Route 66 to Lyons (be sure to drive SLOW through Lyons!) Follow signs to Estes Park (about 25 miles further west on 36.) As you approach Estes Park, the Holiday Inn and Conference Center is located on your right hand side upon taking a left turn at first light (South St. Vrain Road).

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 Estes Park, or the beauty of Rocky Mountain National Park. 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 the premier of EARTH SONGS: Mountain, Water and the Healing Power of Nature. 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, WY
- “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

Mountain Retreat Workshop Itinerary

Friday Oct 16, 2015

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| 1:30—2:00 p.m. | Registration and check-in |
| 2:00—2:30 p.m. | Introductions (speakers, participants, etc) |
| 2:30—4:00 p.m. | Work-Life Balance: Personal Sustainability & Healthy Boundaries 101 |
| 4:00—4:15 p.m. | Break (refreshments) |
| 4:15—5:00 p.m. | Digital Toxicity: Healthy Boundaries 102 |
| 5:00—5:45 p.m. | Digital Detox: Mastering the Art of Mindfulness |
| 5:45—8:00 pm. | Dinner (On your own) |
| 8:00-10:00 p.m. | Special Event (optional): A Beautiful World nature slide show
The Healing Power of Nature Guided Imagery |

Saturday Oct 17, 2015

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| 7:00-7:45 a.m. | Restorative 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. | Spiritual Kintsugi: The Alchemy of Humanity & Divinity |
| 10:30-10:45 a.m. | Break (refreshments) |
| 10:45-12 noon | Entering the Doors of Perception: A journal Exercise |
| 12noon-4:00 p.m. | Free Time (on your own) |
| 3:00-4:00 p.m. | Healing Video screening (optional) |
| 4:00-5:30 p.m. | Boosting the Immune System: Good Sleep, Good eating and Relaxation |
| 5:30-6:00 p.m. | Guided Mental Imagery: Shamanic Journeys |
| 6:00-8:00 p.m. | Dinner (on your own) |
| 8:00-9:30 p.m. | “Special Evening Concert” with (Special Guest, Dan Sebranek) |

Sunday, Oct 18, 2015

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| 7:00-7:45 a.m. | Restorative Yoga light (Optional) |
| 8:00-8:45 a.m. | Breakfast Buffet |
| 9:00-10:00 a.m. | Mind over Matter: Finding Your Center of Gravity |
| 10:00-10:15 a.m. | Break |
| 10:15-11:00 a.m. | YOU: Integration, Balance and Harmony |
| 11:00-11:30 a.m. | Closing comments, Farewells |

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.

Holistic Stress Management Instructor Workshop

2015 Level II (Refresher Course) Itinerary* 10 CE's (professional contact hours)

Thursday Session Oct 15, 2015

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 (on your own)
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 Prone and Stress Resistant Personalities• Healthy Boundaries Revisited• Teaching Mindfulness, Insight Meditation & Third-Eye Meditation
5:00 p.m.- whenever	Dinner (on your own)

Friday Session, Oct 16, 2015

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 18 th Annual Mountain Retreat Workshop: <i>Achieving Work-Life Balance: Embracing Mindful Living</i>

* The intention is to cover all of these topics but we 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 workshop activity.

**18th Annual Mountain Retreat – October 16-18, 2015
and/or Level II Workshop – October 15-16, 2015
with Brian Luke Seaward, Ph.D.**

**(Personal Growth and Professional Development Workshops)
In Estes Park, Colorado & The Rocky Mountain National Park**

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

Name: _____

Address: _____

City, State & Zip: _____

Phone Number: () _____ * Email address _____

Pre-registration Fee (postmarked by:)

Mountain Retreat (On or before August 23 rd) (<i>Early Bird</i>)	...\$375.00*
After August 23 rd	...\$475.00
Level II Workshop (On or before August 23 rd) (<i>Early Bird</i>)	...\$300.00
After Aug 23 rd , 2015	...\$400.00

Cancellation Policy: Prepaid fees are refundable minus a \$100.00 processing fee. Sorry, we are unable to provide refunds or credits after Sept 17th, 2015.

* Each participant will receive Dr. Seaward's new book: A Good Night Sleep, Digital Detox and Mindfulness

METHOD OF PAYMENT:

*** Please note that if possible, checks are our first preference of payment***

- ____ **Check** enclosed (payable to Inspiration Unlimited)
____ **Paypal** (please visit paypal.com, make payment to BrianLukeS@cs.com)
____ **Credit Card:** Master Card / Visa / AMEX / Discover (circle one)

Credit Card #: _____ Exp Date ____/____ CVV Code _____

Signature _____

TOTAL \$ _____

Please mail this registration form and check to:

Inspiration Unlimited
P.O. Box 18831
Boulder, CO 80308
(or fax registration form to: (303) 485-0034)

For more information, please contact Kelly at *Inspiration Unlimited* (303) 678-9962 Tu/Th afternoons.

THANKS!

Cannot make it this year? Please feel free to pass this along to a friend.

Inspiration Unlimited & The Paramount Wellness Institute