



## Popular Workshop and Retreat Descriptions

### Lifestyle Strategies for Disease Prevention and Recovery Series

#### General

##### **Radiant Health Strategies for Looking Younger and Preventing Disease**

Learn the secrets of looking good and feeling great while preventing, reversing or recovering from disease. During this fun and interactive workshop you will learn strategies for:

- Reversing the aging process, increasing energy, improving the quality of your skin
- Getting your sexy back, increasing virile energy
- Discovering the top beauty-enhancing superfoods
- Learning how to build a stronger, body while reducing pain and inflammation

#### Specific: Lifestyle Strategies for:

- Weight Loss and Metabolic Health
- Heart Disease and Recovery
- Cancer Prevention and Recovery
- COPD Prevention and Recovery
- Stroke Prevention and Recovery
- Metabolic Syndrome and Recovery
- Kidney Disease Prevention and Recovery
- Influenza and Pneumonia Prevention and Recovery
- Diabetes Prevention and Recovery
- Alzheimer's Disease Prevention and Recovery
- Injury Prevention and Recovery
- Suicide and Depression Prevention and Recovery
- Allergy Prevention and Recovery

During these interactive, lighthearted and rejuvenating workshops, you will learn Radiant Health prevention and recovery strategies that help you increase immunity, rejuvenate your body, and strengthen organ functions. Overcome fears and discover strategies that balance the body, mind and emotions.

- Learn what foods reduce inflammation and what foods to avoid
- Learn and practice strategies for reducing stress and increasing immunity
- Discover the healing power of herbs and what part they play in cancer prevention and recovery
- Learn lifestyle strategies for empowering your relationships and rallying the support of your family and friends
- Learn strategies for improving digestion and absorption during aggressive treatments



## Popular Workshop and Retreat Descriptions

### Mindfulness Series

#### **Mindfulness and Meditation Practice in Everyday Life**

An innovative, highly interactive approach to increasing mindfulness, reducing stress and balancing emotions. This workshop fuses radiant health strategies from an array of healing modalities to help you discover and develop your ideal daily meditation practice. Ideal for beginners and for those who want to identify and release the blocks that have kept them from committing to a daily meditation practice. Available as a workshop, seminar, retreat or 12 week course.

#### **Breathing Power**

The Breath Empowerment experience is a powerfully energizing, yet deeply relaxing exercise that activates your energy consciousness. This exercise floods your body with "qi" (energy, oxygen) helping you to release anxiety and stress, correct shallow breathing and increase memory, focus, acuity and concentration. Many practitioners may feel the energy coursing through their bodies manifesting as full body vibration/tingling or other sensations. This power breathing exercise utilizes the power of the warrior's breath and deep abdominal Qigong breathing. (Disclaimer: people with epilepsy, angina (chest pain) and pregnant women cannot do this exercise). *Note: This workshop also comes in two alternate versions: The Nine Breath Healing Meditation and the advanced version.*

#### **5 Elements Healing Meditation**

Enjoy a subtle yet powerful guided meditation which uses a 3-part "Full-Body Breathing" technique to absorb and direct the flow of "qi" (pronounced "chee" meaning "energy"). The focus of this exercise is on the 5 elements: water, earth, wood, fire and metal and its corresponding organs: kidneys, stomach, liver, heart and lungs. This ancient practice draws on a highly refined energy and is among the greatest of Taoist Qigong secrets.

#### **Cycle of Life Mantra Meditation**

This Primal Sound Mantra acknowledges the eternal circle of life: birth, life, death and rebirth. Repeating this powerful mantra in conjunction with simple hand mudras reduces stress, increases creativity, promotes mental acuity, focus and clarity and enhances the mind/body connection. *Note: Many other mantra meditations are available.*

#### **Introduction to Your Primary Chakras (emotional energy centers)**

Physicists have proven that the chakras exist. In our everyday lives, our decisions are driven not by our mind, but our emotions. Daniel Goleman's work on emotional intelligence proves the importance of emotional mastery and balance. Understanding the chakras are the key. Discover the location, characteristics, and corresponding organs of your body that are connected to and influenced by each primary chakra. Includes a simple chanting meditation for healing, relaxation and emotional rejuvenation.



## Popular Workshop and Retreat Descriptions

### Qigong Series

#### **The Eye of the Storm: Cultivating Energy in a Stressed Out World**

Learn how to be the eye of the storm—a radiant center of tranquility and bliss in the midst of chaos, confusion and stress. The secret lies in the ancient Chinese practice of Qigong (pronounced chee-gong). Qigong is a 5000 year old internal Chinese practice of learning to cultivate and rejuvenate your internal energy using slow, graceful movements and a variety of slow breathing techniques. The practice of Qigong builds muscle strength while reducing stress and enhancing energy. During this empowering yet deeply relaxing retreat you will explore:

- Cultivating Energy in a fast paced, stressed out world
- Qigong as Poetry in Stillness and Motion
- Qigong as a Walking Meditation
- The 5 Elements Healing Meditation
- How to Incorporate Qigong into Your Everyday Life
- Taoist Stretching and the Ultimate Stress Relief

#### **Qigong Therapeutics, Meditations and Exercises for Sexual Health**

Discover the connections between radiant health, sensuality, sexuality and fertility. Learn why fertile energy is essential even if procreation is not desired or no longer an option. This workshop fuses holistic health education with Qigong movement strategies to help you increase, rebuild and maintain your virility all the days of your life.

- ✓ Therapeutics - including Radiant Health nutrition and hormonal balancing strategies
- ✓ Meditations - breathing exercises and healing mantras
- ✓ Exercises - unique exercises for men, women and combined groups

Please wear comfortable clothes that allow for a wide range of movements.

#### **Qigong: Poetry in Stillness**

Soothe away stress through the fusion of love and power in this still yet dynamic and alluring ancient Chinese Qigong practice. Enhance endurance, energy and relaxation in an interactive exercise fusing breath, movement, meditation and music. Appropriate for all levels. Please wear comfortable shoes with good support.



## Popular Workshop and Retreat Descriptions

### Qigong Series (continued)

#### **Qigong: Poetry in Stillness and Motion**

This deeply meditative form combines elements and applications of the Poetry in Stillness and the Poetry in Motion forms through a shorter, yet more intricate set of poses. Learn full body cleansing, full body spiraling and how to "draw the bow" Qigong style. Please wear sneakers or comfortable shoes with good support.

#### **Qigong Wuji: Poetry in Motion**

Discover your own poetry in motion through this unique walking version of Qigong (pronounced "chee - gong"). Qigong is the mother of Tai Chi and the martial arts and the Wuji form strengthens the mind body connection and unleashes your creative energy. Move like a swan while enhancing your balance, endurance, focus, acuity and concentration. Appropriate for all levels. Please wear closed toe shoes with good support.

#### **Qigong Strength Training**

Get in the best shape of your life with this Martial style of Qigong. Increase your speed, agility, strength while using the "relaxation response" to negate cortisol effects. No other strength training exercise can offer the combination of a challenging workout with no stress response, accumulation of toxins in the muscles or negative effects.

#### **Qigong Dance**

You've never been to a party like this! Free form movements coordinated with deep breathing, exercises, meditation and music.

#### **Taoist Stretching for Injury Prevention**

Stretching is supposed to prevent injury, yet many people injure themselves while stretching. These series of stretches help to increase synovial fluid in the joints, stimulate the lymphatic system, builds muscular endurance, open up the body and enhance your exercise performance. Learn and practice joint stabilizers, deep hip opening stretches, chest openers and kidney rejuvenating movements to increase the flow of oxygen and energy to and throughout the body. Taoist stretching is the best way to rejuvenate the body, increase body awareness, improve joint health and prevent injury.



## Popular Workshop and Retreat Descriptions

### Leadership Series

#### **Transformational Leadership from The Inside Out**

How can you be more innovative, collaborative and creative on the job? How do you transform your leadership potential? This rejuvenating, interactive and engaging weekend retreat guides you in the transformation of your leadership potential through a dynamic fusion of radiant health strategies, movement therapeutics, and empowerment exercises.

#### **The Executive's Stress Reducer Energy Booster**

Learn and practice exercises from ancient Chinese and other healing systems that reduce stress and increase your energy throughout your fast-paced day. This energizing yet relaxing workshop revitalizes you and helps you:

- Identify and reduce stress and stress triggers
- Increase energy and circulation
- Stay alert and mentally sharp during meetings
- Increase creativity, focus and concentration

#### **The Valorous Goddess: Women and Power in the 21<sup>st</sup> Century**

A special women's empowerment retreat that uncovers the one quality women need to unleash unlimited power in their lives. Bring out the valorous goddess in you! Explore delicious ways to discover or rejuvenate, revitalize and rekindle your inner and outer passions. Embark upon a journey that explores:

- Youthful lifetime beauty secrets
- How to love ALL aspects of your body
- Empowering strategies for preventing, reversing and recovering from disease
- Educting true feminine power and discovering and living your true passions
- Creating balance/developing strategies for your work, home, social and play lives

#### **From Man to Superman: Male Super Power in the 21<sup>st</sup> Century**

Discover the secrets of the peaceful warrior. Preserve your health while earning your wealth. Practice transformational leadership skills from the inside out, increase creativity, improve interpersonal relationships. Embark upon a journey that explores:

- Dis-ease reversal strategies including andropause (affecting Low T; male menopause) and increase virility
- Stress reduction and energizing techniques
- The importance of play
- Transformational leadership



## Popular Workshop and Retreat Descriptions

### Holistic Health Series

#### **Get Radiant! Achieving Radiant Health in the Real World**

"I wanna Get Radiant" but I'm too busy, healthy food is too expensive, I can't change my bad habits, my family won't support me, I don't know how to get started ... How do you get from "knowing" the path to "walking" the path that leads to radiant health? During this interactive and rejuvenating retreat, you will learn simple strategies which invite you to reconnect with your true essence, and you'll explore:

- How to reverse the endless dis-ease cycle
- How to overcome the biggest obstacles to getting healthier
- Therapeutic nutrition and superfoods
- Herbal healing and ways to improve digestion
- Emotional balance and how to achieve peace of mind in any situation

#### **Radiant Weight Loss**

Increase your metabolism and lose that weight for good! You've dieted, exercised and the weight still hasn't come off. Why? Because diets don't work and exercise is only part of the picture. Maintaining a healthy weight requires a lifestyle change that is exciting and full of new delicious flavors. This workshop will not waste your time discussing calorie counting or portion control. The underlying issues that cause weight gain cannot be found in a diet, pill or exercise. During this workshop we will:

- Demystify the causes of cravings
- Demystify digestion and absorption of nutrients and toxins
- Discover the secret forgotten hormonal connection to weight gain and loss
- Discover ways to make comfort foods healthy
- Discover the top 5 nutrients/strategies your body needs for:
  - Radiant Health
  - Weight Loss
  - Vibrant Energy
  - Balancing Emotions and more!

#### **Radiant Health Strategies for Allergies and Rejuvenation**

As a society, we've grown so accustomed to allergies that we have created an allergy culture and we accept this eruption of dis-ease as a part of our lives. In reality, no one is actually SUPPOSED to have allergies. This workshop demystifies allergies and provides Radiant Health Strategies for reducing inflammation, cleansing and rejuvenating the major organs affected by allergies and low immunity.



## Popular Workshop and Retreat Descriptions

### Holistic Health Series (continued)

#### **Strategies for Reducing On the Job Stress**

Did you know that stress is the number one killer? Between turnover, health care and workers' compensation claims, absenteeism, productivity loss, etc., stress costs companies \$200 - \$300 billion dollars each year. The United Nations' International Labor Organization has defined occupational stress as a "global epidemic." Unfortunately, the companies that have the intention and resources to reduce stress tend to puzzle piece solutions together and employees seem to be too fatigued to seek lasting solutions. What employers and employees are overlooking is the importance of discovering and preventing the innate causes of stress as it applies to a person's body, mind and emotions.

Although these causes vary from person to person, reducing and diffusing stressors can be addressed through a dynamic array of Radiant Health Strategies. This interactive workshop experience guides participants through a self discovery and empowerment process of transforming their leadership potential through awareness, group activities and movement techniques.

#### **Breathe! Strategies for Reducing Stress and Weight**

Did you know that stress costs companies \$200 - \$300 billion dollars each year? The United Nations International Labor Organization has deemed occupational stress as a global epidemic. True stress management is discovering and preventing the innate causes of stress as it applies to your body, mind and emotions. This fun, interactive workshop guides you through a self-discovery and empowerment process of transforming your leadership potential through awareness exercises, group activities and movement techniques.

#### **Radiant Health Strategies for Looking Younger and Preventing Dis-ease**

Learn the secrets of looking good and feeling great while preventing, reversing or recovering from disease. During this fun and interactive workshop you will learn strategies for:

- Reversing the aging process, increasing energy, improving the quality of your skin
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- Learning how to build a stronger, body while reducing pain and inflammation



## Popular Workshop and Retreat Descriptions

### Holistic Health Series (continued)

#### **Brain Massage**

Energize your brain and learn the art of relaxed concentration. This workshop revitalizes your mind and body, reduces stress and helps you relieve the pressures of mental overload. You will also:

- Increase mental acuity, focus and concentration; balance emotions
- Restore imbalances in your brain, improve sleep, increase energy and creativity
- Rejuvenate your nervous system, develop peace of mind

#### **What Medicine is in Your Pantry?**

Discover how the use of common herbs in your pantry can replace common over-the-counter drugs in your medicine cabinet and be used to enhance your body's self-healing mechanisms. This workshop will help you rejuvenate your body's internal CEO and will:

- Improve digestion and absorption
- Reduce pain and inflammation, increase energy, reduce stress
- Prevent, reverse and recover from disease

#### **Practical Ayurveda**

Ayurveda literally means "The Science of Life" or "the way to live your life." These healing strategies from India work together to balance the body, mind and emotions. This workshop demystifies the major concepts of Ayurveda, explains them in plain English, and provides practical strategies you can integrate into your everyday life.

#### **Introduction to Your Primary Chakras (emotional energy centers)**

Physicists have proven that the chakras exist. In our everyday lives, our decisions are driven not by our mind, but our emotions. Daniel Goleman's work on emotional intelligence proves the importance of emotional mastery and balance. Understanding the chakras are the key to this mastery. Discover the location, characteristics, and corresponding organs of your body that are connected to and influenced by each primary chakra. Includes a simple chanting meditation for healing, relaxation and emotional rejuvenation.