



RADIANT HEALTH STRATEGIES

Workshop, Seminar, Retreat and Course Series

Lifestyle Strategies for Disease Prevention and Recovery Series

Metabolic Syndrome	Heart Disease	Cancer	COPD
Stroke	Obesity	Kidney Disease	Influenza and Pneumonia
Alzheimer's Disease	Diabetes	Injury	Allergies

Mindfulness/Meditation Series

Mindfulness and Meditation Practice in Everyday Life	Breathing Power	Five Elements Healing Meditation	Cycle of Life Mantra Meditation
Introduction to Your Primary Chakras	Meditations for Reducing Stress	Nine Breath Healing Meditation	Advance Nine Breath Healing Meditation

Qigong Series

The Eye of the Storm: Cultivating Energy in a Stressed Out World	Qigong Therapeutics and Meditations for Sexual Health	Qigong: Poetry in Stillness	Qigong: Poetry in Stillness and Motion
Qigong Wuji: Poetry in Motion	Qigong Strength Training	<ul style="list-style-type: none"> • Qigong Dance • Qi Power • Qi Energizer 	Taoist Stretching for Injury Prevention

Leadership Series

Transformational Leadership from the Inside Out	The Executive's Stress Reducer Energy Booster
Super Sheroes Unleashed: Women and Power in the 21 st Century*	Super Heroes Unleashed: Male Super Power in the 21 st Century*

Holistic Health Series

Get Radiant! Achieving Radiant Health in the Real World	Radiant Health Strategies for Looking Younger and Preventing Dis-ease
Strategies for Reducing On the Job Stress	Radiant Weight Loss
Brain Massage	What Medicine is in Your Pantry?
Practical Ayurveda	Introduction to Your Primary Chakras