

Eat Walk Meditate: Care for the Caregiver

The Spirit of Tuscany

With host, **Brian Luke Seaward, Ph.D.**

May 24-June 1, 2014



Classic Tuscan landscape during May/June poppy season

Tour Theme: Italy is the culture dreams are made of: great food, stunning pastoral scenery, and a relaxed healthy lifestyle. These are the reasons we have chosen the Tuscan region of Italy as our prime location for a retreat for caregivers and working professionals: a time to renew mind, body and spirit. This tour theme (loosely based on Liz Gilbert's best-selling book, *Eat Pray Love*) offers guided meditations, wonderful Italian meals, stress & personal management skills, and an unforgettable taste of the authentic Italian culture honoring the skills of self-care for nurses, caretakers and professionals on the frontlines of the healthcare industry.

Tour Host: Brian Luke Seaward has conducted hundreds of professional development and personal growth workshops and seminar retreats including hosting several group tours abroad. Our previous tours to Tuscany have been nothing less than sublime. Dr. Seaward is recognized internationally for his work in the fields of holistic stress management and mind-body-spirit healing. He is also the best-selling author of many books including *Stand Like Mountain, Flow Like Water, Stressed is Desserts Spelled Backward* and *The Art of Calm*. Dr. Seaward will lead morning meditations and facilitate the stress management classes throughout the trip, allowing you the rest of each day to relax, explore and thrive.

Italian Tour Guides: Our local guides for this healing expedition are nothing less than excellent. Well versed in the language, history, culture, spirituality and music, Gail Hecko (and her team) will extend the best Italian hospitality and wisdom of the Tuscany region. They specialize in the "unique and authentic Italian experience," and boy do they deliver!!!

Who Should Come? Any and all people in the allied health professions looking to relax and replenish their human spirit, specifically those who wish to travel with like-minded companions and caregivers. Our tour guide team is one of the best in Italy and they know exactly how to create the magical alchemy we desire for a most memorable experience. You don't have to be of Italian heritage to enjoy this trip, but those who claim Italian ancestry will be smiling for years to come. Space is limited to 18 people.



Duomo dome and clock tower of Florence, Italy

10 CE's through the AHNA*

Workshop Learning Objectives

1. Demonstrate the “Circular Breath Breathing” relaxation technique
2. Demonstrate the “Body Flame” meditation practice
3. Explain the term, “Healthy Boundaries”
4. Create/design three personal healthy boundaries
5. Demonstrate the “Master Cell” healing meditation practice
6. List 5 benefits of a regular cardiovascular fitness walking program
7. Describe the three theories of music therapy as a relaxation technique
8. Identify four (4) hatha yoga asanas used in restorative Hatha yoga.
9. Define “Mindfulness” meditation
10. Demonstrate mindfulness in a walking exercise
11. Explain three (3) benefits of the Mediterranean Diet
12. Explain the purpose and benefits of the Slow Food Movement
13. List three spices that boost the immune system when used in the preparation of an Italian cooking
14. Explain the properties of red wine associated with a healthy heart
15. Demonstrate the practice of “mindfulness” eating.
16. List two benefits of journal writing as a stress management technique

“Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.”

“This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.”

Successful completion requirements: To complete this course and receive a certificate of attendance with requested CE’s, all participants must attend all sessions, sign the attendance sheet for each designated class period and complete a course evaluation form.

Disclosures of conflicts of interest & commercial support: Neither the workshop planners, nor workshop facilitator, have any conflicts or commercial support to report regarding their association with the facilitation of this workshop. The workshop facilitator, Brian Luke Seaward, is the executive director of Inspiration Unlimited & The Paramount Wellness Institute.

Tour Pricing Info:

• Cost: \$4,100. US (Land only). Cost is based on double occupancy unless otherwise requested. Single room supplement (extremely limited) is an additional \$800, if available. Each participant is required to schedule their own airline tickets.

*** Payment Schedule**

First deposit: ASAP to hold a spot*:

\$2,000. Per person

Final payment date: February 15, 2014:

\$2,100. Per person

* Note: We expect this tour to fill up quickly

Please note that personal checks and Paypal payments are preferred over credit cards. Please make all checks to: *Inspiration Unlimited*. Please complete registration form at the bottom of this document and send to: Inspiration Unlimited, P.O. Box 18831, Boulder, CO 80308

(Cancellation Policy: Prepaid fees (deposits) are refundable minus a \$200 processing fee up until February 15, 2014, at which point we are unable to provide refunds.

• **Airline Reservations:** Please note: You need to make your flight arrangements flying into Florence, Italy, arriving no later than 12 noon Saturday, May 24, 2014 and departing from Florence Sunday, June 1. Our tour guide, Gail Hecko, has offered to assist with questions on flight/hotel arrangements: gailhecko@att.net

• **Single Room Supplement:** All our single rooms are subject to limited availability (for an additional \$800) and we have no more available in Pienza. We will do our best to honor these requests in Florence (the first and last night).

Accommodations: Our tour guide has selected an elegant Bed and Breakfast Villa located near the village of Pienza in Southern Tuscany for our week, and a charming small hotel in Florence for our first and last night together. Eight nights are included in your travel package. Located in historical structures, each bedroom is different, and they have been restored to include all the modern conveniences, including en-suite baths.

Food and Drink: Italy is renowned for its cuisine. You'll enjoy breakfast as well as four (4) lunch or dinner celebrations, all of which are included in your travel package. Lunch and dinner recommendations will be made for meals not included.

* Not included in the price of this trip are noontime and evening meals (with the exception of four included meals), as well as tips for the tour guides and coach driver.



Trip Itinerary:



Classic view of a Tuscan villa from the walled city of Pienza, Italy

Friday May 23, 2013: Depart US (Boston, New York, etc.) for Florence, Italy on your own. If you wish to see more of Florence, you may wish to depart a few days earlier. For those who come early, Luke will take people on a quaint, informal tour of Florence.

Saturday, May 24th: Arrival: Florence/Firenze:

We begin in the lobby of Hotel Burchianti (www.hotelburchianti.it) to meet everyone for an orientation session at 3:30p.m. The hotel is about 20 minutes from the airport by taxi. After this session everyone is encouraged to explore the city of Florence on their own. We will have dinner together at Osteria di Giovanni, a 15 minute walk from the hotel.

4:30-5:30 p.m. CE: Hour # 1: Afternoon Art of Relaxation Session
(Breathing relaxation exercises, body flame exercise)

1. Sunday, May 25th: We begin with a morning meditation session followed by breakfast at the hotel. Then we depart to our Villa B&B, the Tenuta Santo Pietro (<http://tenutasantopietro.com/>), outside the walled city of Pienza (about a three-hour bus/van drive from Florence). On the way, Luke will give his renowned talk on Healthy Eating Practices. Once we get settled in, we'll have a meeting with our American host, Gail Hecko, and villa owner, Giuseppe Savignano. After a nice relaxing afternoon, we will celebrate with our first of two group dinners at the villa.

7:00-8:00 a.m. Morning Meditation (optional)

10:00-11:00 a.m. CE: Hour #2: Healthy Eating Practices

2. Monday, May 26th: We begin with a morning guided imagery meditation session followed by breakfast at the B&B. Today we have scheduled a nice relaxing day in the Renaissance town of Pienza with an optional walking tour with Luke and Gail. The B&B has a full-service restaurant for lunch and dinner at your convenience.

7:00-8:00 a.m. CE: Hour # 3: Morning Mental Imagery Exercise

10:30-11:30 a.m. CE: Hour # 4: Benefits of a cardiovascular walking program

3. Tuesday, May 27th: We begin with a morning poolside meditation session, then meet for breakfast at the hotel. After breakfast we will meet for a 1 hour morning workshop lecture experience with Luke on music therapy relaxation, followed by free time. At noon we will depart on a trip to the walled city of Pitigliano and take a tour of the hidden secrets of this amazing place. Lunch and dinner on your own.

7:00-8:00 a.m. Morning meditation (optional)

9:30-10:30 a.m. CE: Hour #5: Art of Calm Relaxation Skills 101: Music Therapy

4. Wednesday May 28th: We begin with a session of Hatha Yoga followed by Breakfast at the hotel. After breakfast Luke will give a short presentation on Care for the Caregiver. Then SIENA! Bus/van service will take us along one of the most beautiful roads in all of Tuscany to incredible Siena, and our tour with guide, Antonella. So much to see here including the famous Duomo and Il Campo, the most beautiful piazza in all of Italy. We will try an afternoon session of group “mindfulness” walking exercise, followed by FREE time for shopping in Siena! Lunch and dinner on your own.... many choices here. Bus/van return to Pienza.

7:00-8:00 a.m. CE: Hour #6: Restorative Hatha Yoga session

9:30-10:30 a.m. CE: Hour # 7: Care for the Caregiver: Healthy Boundaries

5. Thursday, May 29th: On this morning those interested will depart for an early morning session of photography of the poppies of Tuscany, followed by breakfast at the villa. This day is designated as our “quiet day.” On this day, for those who are interested, our Villa host has offered to teach a cooking class. All food prepared this day will be served as dinner that evening for members of our group at the Villa restaurant. For those who wish to try something else, Luke will take people out in the countryside for another landscape photography session to capture the poppies and landscape of Tuscany (bring your camera’s and flashcards).

7:00-8:00 a.m. CE: Hour #8: Walking Meditation Exercise

6. Friday, May 30th: We begin with an early morning Zen meditation session followed by breakfast at the B&B. We take a van ride to the beautiful city of Montepulciano for lunch (on your own) followed by an afternoon tour wine tasting of the famous VINO Nobile wine of this region at the Contucci Winery <http://www.contucci.it/storia.en.php>, a visit to Cesare’s famous copper workshop <http://www.rameria.com/inglese/tradition.html>, and a tour of this historical Tuscan town, one of Gail’s favorites. Dinner included this night at Da Roberto’s in Gail’s village of Montisi,

7:00-8:00 a.m. Morning Meditation (optional)

7:00 –8:00 p.m. CE: Hour #9: Mediterranean Diet, Slow food eating discussion and mindfulness eating meditation

7. Saturday, May 31st: We begin the day with an early morning meditation session followed by breakfast at the hotel. After breakfast we will have a short 1-hour workshop (journal writing as a stress management coping technique) with Luke before we load the van back up with our luggage and return to Florence.

7:00-8:00 a.m. CE: Hour # 10: Journal Writing Session

8. Sunday, June 1st: Breakfast and Goodbye “Chow and Ciao” at the hotel. Please note that most flights back to the US leave in the early morning, so participants will need to schedule accordingly (you must be at the airport at least two hours before departure. Arrivederci Italia!

* Our local tour guides will remind us that to be flexible as a tourist is your best asset. Changes (e.g., weather, traffic, etc.) may suggest fine tuning to the scheduled itinerary. Trust that our team of guides will make this journey the best experience possible.

Registration & Reservations: For reservations, please contact Brian Luke Seaward at (303) 678.9962 or email brianlukes@cs.com. We already have 12 people signed up. Space is limited to 18 people and we expect this trip will fill up quickly. Upon receiving your first deposit payment, you will receive a confirmation letter with additional information about the trip as well as a CD containing a selection of Italian songs from the library of Brian Luke Seaward (previous CD's from the Tuscany trip were coveted items on last year's trip.)

Purpose of this Workshop: To learn (or reinforce) holistic health care practices and behaviors for self-care that promote optimal health and well-being for both personal growth and professional development.

Additional Information:

- All participants must have a passport valid 6 months AFTER the dates of this trip. We also strongly recommend each person purchase travel insurance.
- Your confirmation letter will include such aspects as recommended clothing, spending money, packing tips, recommended movies and books to inspire the heart, etc. and other information that people from previous trips found to be quite helpful.
- We strongly recommend arriving a day early (to acclimate with jetlag). Your confirmation letter will include information regarding this matter. We will be glad to discuss this in further detail, just ask!

Photo Blog from 2011 Trip:

<http://eatwalkmeditatetuscany.blogspot.com/>

Comments from Previous Tour Participants



Outdoor Café Table in downtown Florence, Italy

- Dear Luke, Just a note to say thanks for making the trip to Italy so exciting. A very special thanks. I had been to Tuscany before, but this time, I came to be in the company of like-minded people, whom you attract on your trips/workshops. Eat Walk Meditate was exceptional.

Thanks again— Christine L. RN,BSN, HN-BC, PCC, New Orleans, LA

- Hello everyone, I've shown several people my pictures of the trip. When I showed a picture of our group to a few girlfriends this weekend, they asked me "were they nice; did you get along?" I wanted to tell them that I spent a week with a group of people who helped my soul. For the first time in a long time, I had people look at me, touch my arm and ask "are you OK?" I wanted to tell them that each person was a unique individual that I could sit down with at any time and have a wonderful conversation. I wanted to say that I would miss everyone terribly. But what I said was "yes, they were nice".

“Suddenly, I felt that although my visit to the country of Italy was something that I can and will share in detail with everyone, I felt that my fabulous experience with the people in my group was a magical, special and private. You can take a beautiful picture of Italy, but you can't take a picture of what we had as a group.”

“Anyone can have a great trip to Italy because...well, it's Italy. I feel very blessed to have had a great trip to Italy along with the greatest experience possible, because of all of you. Take care, Cindy”

“Luke, What a trip! If Ireland was a spiritual journey, then Italy was a time of EnLIGHTENment. Lit up people, lit up brilliant landscape, radiant traveling companions, to say nothing of the brainy and funny guides we had. What a respite to

be with people who really are not afraid to CONNECT. I guess this is what you attract with your own sparkle, intellect and light. Paul and I had a great time every day. Some really good changes are taking place too with him reminding ME to "Stay in the present". It is great. And he is happy to have organic food now too and understands why this is so important for our health. Anyone would benefit from time this well spent. Also, with all the breakfasts included as well as three incredible dinners (and we have had some incredible meals in our day), the trains and vans and tour guides, and your classes every morning, it was more than worth it. It is a little bit painful to know that it will be a long time- if ever- till we see our group and you and the gorgeous landscape of Tuscany again, really longing, but we are so happy to have had this time with all of the group and each other and you .

Peace and love, Francine “

“I can't stop talking about how amazing this group was. Remember, I've been doing this for 10 years, and this was one of the best groups ever, if not THE best. I think so much of the success of the week had to do with Luke's guidance right from the beginning. He set healthy boundaries from the first moment, and everyone followed them. I am going to follow his example with other groups.

I'm still wearing my Friendship bracelet. I can't get it off by myself and I keep "forgetting" to ask Roberto for help....I think I like the reminder of the trip.
Love to you all, Gail Hecko”

Luke asks; “Why go on a guided trip?”

Until recently, rarely did I go on guided trips. Usually, it's just me and my camera(s) and occasionally, a photography buddy. I never realized how much I was missing by having someone who knows the region, the history, the politics, the spirituality; you name it (not to mention having somebody else doing the driving!!!) What is equally enchanting on these trips is to be in the company of so many like-minded souls on a mission who become lifelong friends (not to be confused with Facebook buddies). This trip to Tuscany promises to be a trip of a lifetime, with enchanted memories that will linger in the heart forever! We would love to have you us in Italy! Ciao!

The Spirit of Tuscany: Care for the Caregiver

with Brian Luke Seaward & Inspiration Unlimited Tours

Tour Dates: May 23 (departure from US) through June 1, 2014

Name (as printed on passport) _____

Passport expiration date (must be valid for six months after return from this trip) _____

Date of Birth: _____

Street Address: _____

City, State & Zip Code: _____

Phone Number: () _____

Email address: _____

* Single room supplement (if available) costs an additional \$600/trip

Note: With accolades from previous group participants, we will assign roommates for all persons traveling alone and not requesting a single room.

Tour/Hotel Accommodations: All hotel reservations will be handled through Inspiration Unlimited and Gail's Great Escapes, LLC for the dates of this workshop tour.

_____ (Please initial) *I understand that I am responsible for making my own RT airline reservations to Italy and must arrive in Florence, Italy by 12 Noon on Friday, May 24, and schedule a departure from Florence on Sunday, June 1, 2014.*

Travel Insurance: (Please circle if you have, or plan to purchase) YES! NO!

Note: We HIGHLY recommend that you purchase travel insurance (e.g., Icelandic volcanoes, cancellation plans due to illness, etc.). A good website to compare travel insurance plans is www.insuremytrip.com. Most travel insurance companies require you to buy your insurance at the same time or soon after you book your trip. Check it out!

We also recommend traveling a day early to acclimate for time zone changes: If you wish to arrive a day early (May 23), we recommend the same hotel that we will be staying in Florence. Gail can assist with these reservations.

Contact Information: In case of emergency, please contact: (Please print legibly)

Name: _____

Relationship _____

Address: _____

City, State & Zip Code: _____

Emergency Contact Phone number: _____

Email Address: _____

Tour Cost: \$4,100 (land only)

First deposit: ASAP to hold a spot: \$2,000. per/person

Final payment date: February 15, 2014: \$2,100. per/person

For tours booked less than 90 days in advance, full payment is required at reservation.

*We will send out a reminder for the final payment prior to the final due date).

Cancellation Policy: Cancellation fees apply regardless of the reason. Prepaid fees are refundable minus a \$200.00 processing fee. Sorry, we are unable to provide refunds after February 15, 2014. A cancellation AFTER February 15, 2014 results in a forfeit of tuition registration fee (which is why we highly recommend traveler's insurance, should you need to cancel your travel plans). If a traveler leaves the tour early for any reason, no refund can be made for unused accommodations or activities included in the price of the tour.

Responsibility and Release of Liability

There are certain risks and dangers in traveling on any tour. We recommend that you review your medical and personal insurance coverage. Inspiration Unlimited and GAIL'S GREAT ESCAPES LLC, Gail Hecko, our agents, or sub-contractors, assume no responsibility or liability for any claim of damages, expenses, injury, delay, inconvenience, loss or damage to person or property, or additional costs resulting directly or indirectly from causes that include, but are not limited to, acts of government, fire, theft, delays, cancellations, weather, vehicle traffic, strikes, illness or accident incurred in any manner including transportation by plane, bus, car, van, taxi, train, boat, or other conveyance.

Purchase of travel insurance is strongly advised and recommended, including trip delay, trip interruption, trip cancellation and baggage coverage.

Inspiration Unlimited and GAIL'S GREAT ESCAPES LLC reserve the right in their sole discretion to accept or decline the participation of anyone, and to cancel the tour for any participant at any time should such person's health, mental condition, physical infirmity, or general deportment impede the welfare or enjoyment of other guests. In such event, there will be no refund, and no reimbursement for any additional

expenses incurred by the participant whose tour has been canceled. If a guest causes any damages, he/she is solely responsible for replacement or reimbursement.

I have read the conditions as stated above and agree to all terms. I also agree that the balance of the tour cost is due and payable 90 days prior to arrival.

Signature

(Date)

METHOD OF PAYMENT:

*** Please note that checks are preferable to credit cards:**

____ Check enclosed (payable to Inspiration Unlimited) Registration Fee: \$ _____

____ Paypal (please email payment via PAYPAL (go to paypal.com) to this email address: Brianlukes@cs.com

____ Master Card/ Visa (circle one)

TOTAL \$ _____

Credit Card Number _____

Expiration Date _____/_____

Signature _____

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 us at *Inspiration Unlimited* (303) 678-9962 Tu/Th afternoons.

Upon receipt of your registration form you will receive a confirmation letter with more information about the trip. Thank you!



Tower in downtown Siena, Italy