

Above The Fray

Hold the Light, Be the Light, Share the Light

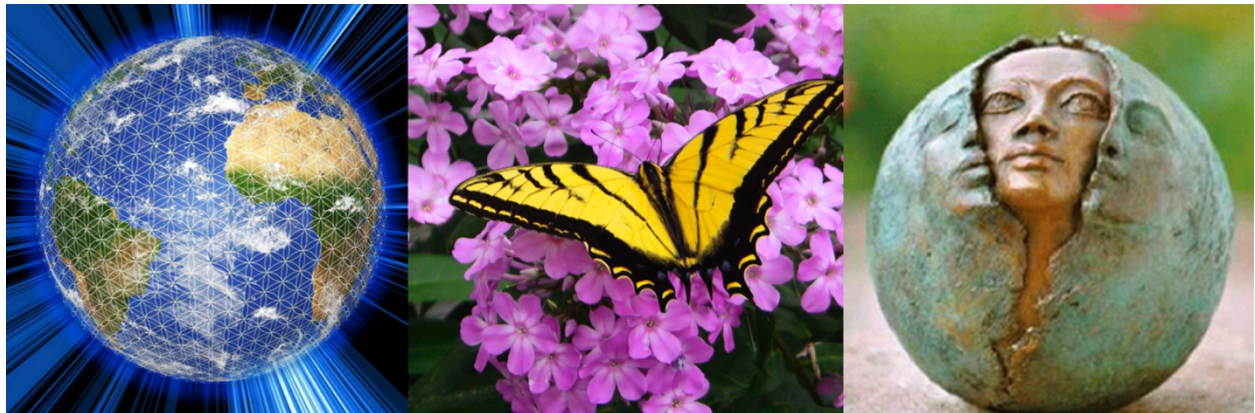


A relaxing weekend respite to invigorate your spirit, and reclaim your center of wellbeing

21st Annual

Fall Mountain Retreat Workshop in New England
A Special Weekend of Personal Growth & Professional Development

Courtyard Burlington Harbor • Burlington, VT
November 2-4, 2018



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 on the shores of Lake Champlain...

- For seekers looking to unplug from the hectic culture of distraction 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 bond, play, laugh, with other fun-loving and forward-thinking, compassionate people.
- For lovers of nature, fresh mountain air, breathtaking vistas, and a relaxing mountain getaway on the west coast of New England.

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.

Retreat Fee: The cost of the three-day retreat is \$395 (Earlybird registration), \$500 after August 17th. This event is limited to 35+ people. The registration fee includes a delicious continental breakfast buffet on Saturday and Sunday mornings, bountiful refreshment breaks and a wonderful evening musical concert. Upon receiving your registration fee, a confirmation letter will be emailed 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 as soon as possible.

Lodging/ Location: This retreat workshop will be held at the **COURTYARD BURLINGTON HARBOR** hotel, near the banks of Lake Champlain. This hotel has reserved 10 rooms (more, if needed) for retreat participants at a conference pre-tax rate of \$159/night (single/double occupancy). This a great rate during "Leaf Season." 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.)

Call 802-864-4700, or book online reservations via this link:

<http://cwp.marriott.com/btvdt/inspirationunlimited>. * * *

Those seeking roommates to share hotel expenses will be networked through us. Just let us know if we can make connections for you, we'll let you take it from there!

Transportation From all points south take I-89 north to Burlington and head for downtown Burlington. GPS for best directions. If you are flying in to Burlington, the airport is about 10 mins from Downtown. The hotel does not have an airport shuttle, but there are cabs and Uber/Lyft. Address: Courtyard Burlington Harbor, 25 Cherry Street. Burlington, VT 05401

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 for achieving your highest human potential. We have a special movie screening on Friday evening: Earth Songs II: The Healing Power of Nature. We continue Saturday morning at 9:30 a.m. (Qi Gong at 7 a.m is optional), with introspection, some soul-searching, several relaxation exercises, and more inner wisdom exercises. From 12:00 noon to 4:00 p.m. is scheduled as "Free Time" to explore downtown Burlington or the shores of Lake Champlain. After this generous break, we continue with some specific relaxation techniques, followed by a shamanic journey, ageless insights, visualization, mental imagery, and music therapy. After dinner, we'll enjoy a special concert of great music. We continue on Sunday morning at 9:00 a.m. with relaxation skills, activity exercises and good vibrations of all kinds, concluding by 12:00 noon. Of course, if you can extend your visit, we encourage you to enjoy Stowe and the Green Mountains of Vermont.

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21th Annual Fall Mountain Retreat, Burlington, VT

Friday, Nov 2, 2018

1:30-2:00 p.m.	Registration and check-in
2:00-2:30 p.m.	Introductions (speakers, participants, etc.)
2:30-3:30 p.m.	Good Vibrations, High Vibrations: Moving from Fear to Love
3:30-3:45 p.m.	Break (refreshments)
3:45-4:30 p.m.	Above the Fray: Reclaiming Your Personal Power
4:30-5:30 p.m.	Meditation/Reflection: DNA Conscious Evolution
5:30-8:00 p.m.	Dinner (on your own)
8:00-10:00 p.m.	Earth Songs II: A Visual Meditation (optional)

Saturday Nov 3, 2018

7:00-8:00 a.m.	Qi Gong for Health and Healing (optional)
8:00-9:00 a.m.	Breakfast Buffet
9:00-9:30 a.m.	Free Time
9:30-10:30 a.m.	HomoSpiritus: On Becoming a Cosmic Citizen
10:45-12 noon	Human Potentials: Holding the Light: being a Beacon of Light
12noon-4:00 p.m.	Lunch (on your own) Free Time (on your own)
4:00-5:00 p.m.	Mindfulness Meditation
5:00-5:30 p.m.	Above the Fray: The Art of Love and Compassion in Everyday Life
5:30-7:30 p.m.	Dinner (on your own)
7:30-9:30 p.m.	Evening Concert with folk/jazz/blues singer/songwriter Christine Bonoli

Sunday, Nov 4, 2018

7:00-7:45 a.m.	Qi Gong for Health and Healing (optional)
8:00-8:45 a.m.	Breakfast Buffet
9:00-10:00 a.m.	Health of the Human Spirit: Triumph of the Human Spirit
10:00-10:15 a.m.	Break
10:15-11:30 a.m.	Above the Fray: Be the Light, Share the Light
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, Quiet Mind, Fearless Heart* and *Achieving the Mind-Body-Spirit Connection*. For more information please visit www.brianlukeseaward.net.



Christine Bonoli will be performing a “Command Performance” at the Saturday night concert event

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

Level II: Advanced Practices in Holistic Stress Management Instructor Workshop
and/or

21st Annual Fall Mountain Retreat – *Above the Fray*
...with
Brian Luke Seaward, Ph.D.

A Very Special Personal Growth and Professional Development Workshop
@ The Courtyard Burlington Harbor Hotel • Burlington, VT

Name: _____

Address: _____

City & State _____ (zip) _____

Phone Number () _____ Email: _____

Registration Fee	Early Bird postmarked by Sept. 17 2018	Regular After Sept. 17, 2018
Advanced Practices in Holistic Stress Management Instructor Workshop Level II – Thursday, Nov. 1 st 9 am – Nov. 2 1pm	\$299	\$425
Fall Mountain Retreat, <i>Above the Fray</i> – Friday, Nov. 2 nd , 2 pm – Sunday—Nov. 4 12 noon	\$395	\$500
Both Level II and FMR – Thursday, Nov. 1– Sunday, Nov 4 (\$100 discount for attending both)	\$595	\$825

Cancellation Policy: Prepaid fees are refundable minus a \$100.00 processing fee.
Sorry, no refunds after 10-1-18. No credits.

METHOD OF PAYMENT: (Select one, 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 as a **“Friend”** (go to Paypal.com) insert this email address:
brianlukes@cs.com

Registration Fee: \$ _____

OR...Please mail this registration form and check to: **Inspiration Unlimited • 809 Allen Drive, Suite 200 • Longmont, CO 80503**. OR, scan your registration form and email to Brianlukes@cs.com. For more information, please contact us 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.