

# **PARAMOUNT WELLNESS INSTITUTE**

*Lectures, Seminars, Workshops & Retreats in Health Promotion and Wellness*  
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July 17, 2018

**Dear Fellow Holistic Workshop Alumni, Cosmic Friends and Kindred Spirits in New England,**

Mark your calendars! Plans are underway to host the 11<sup>th</sup> Annual *Advanced Practices in Holistic Stress Management Instructor Workshop (Level II)* for ALL alumni (whether you completed your homework or not!) This year the location is at the Courtyard Burlington Hotel in downtown Burlington, Vermont (a few blocks from the Church Street Mall), to be held in tandem with a very special Fall Mountain Retreat Workshop. Included with this letter is all the pertinent information to make this a reality. We had an exceptional weekend last year (in Vail, CO) and of course the highlight was the networking and sharing. The best part of this event: There is NO Homework or Take-Home Exam (smile). However, there are 10 CNEs through the AHNA. New content this year: Digital Detox & Mindfulness, Making Great Slide Presentations, Creating Great Lesson plans, and Shamanic Journeying. I have wanted to bring this event to New England for years, and this is the year! Vermont, the “Westcoast of New England.”

*“This activity has been submitted to the American Holistic Nurses Association (AHNA) for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.”*

**Who:** All graduates (that’s everybody!) of the Holistic Stress Management Instructor Training Workshops.

**When:** *Thursday, November 1-2, 2018* (see next page for itinerary).

Level II is followed directly by the **21<sup>st</sup> Annual Fall Mountain Retreat Workshop** (November 2-4). The theme for this year’s Fall Mountain Retreat is: *Above The Fray: Hold the Light, Be the Light, Share the Light.*

**Where:** 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 is 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: [Book your group rate for Inspiration Unlimited.](#)

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

**How:** 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: 25 Cherry Street. Burlington, VT.

**Why:** To renew the synergy of the Holistic Stress Management Instructor experience and escape to a great Mountain Retreat workshop in the company of like-minded souls, exchange new ideas on creating and teaching presentations, seminars, workshops and retreats on any topic related to stress management as well as gain new insights on developing information. This will be a gathering reunion of like-minded kindred spirits to both relax and gain new professional/personal insights.

**Cost:** \$299 early-bird (by September 17th) or \$395 afterward. Please register as soon as you can. The refresher course will be limited to 30 people. Cost includes a revised Flash/Thumbdrive of the Instructor Workshop Workbook and other goodies I have accrued lately, as well as refreshments and a great Friday a.m. breakfast. Please use the ABOVE THE FRAY registration form (included) to register or simply call us (303.678.9962). And... PLEASE bring your laptop, as we plan to create some PowerPoint/Keynote presentations during the Level II sessions.

AND...we offer a special \$100 discount on the Fall Mountain Retreat if you attend BOTH.

Save the dates, Nov 1-2, 2018. We hope you can make it, as we would love to see you there.

Best wishes always,

*“Luke”*

Brian Luke Seaward, Ph.D.

Executive Director

## Advanced Practices in Holistic Stress Management Instructor Workshop (Level II)

2018 Itinerary\* 12 CE's (professional contact hours for nurses)

### **Thursday Session: Nov 1, 2018**

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 a.m. -12:30 p.m.	<b>NEW!</b> Teaching the basics of PowerPoint/Keynote slide presentations (please bring your laptop with either software program)
12:30-1:30 p.m.	Lunch (on your own)
1:30-2:30 p.m.	Teaching Mindfulness Meditation: Doors of Perception
2:30-2:45 p.m.	<b>Break &amp; refreshments</b>
2:45-5:00 p.m.	<b>NEW!</b> Special Topics in Holistic Stress Management <ul style="list-style-type: none"><li>• Digital Toxicity and Mindfulness</li><li>• Work Life Balance: Healthy Boundaries Revisited</li><li>• Stress and the Art of Happiness</li><li>• Poetry Therapy</li></ul>
5:00 p.m.- whenever	Dinner (on your own)

### **Friday Session: Nov 2, 2018**

7:00-8:00 a.m.	Teaching the basics of Restorative Hatha Yoga for Chronic Pain Special: The Art of Qi Gong
8:00-8:30 a.m.	Breakfast buffet
8:30-10:30 a.m.	<b>NEW!</b> Lesson Planning/Budgets Revisited: Planning a day-long event (small group dynamic brainstorming and planning)
10:30-10:45 a.m.	<b>Break &amp; Refreshments</b>
10:45-11:45 a.m.	<b>NEW!</b> Special Topics in Holistic Stress Management (Stress and Personalities)
11:45 a.m.-12:45 p.m.	Teaching Tips for Stress & Spirituality Revisited: Shamanic Journeying: Teaching the basics of Shamanic Journeying
12:45-1:00 p.m.	Closing Comments, Q&A, and Evaluations
1:00-2:00 p.m.	Lunch (on your own)
2:00 p.m.	Start of the 21st Annual Fall Mountain Retreat Workshop: <i>Above the Fray: Hold the Light, Be the Light, Share the Light</i>

\* The intention is to cover all of these topics but will honor the interest and wishes of the participants in the complete holistic stress management genre.

**AHNA Disclosure Statement:** The planners and presenters of this activity disclose no relevant relationships with a commercial interest organization. Brian Luke Seaward is the author of content related books and other materials, which will not be promoted or sold during this educational activity.