

At the world renowned Sonnenalp Resort • Vail, Colorado

Email address \_\_\_\_\_

After Aug. 23rd.....\$350.00

**Cancellation Policy:** Prepaid fees are refundable minus a \$100.00 processing fee. Sorry, we are unable to provide refunds after September 11, 2013. No credits.

\_\_\_\_\_ Master Card/ Visa (circle one) TOTAL \$ \_\_\_\_\_

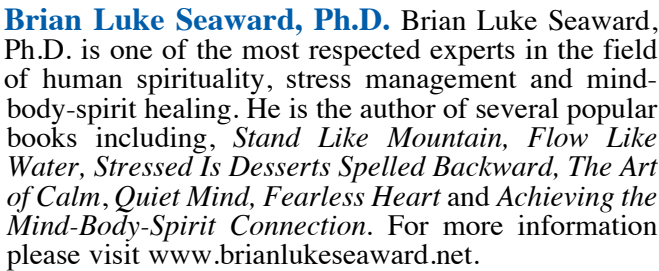
Signature \_\_\_\_\_

Please mail registration form and check to: Inspiration Unlimited • P.O. Box 18831, Boulder, CO 80308. Fax registration form to: (303) 485-0034. For more information, please contact us at Inspiration Unlimited (303) 678-9962 Tu/Th afternoons. Email Luke at [BrianlukeS@CS.com](mailto:BrianlukeS@CS.com)


**!!!!!!!!!!!!!!!!!!!!!!THANK YOU!!!!!!!!!!!!!!!!!!!!!!**

**Cannot make it this year? Please pass this along to a friend or colleague.**

## ABOUT YOUR WORKSHOP FACILITATOR:



**Musical Guest: Dan Sebranek** hails from LaCrosse, Wisconsin and tours the country playing a musical mix (guitar) from folk, and rock to blues including songs from James Taylor, Dan Fogelberg, Bonnie Raitt, Jimmy Buffett, The Eagles, Pure Prairie League, as well as his own wonderful compositions. In his early career, he teamed up with Grammy award winner, Bill Miller in the popular duet, Native Sons. Dan is one of the creators and musical talents of LarryFest, a renowned Folk and Bluegrass summer musical festival in La Farge, Wisconsin. Dan will perform a special song set in a tribute to The Spirit of Ireland Tour.





WORKSHOP INFORMATION:

YOU ARE INVITED... To a special mountain retreat workshop...

- For seekers looking to unplug from the hectic “U.S. of Stress” and re-invigorate the human spirit.
- For all those ready to take the next step on their healing journey by unlocking the chains 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 laugh, play, and sing with other fun-loving and forward-thinking people.
- For lovers of aspens in autumn, mountain air, beautiful vistas, and relaxing getaways.

**Theme:** This unique retreat weekend offers essential insights, coping skills and relaxation for both personal growth and professional development, honoring harmony of mind, body and spirit.

**Location:** This retreat workshop will be held at the world-renowned Sonnenalp Resort in the heart of downtown Vail, Colorado, nestled in the majestic Colorado Rocky Mountains.  
http://www.sonnenalp.com/

**Retreat Fee:** The cost of the three-day retreat is \$350.00 (early bird registration). This event is limited to 30 people. The registration fee includes a delicious continental breakfast buffet on Saturday and Sunday mornings and bountiful refreshment breaks. Upon receiving your registration fee, a confirmation letter will be mailed/emailed to you with details to help you make this weekend event most enjoyable.

**Lodging:** The Sonnenalp Resort has reserved 10-15 rooms for retreat participants at an unbelievable conference rate of \$140.00/night (single/double occupancy—each room has a fireplace). 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.) For information/reservations at The Sonnenalp please call (800) 654-8312 (www.sonnenalp.com). It is requested that all participants stay at the Sonnenalp to keep the workshop price reasonable. Those seeking roommates to share expenses will be networked through us. Thank you!

**Transportation To Vail:** Colorado Mountain Express provides the best transportation from Denver’s airport (DIA) directly to the Sonnenalp Resort. Reservations are required for this service. Please call (800) 525-6363. The cost is about \$165 round trip. Vail is about a two-hour + ride from Denver International Airport. Rental cars are also available at Denver’s airport. We recommend that if you decide to rent a car, you make your reservation early.

**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 based on the fundamental of mind-body-spirit healing. The rest of the evening is free time. We continue Saturday morning at 9:30 a.m. (Hatha yoga at 7 a.m is optional), with music, humor, several relaxation exercises, and more inner wisdom exercises. From 12:00 noon to 4:00 is scheduled as Free Time to explore Vail Village or the beauty of the Colorado Rockies! After this generous break, we continue with some specific relaxation techniques, followed by a shamanic journey, healing insights, visualization, mental imagery, and music therapy. After dinner, we’ll enjoy the premier of EARTH SONGS: Mountain, Water and the Healing Power of Nature. We continue on Sunday morning at 9:00 a.m. with relaxation skills, activity exercises and good vibrations of all kinds, concluding at 11:30 a.m. Of course, if you can extend your visit, we encourage you to enjoy the mountain splendor of Colorado including Aspen, Breckenridge or Boulder.

**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](http://www.brianlukeseaward.net).

Comments From Previous Mountain Retreat Workshop Attendees

“Your workshops are superior to any I have attended because of your authentic, heart-centered approach. I am feeling deep gratitude for gifting us with your knowledge and generosity.” —Kathy M., NY

“I come to this annual workshop for the content, scenery, camaraderie, and the renewal of my human spirit. The inspiration of this weekend has become as essential as my annual check-up.” —Jen, D., Boulder

“The weekend was an excellent time for personal renewal and I met several incredible people. Lot’s of positive energy. ” —Linda E., Sheridan, Wyoming

“I thoroughly enjoyed the workshop! Even your stories that I have heard before, get better and better!” —Judy S. Denver, CO

“I mark my calendar every October because your workshop is my saving grace each year. Thanks for being you and the work you do!” — Maureen J. Seattle, WA

“I thought the retreat was magical and I really appreciated the opportunity to meet other like-minded people as well as the chance to relax and be in the mountains.” — Julianna U. Denver, CO

“Between Luke’s insights, relaxed teaching style and the majestic setting, I didn’t want to leave.” — Barbara H., Hartford, CT

“I needed a space to make some life decisions. Your retreat was the turning point in my life and I am forever grateful.” — Jane D. Miami, FL

**“Dr. Seaward knows the field well, has taught it and lived it—and provides scientific documentation at every step. But perhaps most important, Dr. Seaward goes beyond the usual approach to the subject to speak of soul and human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions to life’s meaning are addressed.”**  
— Larry Dossey, M.D. Author of *Reinventing Medicine*

**“Every now and then you come across an author whose words transform your life and inspire you forever. The wisdom, insight, stories and gentle guidance within the pages of Stand Like Mountain proved to be a blessing in my life. I am eternally grateful. This 10th anniversary edition not only reinvigorates the human spirit, it’s a celebration of life. Timeless and ageless wisdom is never out of style on the human journey.”**  
—Joan Lunden, Author of *Joan Lunden’s Wake-up Calls*

**“Angels fly because they take themselves lightly. When we do the same we allow our spirits to soar.”**  
— Anonymous

**“If you want fast acting relief, try slowing down.”**  
—Lily Tomlin

PEACE OF HEART,  
PEACE OF MIND  
Opening The Doors to Optimal Wellness

15th ANNUAL  
MOUNTAIN RETREAT WORKSHOP  
PERSONAL GROWTH & PROFESSIONAL DEVELOPMENT

SONNENALP RESORT  
VAIL, COLORADO  
OCTOBER 11-13, 2013

with Brian Luke Seaward, Ph.D.

Friday Oct 11, 2013

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.	Peace of Mind: Consciousness and Conscience
3:30-3:45 p.m.	Break (refreshments)
3:45-4:30 p.m.	The Art of Silence, The Gift of Stillness: Meditation Exercise
4:30-5:30 p.m.	Soul Searching through Journaling: Doors of Perception
5:30-8:00 p.m.	Dinner (on your own)
8:00–10:00 p.m.	Mini Film Festival: three shorts and two feature films

Saturday Oct 12, 2013

7:00-8:00 a.m.	Restorative Yoga (optional)
8:00-9:00 a.m.	Breakfast Buffet
9:00-9:30 a.m.	Free Time
9:30-10:30 a.m.	Heart and Soul: The Art of Forgiveness
10:45-12 noon	The Art of Mindfulness I: Meditation
12noon-4:00 p.m.	Free Time (on your own)
2:30-4:00 p.m.	Healing Video screening: Special Feature (optional)
4:00-5:00 p.m.	Healing a Heavy Heart: From Fear to Love & Compassion
5:00-6:00 p.m.	The Art of Meditation II: The Master Cell Healing Meditation
6:00-8:00 p.m.	Dinner (on your own)
8:00-10:00 p.m.	“Evening Concert” with singer/songwriter Dan Sebranek

Sunday, Oct 13, 2013

7:00-7:45 a.m.	Restorative Yoga light (Optional)
8:00-8:45 a.m.	Breakfast Buffet
9:00-10:00 a.m.	The Art of Mindfulness II: Meditation Exercise
10:00-10:15 a.m.	Break
10:15-11:00 a.m.	Raising Consciousness: Walking between two worlds
11:00-11:30 a.m.	Closing comments, Farewell