

The Spirit of Italy: Care for the Caregiver

Positano & The Amalfi Coast, Italy

September 27 – October 4, 2019

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



Tour Theme: Italy is the culture that dreams are made of: Great food, stunning pastoral scenery, and a relaxed, healthy lifestyle. These are the reasons why we have chosen the Amalfi coast 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 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, lightworkers 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 and Lake Como 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.

Italian Tour Guides: Our local guides for this healing expedition are nothing less than excellent. Well versed in the language, history, culture, and spirituality, Gail Hecko (and her team) will extend the best Italian hospitality and wisdom of the Amalfi Coast and the town of Positano. 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. **You DO have to be in good physical condition as there is a LOT of hill walking and steps as part of this tour.** Space is limited to 14 people.



Scenes from one of our cooking classes; a wonderful three course meal

10 CE's through AHNA* (.... pending)

"This activity has been submitted to the American Holistic Nurses Association 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."

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.

Successful completion requirements: To complete this course and receive a certificate of attendance with requested CE's, all participants must 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: \$4,700. US (Positano land only)

Cost Includes: -Accommodations Sept. 27-Oct. 4, 2019
(based on double occupancy, single rooms are \$700 extra, if available)
-Ground Transportation (vans, buses, ferries, boats)
-Breakfast daily and 3 Dinner or Lunch Celebrations
-Teacher/Guides: Brian Luke Seaward, Gail Hecko & her team
-All scheduled Tours & Activities
-10 CE's through AHNA

Not Included: -Round trip airfare to/from Rome, Italy
-All other meals including Lunches and Dinners throughout the tour
(except 3 celebration dinners/lunches)
-Transportation to/from airport in Rome to your hotel
-Transportation or activities on free days
-Tips for the tour guides and coach driver

Payment Schedule

Deposit: By Feb 10th or ASAP to hold a spot: \$2,000. per/person

Final Payment Due: June 15, 2019: \$2,700. per/person

* Note: We expect this tour to fill up quickly with 14 people.

Please make all checks to: *Inspiration Unlimited* and complete the registration form at the bottom of this document and send to: Inspiration Unlimited, 809 Allen Drive, Suite 200, Longmont, CO 80503.

Cancellation Policy: Prepaid fees (deposits) are refundable minus a \$500 processing fee up until June 28, 2019, at which point we are unable to provide refunds.

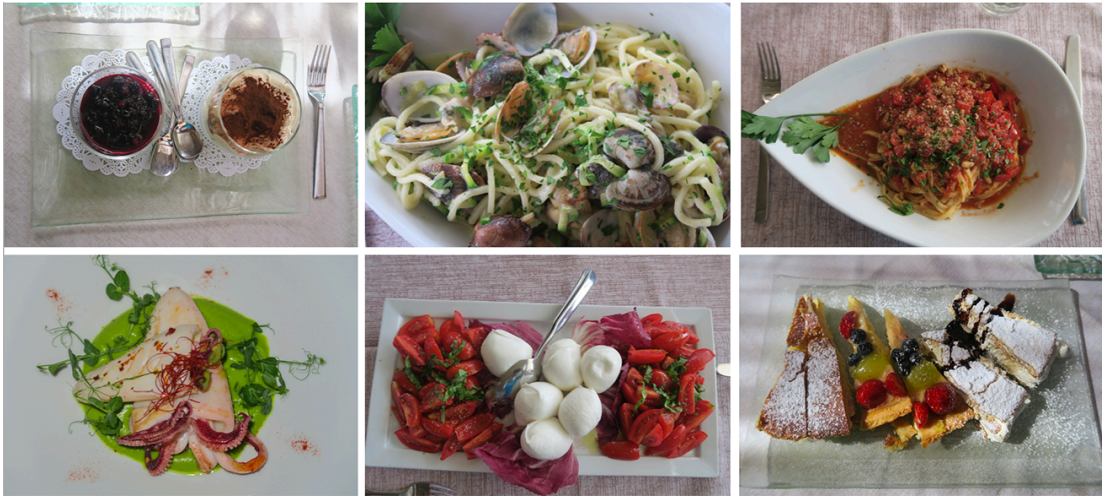
Airline Reservations: Each participant is required to schedule their own airline tickets to/from Italy and transportation to/from Rome hotels. Please arrive in Rome September 26th, (or by 9:00am Sept 27th) and depart from Rome on Saturday, Sept 5th (or later according to your personal travel plans.) ***We highly recommend departing the US on Wednesday, Sept 25th, so you will arrive in Rome on Thursday, Sept 26th and have a day to recover from jetlag and get grounded prior to the trip. Important! You will not arrive back in Rome on the 4th after the tour in time for a flight that day, unless it is late in the afternoon or early evening. Most flights for the States depart Rome's Fiumicino airport (FCO) before noon. In this case, you will need to book a hotel for the night of the 4th and depart on the 5th.***

Note: This trip does NOT include hotels or meals in Rome. Our tour guide, Gail Hecko has offered to assist with questions on flight/hotel arrangements: gailhecko@att.net

Accommodations: We will spend the week in Positano at a charming family-run hotel easy walking distance to shops, restaurants and the beach. Each room will have a sea view and balcony, and the hotel has a great buffet breakfast and a restaurant. Cost is based on double occupancy unless otherwise requested. ***Single room supplement*** (very limited) is an additional \$700, if available and although not guaranteed, we will do our best to honor these requests.

We will make recommendations if needed for hotels in Rome, and also near the airport for departure. Contact Gail Hecko gailhecko@att.net.

2019 Trip Itinerary:



Day 0: Wednesday, September 25, Leave U.S. for Rome

Day 0: Thursday, September 26: Arrive Rome, adapt to time change, rest & relax

Day 1: Friday, September 27: We meet as a group in Rome (location to be announced) to be picked up with van transportation (3 hrs) to Positano, in Italy's wonderful Amalfi Coast. Upon arrival we will settle into our hotel with every room overlooking the Mediterranean Sea. We begin (weather permitting) on the terrace of our hotel to meet everyone for an orientation session at 4:00 p.m., followed by a Welcome Dinner on the terrace of a beautiful restaurant on the beach.

*4:00-5:00 p.m. CE: Hour # 1: Afternoon Art of Relaxation Session
(Breathing relaxation exercises, body flame exercise)
Followed by our Welcome Dinner*

Day 2: Saturday, September 28: Overview walk of Positano with Gail; or hike the Pathway of the Gods with Luke (bring sturdy shoes with closed toes). Dinner not included, but we'll eat dinner together at one of the many fun restaurants on the beach.

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

9:00-10:00 a.m. CE: Hour # 2: Care for the Caregiver: Healthy Boundaries

Day 3: Sunday, September 29: Early boat to Amalfi for the Lemon Tour Experience with Salvatore Aceto, whose family has raised lemons here for generations. You will visit the terraces of lemon trees and hear how the Sfusato Amalfitano lemon arrived centuries ago from the East, and has become one of the major products of this small area. You will visit their family museum and see how limoncello is made and have a tasting. You will also have the chance to visit the famous Amalfi Cathedral, a 9th century Roman Catholic cathedral dedicated to the Apostle Saint Andrew whose relics are kept here.

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

9:30-10:30 a.m. CE: Hour # 4: Benefits of a cardiovascular walking program

Day 4: Monday, September 30: Ferry boat to the Isle of Capri with lunch in a special restaurant in Anacapri at the top of the Island. After lunch we'll take a walk in their Philosophy Garden and enjoy the incredible views of the sea below.

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

Day 5: Tuesday, October 1: Morning free. Late afternoon cooking class with Andrea Ruggieri at Buca di Bacco Restaurant, with dinner afterwards (the yummy things you cooked!)

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

9:00-10:00 a.m. CE: Hour #7: Healthy Eating Practices

Day 6: Wednesday, October 2: Day trip to Pompeii including a morning guided tour. From there to Ravello for lunch and a visit to the famous Villa Cimbrone Gardens. May do a little shopping for ceramics or cashmere, too!

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

10:00 –11:00 a.m. CE: Hour #9: Mediterranean Diet, Slow food eating discussion and mindfulness eating meditation.

Day 7: Thursday, October 3: Wander and do the things you didn't have time to do! Arrivederci Dinner to say goodbye to this magical place.

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

Day 8: Friday, October 4: Early morning departure by van for Rome to a designated place. From here you will go to your respective hotels for your last night before your flight back to the U.S. on Saturday.

Day 9, Saturday, October 5: Flights back to the US

* 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 Gail, Luke and our team of guides will make this journey the best experience possible.



Scenes from the incredible ruins of Pompeii

Registration & Reservations: For reservations, please contact Brian Luke Seaward at (303) 678.9962 or email brianlukes@cs.com. We have several people who have expressed a keen interest in this trip. Space is limited to 14 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, as well as enjoy the Amalfi coast of Italy.

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.** Many people use Travelguard, or you can compare plans at www.insuremytrip.com.
- 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!



Scenes from the Isle of Capri

Comments from Previous Spirit of Italy Tour Participants



“Dear Luke, just a quick 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.”

“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.”

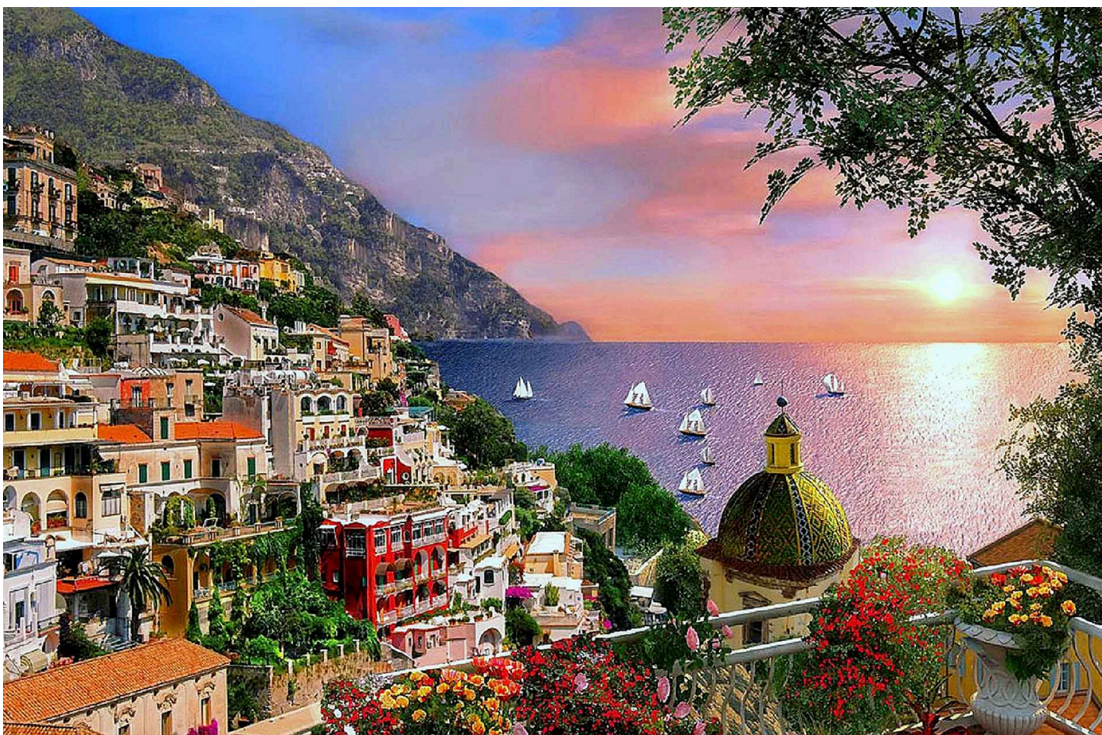
“Anyone can have a great trip to Italy because...well, it's Italy. I feel very blessed to have had a great trip to Italy along with the greatest experience possible, because of all of you. Take care, Cindy”

“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”

WHY go on a guided trip? Until recently, rarely did I go on guided group 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 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 promises to be a trip of a lifetime, with enchanted memories that will linger in the heart forever! We hope you can join us in Italy!



The Spirit of Italy: Care for the Caregiver

with Brian Luke Seaward & Inspiration Unlimited Tours

Actual Tour Dates: September 27th through October 4th, 2019
(We do recommend departure from the U.S. on the 25th and arriving on the 26th
and departing from Rome for the States on the 5th)

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: _____

Tour/Hotel Accommodations: All Positano hotel reservations will be handled through Inspiration Unlimited and Gail's Great Escapes for the dates of this workshop tour, September 27-October 4, 2019.

* Single room supplement (if available) costs an additional \$700/trip

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

_____ (Please initial) *I understand that I am responsible for making my own RT airline reservations to Italy and transportation to/from hotels in Rome, and must arrive in Rome, Italy by 9:00 a.m. on Friday, September 27, and schedule a departure from Rome on Saturday, October 5, 2019 (unless you plan to stay longer in Italy.)*

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 *arriving* a day early (Sept 26) to acclimate for time zone changes.

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: \$4,700 (Positano land package only)

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

Final payment date: June 15, 2019: \$2,700. 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 \$500.00 processing fee. Sorry, we are unable to provide refunds after June 28, 2019. A cancellation AFTER June 28, 2019 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, or decides not to participate in an activity, 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 Personal Checks are preferred, and Paypal payments are preferred over credit cards (if you use PayPal, please send payment as a "friend." Thanks!

Registration Fee Deposit: \$ 2,000.00
Single Room Supplement \$ 700.00
(if available)
TOTAL \$ _____

____ Check enclosed (payable to Inspiration Unlimited)
____ Paypal (www.paypal.com) payable to brianlukes@cs.com Please send \$\$ as a "Friend"
____ Credit Card

Credit Card Number _____ . _____ . _____ . _____

Expiration Date _____ / _____ CVV Code _____ Billing ZIP code _____

Signature _____

Please mail this registration form and check to:

Inspiration Unlimited • 809 Allen Drive, Suite 200, Longmont, CO 80503 or scan the form and send to brianlukes@cs.com

For more information, please contact Maryan (Tuesday afternoons) or Luke (any time) at *Inspiration Unlimited* (303) 678-9962.

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