

Heart-Centered Living

Moving from Fear (stress) to Love & Compassion in a Very Stressed World

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



22nd Annual Fall Mountain Retreat Workshop

A Special Weekend of Personal Growth & Professional Development

The Sonnenalp Resort • Vail, Colorado

October 18-20, 2019

with

Brian Luke Seaward, Ph.D.

The Paramount Wellness Institute • Boulder, CO

Important Workshop Information:

Please, Come Join Us... for a very special mountain retreat workshop...

- For seekers looking to unplug from the hectic "U.S. of Stress" 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 laugh, play, (even sing) with other fun-loving and forward-thinking people.
- For lovers of golden aspens, fresh mountain air, breathtaking vistas, and a relaxing mountain getaway.

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 \$399 (Early bird registration), \$549 after August 23rd. This event is limited to 30+ 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 mailed/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: By popular demand from previous retreat participants, this retreat workshop will be held once again at the world-renowned *Sonnenalp Resort* in the heart of downtown Vail, Colorado, nestled in the majestic Colorado Rocky Mountains. The Sonnenalp Resort has reserved 20 rooms for retreat participants at an unbelievable conference rate of \$145/night/pre-tax (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 6-8 weeks prior to the retreat, sooner if possible. Please mention this event is sponsored by The Paramount Wellness Institute. For information/reservations at The Sonnenalp please call (800) 654-8312 (www.sonnenalp.com). Those seeking roommates to share expenses will be networked through us. Let me know!

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. The discounted cost is about \$72 each way (\$144/RT). Click on this link to book: https://epicmountainexpress.com/group_redirect?code=FALLMT. Vail is about a two-hour ride from Denver International Airport (DIA). 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 for achieving your highest human potential. We have a special movie screening on Friday evening. We continue Saturday morning at 9:30 a.m. (Qi Gong at 7 a.m. is optional), with introspection, humor therapy, 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, 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 the mountain splendor of Colorado including Vail, Aspen, Breckenridge, Boulder and/or Denver.

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22nd Annual Fall Mountain Retreat, Sonnenal Resort, Vail Colorado

Friday, Oct 18, 2019

1:30-2:00 p.m.	Registration and check-in
2:00-2:30 p.m.	Introductions (speakers, participants, retreat theme, etc.)
2:30-3:30 p.m.	Heart-Centered Living: Moving from Fear to Love
3:30-3:45 p.m.	Break (refreshments)
3:45-4:30 p.m.	The Ego and the Soul: A “how-to” lesson in evolving consciousness
4:30-5:00 p.m.	Ho’Oponopono: The Art of Forgiveness (and moving on)
5:00-5:30 p.m.	The Four (4) Chambered Heart Meditation Exercise
5:30-8:00 p.m.	Dinner (on your own)
8:30-9:30 p.m.	Premier: Earth Songs II: A Visual Meditation (optional)

Saturday Oct 19, 2019

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
9:30-10:00 a.m.	Special Introspection exercise (Part I)
10:00-10:30 a.m.	Footprints of Light meditation
10:45-12 noon	Neuroplasticity: Rewiring the brain for love and compassion
12noon-4:00 p.m.	Lunch (on your own) Free Time (on your own)
	Inspiring Film/Doumentary TBA (optional)
4:00-5:00 p.m.	Mindfulness Meditation:
5:00-7:30pm	Dinner (on your own)
7:30-9:30 p.m.	“Evening Concert” with folk/jazz/blues singer/songwriter Dan Sebranek & Mary Cortesi

Sunday, Oct 20, 2019

7:00-7:45 a.m.	Restorative Yoga (optional)
8:00-8:45 a.m.	Breakfast Buffet
9:00-10:00 a.m.	Open Heart Meditation
10:00-10:15 a.m.	Break
10:15-10:45 a.m.	Special Introspection exercise (Part II)
10:45- 11:30 a.m.	World Peace Meditation: Hold the light, 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* and *Quiet Mind*, *Fearless Heart* and *Achieving the Mind-Body-Spirit Connection*. For more information please visit www.brianlukeseaward.net.



Dan Sebranek and his lovely wife, Mary will be performing the Saturday night concert.

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22nd Annual Fall Mountain Retreat... with Brian Luke Seaward
(Personal Growth and Professional Development Workshop)
@ the world renowned Sonnenalp Resort • Vail, Colorado

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

Name: _____

Address: _____

City & State: _____ (zip) _____

Phone Number: () _____ Email: _____

Registration Fee	Early Bird Postmarked by Aug. 23 2019	Regular Postmarked after Aug. 23, 2019
Advanced Practices in Holistic Stress Management Instructor Workshop Level II – Thursday Oct. 17 (9am start) to Friday Oct. 18 (1pm end)	\$299.	\$449.
Fall Mountain Retreat, Heart Centered Living – Friday Oct. 18 (2 pm start) to Sunday Oct. 20 (Noon end)	\$399.	\$549.
Both Level II and Heart Centered Living – Thursday Oct. 17 (9am start) to Sunday Oct 20 (Noon end). \$100 discount for attending both!	\$598.	\$998.

Cancellation Policy:

- Prepaid fees are refundable minus a \$100.00 processing fee until September 10, 2019.
- No refunds or credit will be issued on or after September 11, 2019.
- Cancellation due to unforeseen events will result in a pro-rated refund.

METHOD OF PAYMENT: Select one; checks are preferable to credit cards or Paypal. Thanks!

- **Check** enclosed (payable to The Paramount Wellness Institute)
- **Credit Card** Number _____ Expiration Date ____/____ CVV Code _____
- **Paypal** (please email payment via PAYPAL — Paypal.com) to this email address: brianlukes@cs.com
Registration Fee: \$ _____

Please mail registration form and check to: **The Paramount Wellness Institute • 809 Allen Drive, Suite 200 • Longmont, CO 80503**. Scan and email registration to brianlukes@cs.com. For more information, please contact us at *The Paramount Wellness Institute* (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.

