

THE PARAMOUNT WELLNESS INSTITUTE

Lectures, Seminars, Workshops & Retreats in Health Promotion and Wellness
809 Allen Drive, Suite 200 • Longmont, Colorado • 80503 • (303) 678.9962
Email: BrianlukeS@cs.com • www.brianlukeseaward.net

July 14, 2020

Dear Fellow Holistic Workshop Alumni Family,

Please consider joining us for the **13th Annual Advanced Practices in Holistic Stress Management Instructor Workshop (Level II)** for ALL alumni (whether you completed your homework or not!) in a very friendly COVID environment with appropriate social distancing (please bring a face mask to wear when we are in the conference room).

New Content/Topics include:

- Teaching Digital Detox & Mindfulness
- Teaching Chronic Lyme Disease, the Microbiome & Stress
- Teaching Healthy Boundaries
- Teaching Resiliency & The Search for Happiness
- Teaching Healing through the Master Mind (Dispenza and Hopper)
- Special Topics in Holistic Stress Management

This year we are back at the glorious Sonnenalp Resort in Vail, Colorado to be held in tandem with the 23rd annual Fall Mountain Retreat Workshop. Included with this letter is all the pertinent information to make this a reality. The best part of this event: There is NO Homework or even a Take-Home Exam (smile). However, there are 12 CNEs through the AHNA.



“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, Oct 15-Friday Oct. 16, 2020* (see next page for itinerary) followed directly by the 21st Annual Fall Mountain Retreat Workshop (Oct 16-18). The theme for this year’s Fall Mountain Retreat is: *Recharge, Renew, Restore*. A brochure link for the Fall Mountain Retreat is included, if that might be of interest as well.

<https://www.brianlukeseaward.com/wp-content/uploads/2020/07/2020-Fall-Mt-Retreat-in-Vail.pdf>

Where: This retreat workshop will be held at the renowned *Sonnenalp Resort in Vail, Colorado* nestled in the heart of the majestic Colorado Rocky Mountains. The Sonnenalp Resort has reserved 10-15 rooms for retreat participants at an unbelievable conference rate of \$140/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. The people at the Sonnenalp expect the hotel to book up early and they have asked me to get the word out early so all of our people can be accommodated. (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!

How: *Epic Mountain Express (CME)* provides the best transportation from Denver's airport (DIA) directly to the Sonnenalp Resort. Reservations are required for this service. Please use this link to reserve a ride at a specially reduced price...OUR cost is \$72 each way (\$144/RT).

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.

https://epicmountainexpress.com/group_redirect?code=FALLMT

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 August 10th) \$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 am breakfast. Please use the enclosed Fall Mt Retreat registration form to register or simply call us (303.678.9962).

AND...there is a special \$100 discount on the Fall MT Retreat if you attend BOTH events. Save the dates, Oct 15-16 (Level II)/Oct 16-18 (Retreat). 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)
2020 Itinerary* 12 CE's (professional contact hours for nurses)

Thursday Session: Oct 15, 2020

8:30 –9:00 a.m.	Registration & Re-acquaintances
9:00-10:30 a.m.	Modular 1: Teaching Digital Toxicity, Digital Dementia and Digital De-Tox
10:30 am-10:45 p.m.	Break
10:45- 12:00	Modular 2: Teaching Lyme Disease, The Microbiome and Stress
12:30-1:30 p.m.	Lunch (on your own)
1:30-2:30 p.m.	Modular 3:. Teaching Healthy Boundaries
2:30-2:45 p.m.	Break & Refreshments
2:45-5:00 p.m.	Modular 4:. Healing through the Master-Mind (Neuroplasticity and the work of Joe Dispenza)
5:00 p.m.- whenever	Dinner (on your own)

Friday Session: Oct 16, 2020

7:00-8:00 a.m.	Restorative Yoga
8:00-8:30 a.m.	Breakfast buffet
8:30-10:00 a.m.	Modular 5: Resiliency and the Pursuit of Happiness
10:30-10:45 a.m.	Break & Refreshments
10:45-11:45 a.m.	Modular 6: Teaching Mindfulness
11:45 a.m.-12:45 p.m.	Modular 7: Special Topics in Holistic Stress Management
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 23rd Annual Fall Mountain Retreat Workshop: <i>Recharge, Renew, Restore:</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.