

Recharge, Renew, Restore

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



“Hold the Light, Be the Light, Share the Light”

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

23rd Annual Fall Mountain Retreat Workshop

A Special Weekend of
Personal Growth & Professional Development in the time of Corona

The Sonnenalp Resort

Vail, Colorado

October 16-18, 2020

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 21st. 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 \$165/night/pre-tax (single/double occupancy—most rooms have 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 Inspiration Unlimited & 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: Due to the nature of the Covid Pandemic, we have changed the format to accommodate more private time for self-reflection with pre-recorded guided meditations (MP3 files) as well as many new soul searching exercises to be done in the comfort of one of the many private rooms in the hotel (e.g., the library, the spa, the pool deck, the lounge, and of course our private retreat room. Retreat participants are free to social isolate or mix comfortably with members of our small group at their pleasure. All activities are optional and can be adapted for private use in your hotel room as well.

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23rd Annual Fall Mountain Retreat, Sonnenal Resort, Vail Colorado

Friday, Oct 16, 2020

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.	Relaxation Exercise # 1: Mindful Breathing Soul Searching Exercise #1 Hugging the Family Tree
3:30-3:45 p.m.	Break (refreshments)
3:45-4:30 p.m.	Soul Searching Exercise # 2: The Doors of Perception
4:30-5:00 p.m.	Ho'Opono: The Art of Forgiveness (and moving on)
5:00-5:30 p.m.	Soul Searching Exercise #3: Master Cell Healing Meditation
5:30-8:00 p.m.	Dinner (on your own)
8:30-9:30 p.m.	A Fireside Chat: Cosmic Gossip, What the hell is going on in the Universe

Saturday Oct 17, 2020

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.	Mindfulness Exercise: Upgrading Our DNA (the light within)
10:00-10:30 a.m.	Soul Searching Exercise # 4 Blue Pearl Meditation Exercise
10:45-12 noon	Soul Searching Exercise #5: Blessing the Chakras Meditation
12noon-4:00 p.m.	Lunch (on your own) Free Time (on your own) Inspiring Film/Doumentary: Waking Up
4:00-5:00 p.m.	Mindfulness Meditation: Crossing the Bridge to the New World
5:00-7:30pm	Dinner (on your own)
7:30-9:30 p.m.	TBA

Sunday, Oct 18, 2020

7:00-7:45 a.m.	Restorative Yoga (optional)
8:00-8:45 a.m.	Breakfast Buffet
9:00-10:00 a.m.	Soul Searching Exercise #6: Embracing the Shadow
10:00-10:15 a.m.	Break
10:15-10:45 a.m.	Special Introspection Exercise (Part II): The Light Within Part II Uplifting Emotions and Inner Peace
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.

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23rd Annual Fall Mountain Retreat... with Brian Luke Seaward
 (Personal Growth and Professional Development Workshop-Retreat)
 at the world renowned Sonnenalp Resort • Vail, Colorado

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

Name: _____

Address: _____

City & State: _____ (zip) _____

Phone Number: () _____ Email: _____

Registration Fee	Early Bird Postmarked by Aug. 21 2020	Regular Postmarked after Aug. 21, 2020
Advanced Practices in Holistic Stress Management Instructor Workshop Level II – Thursday Oct. 15 (9am start) to Friday Oct. 16 (1pm end)	\$299.	\$449.
Fall Mountain Retreat, Stand Like Mountain, Flow Like Water – Friday Oct. 16 (2 pm start) to Sunday Oct. 18 (Noon end)	\$399.	\$549.
Both Level II and Stand Like Mountain Retreat – Thursday Oct. 15 (9am start) to Sunday Oct 18 (Noon end). \$100 discount for attending both!	\$598.	\$998.

Cancellation Policy:

- Prepaid fees are refundable minus a \$100.00 processing fee until September 10, 2020.
- Cancellations prior to Retreat due to unforeseen world events will result in a complete refund (minus cc fees)
- No refunds or credit will be issued on or after September 11, 2020.
- Cancellation due to unforeseen events during the retreat 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 Inspiration Unlimited)
- **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.

