

Relax, Recharge, Renew Retreat

A Personal Self-Paced Virtual Retreat

Moving from Fear (Stress) to Love & Compassion in a Very Stressful World
A relaxing weekend respite to invigorate your spirit and reclaim your center of wellbeing



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

Your Personal Virtual- Fall Mountain Retreat

A Special Personal Growth Weekend

Suggested Dates: October 16-18, 2020

with

Brian Luke Seaward, Ph.D.

The Paramount Wellness Institute • Boulder, CO

Dear Friends and Colleagues,

2020 has proven to be a most challenging year (with the promise of more challenges to come.) We have all had to learn to adapt to the shifting sands, and hang on tight during these ferocious winds of change. For the past 22 years I have hosted a most remarkable personal growth retreat in the Colorado Rockies and this year will be no different. However, because of the rapidly changing dynamics and the limitations imparted by the Covid-19 Pandemic, I accepted the challenge to try something new. Many people have asked, (some even pleaded), for me to create some kind of virtual retreat package. So I did. I went into the recording studio and recorded some of my most popular guided meditations from previous retreats, as well as pre-recorded the opening and closing ceremonies. I also included some additional important bits of content to round things out. The retreat, as many of you know, is quite informal, and with that in mind, it was very easy to sit in front of a mic and create the ambiance of healing, inner peace and joy. I encourage you to recreate this same ambiance in your designed retreat space.

So, if you cannot make it to Vail, Colorado this fall, but would like to join us in a self-paced retreat protocol (and join in the field of like-minded retreaters pooling their energy to make themselves and the world a better place), we would love to have you join us. No Zoom meetings, just a wonderful alchemy of ageless wisdom pre-recorded as MP3 podcasts and a few video presentations for a full weekend of rest, relaxation and resoration that you will have access to for a lifetime.

— Brian Luke Seaward, Ph.d. Retreat Director/Facilitator

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 people longing to relax, recharge and master the essential relaxation skills to live gracefully in an ever changing 24-7 society.

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 this virtual retreat package is \$255 (earlybird). The registration fee includes a flashdrive with about 10 hours of pre-recorded MP3 guided meditations, pre-recorded video meditations, pre-recorded fireside chats (accessible when downloaded on screen device) (also http links), a retreat workbook with several soul-searching journaling exercises, as well as some short inspiring articles to accompany your personal and spiritual growth. Upon receiving your registration fee, a confirmation letter will be mailed to you with the flashdrive and workbook handouts, and several suggested details to help you make this personal retreat weekend event most enjoyable.

What you will receive: A flashdrive/thumbdrive with about 10 hours of pre-recorded audio and video guided mental imagery podcasts, a box of the Doors of Perception Wisdom Cards, and a 2020 Fall Mountain Retreat handbook with various exercises and content articles for personal growth.

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.

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Self-Paced Suggested Itinerary

Friday, Oct 16, 2020 (afternoon 2 pm-6 pm)

- #1: Audio/Video: Welcome and Opening Remarks
- #2: Audio: Creating Sacred Space
- #3: Audio/Video: Diaphragmatic Breathing Meditation
Soul Searching Exercise: The Doors of Perception (Wisdom Pack)
- #4: Audio: Guided Meditation: The Master Cell Healing Meditation
Self-Guided Mindfulness Dinner
- #5: Video Presentation: Earth Songs II: The Healing Power of Nature

Saturday Oct 17, 2020 (7:00 am-8:00 pm)

- Self-Guided Stretching and Restorative Yoga
- #6 Audio Guided Meditation: The Light Within
Soul Searching The Power of Adaptation
- #7: Audio/Video: Happiness Meditation: Raising Your Vibration
Soul-Searching Exercise: Uplifting Emotions Journal Exercise
- #8: Audio: Guided Meditation: Hugging the Family Tree
Soul-Searching Exercise: Practicing Forgiveness: Ho'Oponopono
- #9: Audio: Guided Meditation: The Blue Pearl Meditation
- #10: Audio: Guided Meditation: Four Chambered Heart
Soul-Searching Exercise: TBA
- #11: Audio: Guided Meditation: Crossing the Bridge to the New World
Soul-Searching Exercise: Embracing the Shadow
- #12: Audio: Guided Meditation: Positive Affirmations
Self-Guided mindfulness Nature Walk/Stroll
Self-Guided Mindfulness Dinner
- #13: Video: Evening Fireside Chat: Cosmic Gossip

Sunday, Oct 18, 2020 (7:00 am-12 noon)

- Self-Guided Stretching and Restorative Yoga
- #14: Audio: Guided Meditation: Cleansing and Blessing the Chakras
Soul-Searching Exercise: TBA
- #15: Audio: Guided Meditation: Loving Kindness Meditation
Soul-Searching Exercise: TBA
- #16: Audio/Video: Guided Meditation: Healing Water Meditation
Self-Guided Mindfulness Nature Walk
- #17: Audio: Closing Ceremony

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

Name: _____

Address: _____

City & State: _____ (zip) _____

Phone Number: () **Email:** _____

| Registration Fee | Early Bird Postmarked by September 30, 2020 | Regular Postmarked after September 30 2020 |
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| Personal Fall Mt Retreat (Virtual Retreat on a flashdrive) | \$255.00 | 355.00 |
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Cancellation Policy:

- No refunds or credit will be issued upon receiving the and retreat educational packet and flash-drive.

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: **Inspiration Unlimited • 809 Allen Drive, Suite 200 • Longmont, CO 80503** or 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.

