

Virtual Soul Spa Retreat

Saturday, February 27, 2021



Breathe. Relax. Repeat. Repeat again and again. The past 10 months have proven to be a real test; a test of patience, character, will power, healthy boundaries, even forgiveness. These are all parts of the health of the human spirit. In this time, and we are not done with this by any means, it is imperative to take pause, regroup, and recalibrate a new course correction for the year ahead. This one-day virtual retreat is an invitation to do just that. To pause, regroup, and recalibrate the health of your human spirit. In a day and age where egos run amuck, this day is dedicated to nourishing the soul and enhancing the health of the human spirit.

I call this a “soul spa” retreat (a live, virtual experience this time around, but someday we will do this again in person, promise). The purpose is to add/refine some ideal tools to your personal stress management and resiliency toolkit, and to help you navigate through any troubled waters and challenges that may be encountered ahead, so you can emerge grounded, centered and with a deeper sense of inner peace and confidence. In addition to the live guided mental imagery exercises, wisdom circle chats and soul-searching exercises, you will walk away with some new MP3 audio podcasts to add to your personal wellness toolkit.

So, dedicate this day to yourself; your self-care. Join us as we come together with the intention to regain our spiritual composure, enhance the health of the human spirit and renew the light in our hearts once again.

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Who should attend? Anyone looking to recalibrate their lives with meaning and purpose, anyone looking to catch their breath for a relaxing day, and anyone looking to refresh some essential self-care and resiliency skills for the times we are now living in.

What: This live virtual, Soul Spa Retreat is a one-day respite that engages the human spirit to reintegrate ageless wisdom and insights with soul-searching, contemplative exercises, and live guided mental imagery sessions to help you reset the health of your human spirit, recalibrate your soul’s life mission and reconnect to the inner peace that will help you achieve your highest human potential. If the year 2020 took the wind out of your sails, let this retreat help you to re-hoist your sails with both a sense of grounded passion and divine inspiration to help navigate your life through these crazy winds of change.

When: Saturday, February 27, 2021, from 9:00 am to 5:00 pm. Mountain Time Zone

Where: A special Zoom Link will be sent to you upon registration for this LIVE virtual event

How much: Early Bird Registration: \$149 through February 15. After that date: registration is \$249. Note: We have a limited number of scholarships for those in financial need (just ask).

Why: Common sense suggests that 2021 will hold its own challenges. Come join us to refresh your human potential skills, stay grounded and centered during these interesting days of change, transformation.

Dress: Very Casual.

Materials: Each person who registers will receive, via email, a workshop workbook PDF file as well as some complimentary MP3 Audio guided meditation links which will be sent out the night before the retreat (Friday, February 26).

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Itinerary

9:00-9:15 a.m.	Introductions and Opening Ceremony
9:15-10:00 a.m.	Spiritual Reset: Transformation 2021 Exercise # 1: Mandala of the Human Spirit 2.0
10:00-10:15 am	15-min Break
10:15-11:00 a.m.	Dismantling Roadblocks on the Spiritual Path Exercise # 2: Balance of Ego and Soul
11:00-11:15 a.m.	15-min Break
11:15-12 Noon	Guided Meditation: Mind-Body-Spirit Cleanse
12 Noon-1:00 p.m.	Lunch
1:00-1:45 p.m.	Seasons of the Soul Revisited Exercise # 3 Working the Muscles of the Soul
1:45-2:00 p.m.	15-min Break
2:00-2:30 p.m.	Reclaiming Your Life Purpose: Exercise # 4: Be the Light, Hold the Light, Share the Light
2:30-3:00 p.m.	Guided Meditation Exercise: The Art of Stillness:
3:00-3:15 p.m.	15- min Break
3:15-3:40 p.m.	Emerging: Rites of Passages-Shamanic Meditation Guided Meditation: Crossing the River
3:40-4:00 p.m.	Healthy Grieving Exercise # 5: Healing Trauma, Healing the Soul
4:00-4:15 p.m.	15-min Break
4:15-4:45 p.m.	The Power of Love and Compassion Guided Meditation Exercise: From Fear to Love
4:45-5:00 p.m.	Closing Ceremony, Closing Remarks, Farewell

Virtual “Soul Spa” Retreat

Workshop Registration Form

Name: _____

Address: _____

City, State & Zip _____

Phone Number () _____ * Email address _____

On-line Soul Spa Retreat:

On or before February 15, 2021	(Early Bird Tuition Fee)	\$149.00
After February 15, 2021	...	\$249.00

Cancellation Policy: Prepaid fees are refundable minus a \$50.00 processing fee. Sorry, we are unable to provide refunds after February 20, 2021. A cancellation after February results in a forfeit of tuition registration fee.

METHOD OF PAYMENT:

* Please note that if possible, checks are our first preference of payment

_____ **Check** enclosed (payable to Inspiration Unlimited). Please send to address listed below.

_____ **Paypal/ Venmo** (online money transfer) send to brianlukes@cs.com. Please ask for details.

_____ **Credit Card:** Master Card / Visa / AMEX / Discover (circle one)

Credit Card Number _____ Exp. Date ____/____

CVV Code _____

Signature _____

TOTAL \$ _____

Please mail this registration form and check to:

Inspiration Unlimited
809 Allen Drive, Suite 200, Longmont, CO 80503

or scan registration form to: brianlukes@cs.com. For more information, please contact us at *Inspiration Unlimited* (303) 678-9962.

About Your Workshop Facilitator: Brian Luke Seaward, Ph.D. is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress (10E)*, is the acclaimed top selling college textbook nationally and internationally. Dr. Seaward serves on the faculty of The Graduate Institute sharing his wisdom of holistic wellness to undergraduates and graduates alike. As teacher, mentor, and healer, Luke is regarded by his students and peers as a rare gem in the crown of health promotion. He is the author of several books including *Stressed Is Desserts Spelled Backward*, *Health of the Human Spirit*, *The Art of Calm*, *Quiet Mind*, *Fearless Heart* and the popular best seller, *Stand Like Mountain, Flow Like Water*. More information is available through his website: www.brianlukeseaward.net.