

The PARAMOUNT WELLNESS INSTITUTE

Lectures, Seminars, Workshops & Retreats in Health Promotion and Wellness
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May 7, 2021

Dear Fellow Holistic Stress Management Instructor Workshop Alumni, Cosmic Friends, and Kindred Spirits:

Mark your calendars and save the dates! Plans are underway to host the **14th Annual Advanced Practices in Holistic Stress Management Instructor Workshop (Level II)** for ALL alumni (whether you completed your homework or not!). This year we return to the breath taking mountain views of Vail, Colorado, where we will lodge at the stunningly beautiful Sonnenalp Resort. The Level II Workshop has no homework or take-home exam (smile). New content this year includes: Digital Detox and Mindfulness; Creating Great Lesson Plans; Ancestral Trauma Healing and more.

The Level II Workshop (October 14-15) will be held in tandem with a very special Fall Mountain Retreat Workshop (October 15- 18). You can attend one or both workshops. This letter will tell you everything you need to know about the Level II Workshop. *The attached brochure provides all the details for the **23rd Annual Fall Mountain Retreat Workshop**:

Continuing Nursing Education: 12 Contact Hours

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Who: All graduates (that's everybody!) of past Holistic Stress Management Instructor Workshops (Level I).

When: Level II Workshop Thursday October 14 and Friday October 15, 2021 (see next page for itinerary).

When: 23rd Annual Fall Mountain Retreat Workshop Friday October 15, through Sunday October 17, 2021. This years theme: TBA

Where: Both workshops 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 \$150/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. Please mention this event is sponsored by the Paramount Wellness Institute. For information/reservations for the Sonnenalp please call (800) 654-8312 (www.sonnenalp.com). Those seeking roommates to share expenses will be networked through our office. Just let me know.

How: Colorado Mountain Express provides the best transportation from Denver's airport (DIA) directly to the Sonnenalp Resort. Reservations are required for this service. Please call (800) 525-6363. We were able to secure a special rate for \$67 each way (\$134/RT). When booking you must mention the discount code: FALLMT. Vail is approximately a two hour drive 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.

Why: To gain new material and insights as well as renew the synergy of the original Holistic Stress Management Instructor experience! Join us as we reunite and gather with like-minded souls and kindred spirits. Re-experience the power of sacred space and community, where we will explore new ideas on creating and teaching presentations, seminars, workshops and retreats; and expand professional and personal insights.

Cost: \$350 Early-Bird Special (postmarked by August 23); or \$399 (postmarked after August 23). Please register as soon as possible to reserve your spot. The Level II Workshop (Allumni refresher course) is limited to 30 people. The cost includes the Level II Workshop; *Holistic Stress Management Instructor Workshop Workbook* (on flash drive); daily refreshments; and a fabulous Friday morning Sonnenalp breakfast served in our beautiful conference room.

Registration: Please use the *Heart-Centered Living 23rd Annual Fall Mountain Retreat Workshop* registration form located in the attached brochure or simply call us at 303.678.9962. **Special Discount:** We offer a special \$100 discount if you register for both workshops (Level II and the Fall Mountain Retreat).

Cancellation Policy: Explained in Registration form located in *Fall Mountain Retreat* brochure .

Best wishes always,

"Luke"

Brian Luke Seaward, Ph.D.
Executive Director

Advanced Practices in Holistic Stress Management Instructor Workshop

2021 Level II (Refresher Course) Itinerary* 12 CE's (professional contact hours)

Thursday Session: Oct 14, 2021

8:30 –9:00 a.m.	Registration & Re-acquaintances
9:00-10:30 a.m.	Module 1: Special Topics: Designing an Online Presentation
10:30 am-10:45 p.m.	Break
10:45 am.- 12:00 noon	Module 2: Special Topics: Teaching about Lyme Disease, The Microbiome and Stress
12:00 noon-1:30 p.m.	Lunch (on your own)
1:30-2:30 p.m.	Module 3: Teaching Healthy Boundaries II
2:30-2:45 p.m.	Break & Refreshments
2:45-4:00 p.m.	Module 4: Special Topics: Digital Toxicity, Digital Dementia and Digital De-Tox
4:00-5:00 p.m.	Module 5: Teaching about Healing Ancestral Trauma
5:00-6:00 p.m.	Module 6: Special Topics: Teaching Journaling & Poetry Therapy
6:00 p.m.- whenever	Dinner (on your own)

Friday Session: Oct 15, 2021

7:00-8:00 a.m.	Module 7: Teaching Restorative Yoga
8:00-8:30 a.m.	Breakfast buffet
8:30-9:00 a.m.	Module 8: Support Group Meetings as a coping technique
9:00 -10:00 a.m.	Module 9: Resiliency, Burnout & the Pursuit of Happiness
10:30-10:45 a.m.	Break & Refreshments
10:45-11:45 a.m.	Module 10: Teaching Mindfulness
11:45 a.m.-12:45 p.m.	Module 11: Lesson Planning and Implementation
12:45-1:15 p.m.	Closing Comments, Q&A, and Evaluations
1:15-2:00 p.m.	Lunch (on your own)
2:00 p.m.	Start of the 23rd Annual Fall Mountain Retreat Workshop:

* 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: Brian Luke Seaward, Ph.D., is a presenter/facilitator for this activity. Brian Luke Seaward receives an honorarium from The Paramount Wellness Institute. His books and relaxation CDs will not be openly discussed during the scheduled hours of this workshop activity.

Coming Home to Oneness

24th Annual Farewell Mountain Retreat... with Brian Luke Seaward, Ph.D.
 (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 2021	Regular Postmarked after Aug. 21, 2021
Advanced Practices in Holistic Stress Management Instructor Workshop Level II – Thursday Oct. 14 (9am start) to Friday Oct. 15 (1pm end) 12 Contact Hours for Nurses	\$299.	\$449.
Fall Mountain Retreat, Coming Home to Oneness – Friday Oct. 15 (2 pm start) to Sunday Oct. 17 (Noon end)	\$399.	\$549.
Both Level II and Coming Home to Oneness Retreat – Thursday Oct. 14 (9am start) to Sunday Oct 17 (Noon end). \$100 discount for attending both!	\$598.	\$998.

Cancellation Policy:

- Prepaid fees are refundable minus a \$100.00 processing fee until September 3, 2021.
- 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 3, 2021.
- 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.

