

Staying Above the Fray

Virtual Online Retreat

Saturday, November 13, 2021



Breathe. Relax. Repeat. Repeat again and again. The past 18 months have proven to be a real test; a test of patience, character, will power, healthy boundaries, even forgiveness. These are all parts that test 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 retreat. Staying Above The Fray (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 mental, emotional, physical and 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 who has experienced stress and is 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, and stay above the fray of stress and uncertainty.

What: This live virtual online 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 all that has happened with this pandemic has taken 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, November 13, 2021, from 9:00 am to 5:00 pm. Mountain Time Zone

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

How much: Early Bird Registration: \$159 through October 30. After that date: Registration is \$259. Note: We have a limited number of scholarships for those in financial need (just ask).

Why: With much change and uncertainty in the air (with more to come) 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 and the days, weeks and months to come.

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, November 12).

10+ CE’s for Nurses, please contact me about this for more details.

Staying Above the Fray Online Retreat Itinerary

Saturday, November 13, 2021

9:00-9:15 a.m.	Introductions and Opening Ceremony
9:15-10:00 a.m.	Staying Above The Fray Wisdom Circle <i>RE-Establishing Healthy Boundaries for 2022!</i> <i>Exercise # 01: Creating Healthy Boundaries</i>
10:00-10:15 am	15-min Screen Break
10:15-11:00 a.m.	Ageless Wisdom on Adaptation & Resiliency <i>Exercise #02 How Resilient Are You?</i> <i>Exercise# 04: Adapting to Major Life Changes</i>
11:00-11:15 a.m.	15-min Screen Break
11:15-12 Noon	<i>Guided Meditation 1: Enter the Garden Sanctuary</i>
12 Noon-1:00 p.m.	Lunch (Screen Break)
1:00-1:45 p.m.	<i>Digital Toxicity & Digital Detox</i> <i>Exercise # 05 Slave or Master: Internet Addictions</i>
1:45-2:00 p.m.	15-min Screen Break
2:00-2:30 p.m.	Spiritual Reset: Transformation 2021 <i>Exercise # 06: Mandala of the Human Spirit 2.0</i>
2:30-3:00 p.m.	<i>Guided Meditation Exercise:</i> <i>The Sacred Pools of Heaven</i>
3:00-3:15 p.m.	15- min Screen Break
3:15-3:40 p.m.	<i>Guided Meditation 2: Diamond in the Rough</i>
3:40-4:00 p.m.	<i>Special Topics: The Healing Power of Nature</i> <i>Exercise #07: How's Your Nature Literacy?</i> <i>Exercise # 08 Scoring Nature Points</i>
4:00-4:15 p.m.	15-min Screen Break
4:15-4:45 p.m.	<i>Guided Meditation Exercise:</i> <i>Master Cell Meditation</i>
4:45-5:00 p.m.	Closing Ceremony, Closing Remarks, Farewell

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Workshop Registration Form

Name: _____

Address: _____

City, State & Zip _____

Phone Number () _____ * Email address _____

On-line Soul Spa Retreat:

On or before October 30, 2021	(Early Bird Tuition Fee)	\$159.00
After October 30, 2021		... \$259.00

Cancellation Policy: Prepaid fees are refundable minus a \$50.00 processing fee. Sorry, we are unable to provide refunds after October 30, 2021. A cancellation after October 30 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.

_____ **Venmo** (online money transfer) send to @Christine-Seaward. Please ask for more details if needed.

_____ **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.