

# **The PARAMOUNT WELLNESS INSTITUTE**

*Lectures, Seminars, Workshops & Retreats in Health Promotion and Wellness*  
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May 15, 2022

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 **15<sup>th</sup> 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 Estes Park, Colorado, where we will meet at the Ridgeline Inn and Conference Center. 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 13-14) will be held in tandem with a very special Fall Mountain Retreat Workshop (October 14- 16). 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 **25<sup>th</sup> 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) either in person or online events.

**When: Level II Workshop** Thursday October 13 and Friday October 14, 2021 (see next page for itinerary).

**When: 25<sup>th</sup> Annual Fall Mountain Retreat Workshop** Friday October 15, through Sunday October 16, 2022. This years theme: Mind-Body-Spirit Reset (Self-care Extraordinaire). *We have 12 CE's for Nurses for this as well (Care for the Caregiver).*

**Where:** Both workshops will be held at the Ridgeline Hotel and Conference Center, Estes Park, *Colorado*, gateway to Rocky Mountain National Park. The Ridgeline Hotel has reserved 10-15 rooms for retreat participants at a conference rate of \$150/night (single/double occupancy). 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 Ridgline Hotel and Conference Center please call 970.527.1500 . Those seeking roommates to share expenses will be networked through our office. Just let our office staff know.

**How:** The *Estes Park Shuttle* provides the best transportation from Denver's airport (DIA) directly to Estes Park. Reservations are required for this service. Please call (970) 586-5151. The RT rate is \$115. Estes Park 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:** \$299 Early-Bird Special (postmarked by August 26); or \$499 (postmarked after August 26). Please register as soon as possible to reserve your spot. The Level II Workshop (Allumni refresher course) is limited to 25 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 *Fall Mountain Retreat Workshop* registration form (see enclosed) 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).

**Please remember to bring your laptop computer!**

**Cancellation Policy:** Explained in registration form located in *Fall Mountain Retreat* brochure . Thank You.

Best wishes always,

*"Luke"*

Brian Luke Seaward, Ph.D.  
Executive Director

# Advanced Practices in Holistic Stress Management Instructor Workshop

2022 Level II (Refresher Course) Itinerary\* 12 CE's (professional contact hours)

## Thursday Session: Oct 13, 2022

8:30 –9:00 a.m.	Registration & Re-acquaintances
9:00-10:30 a.m.	<b>Module 1:</b> Special Topics: Designing a Dynamic Slide Presentation I
10:30 am-10:45 p.m.	Break
10:45 am.- 12:00 noon	<b>Module 2:</b> Special Topics: Special Topics: Designign a Dynamic Powerpoint Slide Presentation II
12:00 noon-1:30 p.m.	Lunch (on your own)
1:30-2:30 p.m.	<b>Module 3:</b> Teaching Healthy Boundaries II
2:30-2:45 p.m.	<b>Break &amp; Refreshments</b>
2:45-4:00 p.m.	<b>Module 4:</b> Special Topics: Digital Toxicity, Digital Dementia and Digital De-Tox
4:00-5:00 p.m.	<b>Module 5:</b> Teaching about Trauma, Grieving, Resiliency & Adaptation
5:00-6:00 p.m.	<b>Module 6:</b> Special Topics: Teaching Journaling & Poetry Therapy
6:00 p.m.- whenever	Dinner (on your own)

## Friday Session: Oct 14, 2022

7:00-8:00 a.m.	<b>Module 7:</b> Teaching Restorative Yoga
8:00-8:30 a.m.	Breakfast buffet
8:30-9:00 a.m.	<b>Module 8:</b> Support Group Meetings as a coping technique
9:00 -10:00 a.m.	<b>Module 9:</b> Resiliency, Burnout & the Pursuit of Happiness
10:30-10:45 a.m.	<b>Break &amp; Refreshments</b>
10:45-11:45 a.m.	<b>Module 10:</b> Teaching Mindfulness
11:45 a.m.-12:45 p.m.	<b>Module 11:</b> 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 25th 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.

# **Mind-Body-Spirit Reset (Self-Care Extraordinaire)**

25<sup>th</sup> Annual Farewell Mountain Retreat... with Brian Luke Seaward, Ph.D.  
 (Personal Growth and Professional Development Workshop-Retreat) 12 CE's for Nurses  
 Estes Park, Colorado

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & State: \_\_\_\_\_ (zip) \_\_\_\_\_

Phone Number: (    ) \_\_\_\_\_ Email: \_\_\_\_\_

Registration Fee	Early Bird Postmarked by Aug. 26 2022	Regular Postmarked after Aug. 26, 2022
Advanced Practices in Holistic Stress Management Instructor Workshop <b>Level II</b> – Thursday Oct. 13 (9am start) to Friday Oct. 14 (1pm end) 12 Contact Hours for Nurses	\$299.	\$449.
<b>Fall Mountain Retreat, Mind-Body-Spirit Reset</b> – Friday Oct. 14 (2 pm start) to Sunday Oct. 17 (Noon end) w/12 CE's	\$399.	\$549.
<b>Both Level II and Mind-Body-Reset Fall Mt Retreat</b> – Thursday Oct. 13 (9am start) to Sunday Oct 16 (Noon end). \$100 discount for attending both!	\$598.	\$998.

**Cancellation Policy:**

- Prepaid fees are refundable minus a \$100.00 processing fee until September 3, 2022.
- Cancellations prior to Retreat due to unforeseen world events will result in a complete refund.
- No refunds or credit will be issued on or after September 3, 2022.
- 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)
- \_\_\_\_\_ **Venmo** (online money transfer) send to @Christine-Seaward. Please ask for more details if needed.
- \_\_\_\_\_ **Paypal** (please email payment via PAYPAL – Paypal.com) to this email address: [brianlukes@cs.com](mailto: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](mailto: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](mailto:BrianLukeS@cs.com)

**THANK YOU!**

**Cannot make it this year? Please pass this along to a friend or colleague.**

