

Virtual Soul Spa Retreat II

Saturday, March 18, 2023

(12 CE's for Holistic Nurses)



Breathe. Relax. Repeat. Repeat again and again. The past two years 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 new 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 II (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 Covid Pandemic 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, March 18, 2023, 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: \$159 through March 10. After that date: registration is \$259. Note: We have a limited number of scholarships for those in financial need (just ask).

Why: As we have seen in the past few years, 2023 will hold its own challenges, but nothing that we cannot overcome. So, come join us to refresh your human potential skills, stay grounded and centered during these interesting days of change, transformation and spiritual growth

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, March 17th).

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Itinerary*

8:30-9:00 a.m.	Introductions and Opening Ceremony
9:00-10:00 a.m.	Wisdom Circle #1: Living Gracefully In an Upside down World JR Exercise # 1: Living in an Upside World JR Exercise # 2: Mental Health 101 Revisited
10:00-10:15 am	15-min Break
10:15-11:00 a.m.	Wisdom Circle #2: Speaking of Trauma.... JR Exercise # 2: Trauma Awareness Questionnaire
11:00-11:15 a.m.	15-min Break
11:15-12 Noon	Guided Meditation # 1: The Loving Hug Meditation
12 Noon-1:00 p.m.	Lunch (1 hour)
1:00-1:45 p.m.	Wisdom Circle # 3: Co-Creating a new Future Exercise # 3: Personal Map Making for 2023
1:45-2:00 p.m.	15-min Break
2:00-2:30 p.m.	Wisdom Circle #4: The Power of Sacred Rituals JR Exercise # 3: Calm in the Chaos: Power of Rituals
2:30-3:00 p.m.	Guided Meditation #2: _____
3:00-3:15 p.m.	15- min Break
3:15-3:40 p.m.	Wisdom Circle # 5: Sound Healing Bath Guided Meditation #3: Sound Healing Bath
3:40-4:00 p.m.	Wisdom Circle # 6: Self-Care 101: Tools for the Toolkit JR Exercise # 4: Self-Care 101
4:00-4:15 p.m.	15-min Break
4:15-4:45 p.m.	Wisdom Circle # 7: Grace Under Pressure: Guided Meditation # 4: Enter the New World
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 March 10, 2023	(Early Bird Tuition Fee)	\$159.00
After March 10, 2023	...	\$295.00

Cancellation Policy: Prepaid fees are refundable minus a \$50.00 processing fee. Sorry, we are unable to provide refunds after March 13, 2023. A cancellation after March 13, 2023 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.

Comments from Previous Soul Spa Retreat Participants

Brian, I haven't thanked you and said how wonderful Saturday retreat was, so thank you so much – I've even put away my phone 2 hours before bedtime so I'm putting to practice something I've taken away from the retreat.

“Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you are actually living” author unknown

I found the quote about a year ago and it has been very helpful to me in dealing with my current life situation. And there is JOY in every life you just have to be aware to one can see it!

Please continue to have your zoom retreats, and thank you soooooo much for all you do.
Many Blessings, Carol, Colorado

There is so much Luke offers in his courses and retreats that I always glean a new “aha” as one could not possibly capture it all in one event. Plus, at different times we are ready to reflect on different glimpses into our lives...readiness for that adventure.,

Many thanks, Laurie, Alaska

