

# Virtual Soul Spa Retreat II

Saturday, January 20, 2024

(12 CE's for Holistic Nurses)



Breathe. Relax. Repeat. Repeat again and again. The past three 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” winter retreat 2.0 (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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Saturday, January 20, 2024



**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 Winter 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 wake of the Covid 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, January 20, 2024, 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: \$199 through January 10th. After that date: registration is \$299. 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, 2024 will hold its own challenges (and some new ones), 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, January 19th).

**12 CE’s:** For those Nurses who would like to earn 12 CEs through the AHNA there is an additional 5 hours of pre-recorded videos to watch. For more information, please inquire to Luke about this.

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## Itinerary\*

8:30-9:00 a.m.	Introductions and Opening Ceremony
9:00-10:00 a.m.	Wisdom Circle #1: The Great Shift: From Fear to Love JR Exercise # 1: Mandala of the Human Spirit 2.0 JR Exercise # 2: Balance of Ego and Soul
10:00-10:15 am	15-min Break
10:15-11:00 a.m.	Wisdom Circle # 2: Muscles of the Soul JR Exercise # 3: Muscles of the Soul Revisited
11:00-11:15 a.m.	15-min Break
11:15-12 Noon	Guided Meditation # 1: Mind-Body-Spirit Cleanse
12 Noon-1:00 p.m.	Lunch (1 hour)
1:00-1:45 p.m.	Wisdom Circle # 3: Seasons of the Soul...Revisited JR Exercise # 4: Personal Map Making for 2024
1:45-2:00 p.m.	15-min Break
2:00-2:30 p.m.	Wisdom Circle #4: Reclaiming Your Life Purpose  JR Exercise # 5: What is Your “Third Place”?
2:30-3:00 p.m.	Guided Meditation #2: Practicing the Art of Stillness
3:00-3:15 p.m.	15- min Break
3:15-3:40 p.m.	Wisdom Circle # 5: Forgiveness & Gratitude Guided Meditation # 3: Ancestral Healing Meditation
3:40-4:00 p.m.	Wisdom Circle # 6: Self-Care, not Aftercare JR Exercise # 6: 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

# Virtual "Soul Spa" Retreat II

## Workshop Registration Form

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

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

City, State & Zip \_\_\_\_\_

Phone Number (        ) \_\_\_\_\_ \* Email address \_\_\_\_\_

### **Online Soul Spa Winter Retreat:**

On or before January 12, 2024	(Early Bird Tuition Fee)	\$199.00
After January 12, 2024	...	\$299.00

**Cancellation Policy:** Prepaid fees are refundable minus a \$50.00 processing fee. Sorry, we are unable to provide refunds after January 12, 2024. A cancellation after January 12, 2024, 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](mailto: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](http://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 so one can see it!

Please continue to have your zoom retreats, and thank you soooooooooo 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

