

THE REJUVENATION RETREAT

REGENERATE • REJUVENATE • RECHARGE • RELAX



THE CERTIFICATE TRAINING

A BODY, MIND AND SPIRIT TRAINING



SYMBOL OF THE TAO - THE GREAT WAY

THE RICH AND VARIED JOURNEY OF LIFE, ENCOMPASSING ALL
OPPOSITES, CONNECTING ALL THINGS. THE GREAT JOURNEY IS
FULL OF BLESSINGS FOR THE PERSON WHO HAS THE EYES TO SEE

INTRODUCTION

THE HEALTH AND SAFETY EXECUTIVE IS RESPONSIBLE FOR HEALTH AND SAFETY REGULATION IN GREAT BRITAIN. THE HEALTH AND SAFETY EXECUTIVE ESTIMATE THAT ABOUT HALF A MILLION PEOPLE IN THE UK EXPERIENCE WORK RELATED STRESS AT A LEVEL THEY BELIEVE IS MAKING THEM ILL AND THAT UP TO 5 MILLION PEOPLE FEEL 'VERY' OR 'EXTREMELY' STRESSED BY THEIR WORK. WHILE SOME STRESS IS POSITIVE AND INSPIRES MOTIVATION, EXCESSIVE STRESS UNDERMINES PERFORMANCE, IS COSTLY TO EMPLOYERS AND CAN MAKE PEOPLE ILL.

STRESS AND FATIGUE HAVE REACHED ALMOST EPIDEMIC PROPORTIONS IN SO CALLED WESTERN, CIVILIZED SOCIETIES. OVER TIME, THEY COMBINE TO RESULT IN LOWERED PHYSICAL AND MENTAL PERFORMANCE IN THE WORK PLACE AND FACTOR INTO EITHER BEING THE CAUSE OF MANY HEALTH COMPLAINTS OR EXACERBATING EXISTING CONDITIONS. FOR EXAMPLE, ASIDE FROM FATIGUE, COMPLAINTS SUCH AS POOR GENERAL WELL-BEING, DEPRESSION, MOOD SWINGS, ADDICTIONS, POOR CONCENTRATION / MEMORY, INSOMNIA, HEADACHES, POOR SEX DRIVE ARE ALL COMPLAINTS WHICH ARE INCREASING YEAR AFTER YEAR.

IN HER BOOK, THE PHYSIOLOGY OF STRESS, DR MARY ASTERITA STATES THAT AROUND 90% OF MODERN DAY ILLNESSES CAN BE CAUSED BY OVERBURDENING THE STRESS MECHANISMS OF THE BODY AND THAT AROUND 1 IN 4 PEOPLE NOW SUFFER THE EFFECTS OF CHRONIC STRESS. THE PHYSICAL AND MENTAL DETERIORATION THAT ACCOMPANIES PROLONGED EXPOSURE TO STRESS AND FATIGUE HAS LATELY BECOME A FOCUS OF ATTENTION TO THE HEALTH AND SAFETY EXECUTIVE IN THE UK AND THE NATIONAL INSTITUTE FOR OCCUPATIONAL HEALTH AND SAFETY IN THE USA. THEY BOTH NOW ADMIT THAT, "PERHAPS NOW, MORE THAN EVER BEFORE, JOB STRESS POSES A THREAT TO THE HEALTH OF WORKERS."

**THIS TRAINING IS AVAILABLE AS A FOUR DAY RESIDENTIAL RETREAT OR AS A SEVEN WEEK COURSE
WORKSHOPS TAKEN WEEKLY OVER SEVEN WEEKS**

WHY TACKLE WORK RELATED STRESS?

TO REDUCE SICKNESS ABSENCE

- WORK-RELATED STRESS ACCOUNTS FOR OVER A THIRD OF ALL NEW INCIDENCES OF ILL HEALTH. EACH CASE OF WORK-RELATED STRESS, DEPRESSION OR ANXIETY RELATED ILL HEALTH LEADS TO AN AVERAGE OF 30.2 WORKING DAYS LOST.
- A TOTAL OF 13.8 MILLION WORKING DAYS WERE LOST TO WORK-RELATED STRESS, DEPRESSION AND ANXIETY IN 2006/07.

TO BENEFIT YOUR BUSINESS

AS WELL AS REDUCING SICKNESS ABSENCE COSTS TO AN ORGANISATION, TACKLING STRESS CAN HAVE A POSITIVE EFFECT ON:

- EMPLOYEE COMMITMENT TO WORK;
- STAFF PERFORMANCE AND PRODUCTIVITY;
- STAFF TURNOVER OR INTENTION TO LEAVE;
- STAFF RECRUITMENT AND RETENTION;
- CUSTOMER SATISFACTION; AND
- ORGANISATIONAL IMAGE AND REPUTATION.

OUR INTENTION FOR YOU THROUGH THIS TRAINING

THIS TRAINING STARTS THE PROCESS WHEREBY YOU BEGIN DEVELOPING A GREATER UNDERSTANDING ABOUT HOW YOUR BODY AND MIND WORK SO YOU CAN GET MORE OUT OF THEM TO MORE SUCCESSFULLY MEET THE DEMANDS OF LIVING IN TODAY'S HIGH STRESS ENVIRONMENTS.. BENEFITS INCLUDE...

- BUILDING GREATER ENERGY, VITALITY AND STAMINA
- ELEVATING YOUR MEMORY, MOOD AND MENTAL FOCUS
- BALANCING AND HARMONISING YOUR MOOD
- ACCESSING DEEPER RELAXATION STATES
- DEVELOPING A POSITIVE MINDSET TO SUPPORT HEALTH AND WELL BEING
- TRANSFORMING NEGATIVE EMOTIONS SUCH AS ANGER, FEAR, ETC
- DISCOVERING HOW TO RAPIDLY TRANSFORM STRESS AND FATIGUE INTO VITALITY

ITINERARY

(1 OF 2)

FRIDAY

12.15 PM WELCOME AND OVERVIEW - MAKING THE MOST OF YOUR TIME

1 PM - 2 PM LUNCH

3 PM - 4 PM CHANGE YOUR THINKING, CHANGE YOUR LIFE : AN INTRODUCTION TO BODY MIND ENERGETICS AND THE 7 STEP TRANSFORMATION PROCESS (PART 1)

4 PM - 5.30 PM FREE TIME

5.30 PM - 6.30 PM EVENING MEAL

8.30 PM - 9.30 PM INNER STILL POINT TRAINING - EXERCISES FOR PHYSICAL, MENTAL & SPIRITUAL DEVELOPMENT

SATURDAY

8 AM - 9 AM BREAKFAST

10.30 AM - 11.45 AM STRESS RELATED ILLNESS AND THE ADRENAL GLANDS

12.30 PM - 1.30 PM LUNCH

1.30 PM - 3 PM FREE TIME

3 PM - 4 PM STRESS, ANXIETY AND YOUR NERVOUS SYSTEM

4 PM - 5.30 PM FREE TIME

5.30 PM - 6.30 PM EVENING MEAL

8.30 PM - 9.30 PM INNER STILL POINT TRAINING - EXERCISES FOR PHYSICAL, MENTAL & SPIRITUAL DEVELOPMENT

SUNDAY

8 AM - 9 AM BREAKFAST

10.30 AM - 11.45 OVERCOMING STRESS, FATIGUE AND NERVOUS ANXIETY

12.30 PM - 1.30 PM LUNCH

1.30 PM - 3 PM FREE TIME

3 PM - 4 PM MAKING THE MOST OF YOUR MIND

4 PM - 5.30 PM FREE TIME

5.30 PM - 6.30 PM EVENING MEAL

8.30 PM - 9.30 PM INNER STILL POINT TRAINING - EXERCISES FOR PHYSICAL, MENTAL & SPIRITUAL DEVELOPMENT

ITINERARY (2 OF 2)

MONDAY

8AM - 9AM BREAKFAST

**10AM - 11AM CHANGE YOUR THINKING, CHANGE YOUR LIFE : AN INTRODUCTION TO BODY MIND
ENERGETICS AND THE 7 STEP TRANSFORMATION PROCESS (PART 2)**

11.30AM FARE WELL AND THANK YOU

THE CERTIFICATE TRAINING PROGRAM

1. STRESS RELATED ILLNESS AND THE ADRENAL GLANDS

THE ADRENAL GLANDS ARE KNOWN AS THE ANTI-STRESS GLANDS OF THE BODY, OFTEN BEING DESCRIBED AS A RESERVE TANK WHICH SUPPORTS THE BODY AND MIND DURING STRESSFUL TIMES. THEY INSTIGATE AND CO-ORDINATE THE BODY'S REACTION TO STRESSES OF ALL KINDS WHETHER THE STRESS IS PHYSICAL, MENTAL OR EMOTIONAL.

HOWEVER, DUE TO THE TREMENDOUS STRESSES THAT WE PUT OURSELVES UNDER, PSYCHOLOGICAL AS WELL AS PHYSICAL, THE ADRENALS TAKE A BEATING AND OVER TIME THEIR OUTPUT BECOMES SERIOUSLY DEPLETED. HYPOADRENIA IS A CONDITION WHEREBY, ALTHOUGH THERE IS NO DISEASE STATE PRESENT, THE ADRENALS HAVE BEEN OVERTAXED TO THE POINT OF DEPLETION AND CAN NO LONGER SUPPORT A HIGH LEVEL OF HEALTH.

HYPOADRENIA FACTORS INTO EITHER BEING THE CAUSE OF MANY HEALTH PROBLEMS OR EXACERBATING EXISTING ONES AND IS ONE OF THE MOST INCORRECTLY DIAGNOSED PATTERNS OF ILL HEALTH IN DOCTORS SURGERIES TODAY. THIS SEMINAR DISCUSSES THE SYMPTOMS OF HYPOADRENIA INCLUDING FATIGUE, POOR CONCENTRATION / MEMORY, INCREASED IRRITABILITY, INSOMNIA, POOR SEX DRIVE AND DEPRESSION.

2. STRESS, ANXIETY AND YOUR NERVOUS SYSTEM

YOUR NERVOUS SYSTEM BEARS THE BRUNT OF THE STRESSES AND STRAINS THAT YOU FACE ON A DAY TO DAY BASIS. PRESSURE FROM WORK, RELATIONSHIPS AND EVEN SELF EXPECTATIONS BUILDS UP IN THE SYSTEM LEAVING MANY PEOPLE TODAY TENSE, ANXIOUS AND JUST UNABLE TO RELAX AND UNWIND. THE THING TO REMEMBER IS THAT STRESS AND ANXIETY HAVE A CUMULATIVE EFFECT ON THE NERVOUS SYSTEM - MEANING THAT THEY HAVE THE POTENTIAL TO BUILD UP IN THE SYSTEM DAY AFTER DAY. UNLESS YOU HAVE A RELEASE VALVE OR HAVE DEVELOPED A MECHANISM FOR TRANSFORMING STRESS AND ANXIETY YOU WILL BE MORE PRONE TO MOOD SWINGS, ANGRY OUTBURSTS, IRRITABILITY,NERVOUS ANXIETY AND DEPRESSION.

3. OVERCOMING STRESS, FATIGUE AND NERVOUS ANXIETY

OVERCOMING STRESS, FATIGUE AND ANXIETY MEANS TAKING GREATER CONTROL OF YOUR INNER WELL BEING AND BUILDING A STRONGER, MORE RESILIENT YOU. FROM WHAT YOU EAT, TO THE WAY YOU BREATHE, FROM THE LEAST AMOUNT OF EXERCISE YOU MAY TAKE, TO THE THOUGHTS YOU CHOOSE TO THINK AND THE WAY YOU CHOOSE TO UNWIND, YOU CAN FOCUS AND DEVELOP THESE ACTIVITIES TO GET THE BEST OUT OF YOUR SELF AND ENERGISE YOUR BODY AND MIND WHENEVER AND WHEREVER YOU DECIDE. THIS SEMINAR DISCUSSES WHAT MAKES THE HUMAN BODY MORE RESILIENT AND WHAT ITS REQUIREMENTS ARE FOR GREATER ENERGY AND VITALITY.

4. EXERCISES FOR PHYSICAL, MENTAL AND SPIRITUAL DEVELOPMENT

YOGA, TAI CHI AND CHI KUNG ARE EXERCISES THAT INVOLVE CO-ORDINATION OF BODY, MIND AND BREATHE. PRACTISED DILIGENTLY, THEY HELP INSPIRE PEACE OF MIND, RELAXATION, MENTAL CLARITY AND MUSCLE FLEXIBILITY AND TONALITY. DECEPTIVELY SIMPLE TO PERFORM, THE REAL CHALLENGE IS INNER FOCUS WHICH DISSOLVES TENSION AND ANXIETY AND OPENS UP NEW INNER PATHWAYS TO INNER PEACE AND HARMONY. EXERCISES FOR PHYSICAL, MENTAL AND SPIRITUAL DEVELOPMENT HELP MAKE YOU A MORE EFFICIENT AND EFFECTIVE PERSON EVEN IN THE MIDST OF A STRESSFUL ENVIRONMENT.

5. CHANGE YOUR THINKING CHANGE YOUR LIFE : AN INTRODUCTION TO THE 7 STEP TRANSFORMATION PROCESS

IF YOU ARE LOOKING TO GET OUT THERE AND MAKE NEW THINGS HAPPEN IN YOUR LIFE, INITIALLY YOU MIGHT WANT TO THINK ABOUT HOW BEST YOU CAN CREATE WITHIN YOURSELF A FRAMEWORK SO THAT YOU HAVE EVERY CHANCE OF SUCCEEDING. BEING SUCCESSFUL IN ANYTHING IS NOT AN ACCIDENT. AGE OLD WISDOM ALWAYS ADVISES, "TO BEGIN CHANGING YOUR LIFE, START BY CHANGING YOURSELF."

THE 7 STEP TRANSFORMATION PROCESS IS A MEANS BY WHICH YOU CAN BEGIN TO CREATE AND DEVELOP THIS INNER FRAMEWORK. YOU BEGIN BY GETTING A HIGH LEVEL OF CLARITY ON WHAT IT IS EXACTLY THAT YOU WANT. THIS DEFINES YOUR PATH AND HIGHLIGHTS YOUR OBJECTIVES. IN THE BEGINNING, CLARITY IS EVERYTHING BECAUSE WITHOUT IT, YOU LOSE YOUR WAY. THE 7 STEP TRANSFORMATION PROCESS THEN SEEKS TO ALIGN YOU WITH YOUR OBJECTIVES AND HELPS YOU DEVELOP THE WAYS AND MEANS OF ACHIEVING THEM.

6. MAKING THE MOST OF YOUR MIND

THE HUMAN BRAIN IS AKIN TO A BIO-COMPUTER THE LIKES OF WHICH EVEN THE MOST SOPHISTICATED TECHNOLOGY CANNOT EVEN COME CLOSE TO EMULATING. LIKE A SLEEPING GIANT, ITS POTENTIAL IS FAR GREATER THAN HAS BEEN GENERALLY IMAGINED. EVEN THE COMMONLY HELD BELIEF THAT WE USE ONLY AROUND 5% OF THE BRAIN'S OVERALL CAPABILITIES MAY VERY WELL BE AN OVERESTIMATION. BUT HOW DO YOU GET THE BEST OUT OF IT? THIS SEMINAR DISCUSSES THE REQUIREMENTS OF THE BRAIN TO GET TO THE POINT WHERE IT FUNCTIONS OPTIMALLY AND THEN HOW YOU CAN DEVELOP A WAY OF THINKING THAT BRINGS TO THE FORE THE IMMENSE CREATIVE AND PROBLEM SOLVING CAPACITY THAT IS THE INHERENT POTENTIAL OF THE BRAIN.

A KEY TOPIC IS THE DIFFERENCE AND THE RELATIONSHIP BETWEEN THE CONSCIOUS AND SUBCONSCIOUS MINDS, HOW THEY AFFECT ONE ANOTHER AND HOW YOU CAN LITERALLY PROGRAM YOUR MIND FOR SUCCESS. ALSO OF SPECIAL MENTION IN THIS SEMINAR IS THE WAYS AND MEANS TO RECOVER FROM THE DEBILITATING EFFECTS OF DEPRESSION. THE WORLD HEALTH ORGANISATION NOW ESTIMATES THAT DEPRESSION WILL SOON BECOME THE MOST COMMON HEALTH PROBLEM IN THE WORLD, SURPASSING EVEN CANCER AND HEART DISEASE IN THE PROCESS.

FOR MORE INFORMATION PLEASE CONTACT
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