

Presentations

Meditation Made Easy - Practical Applications and Tools



Demystify meditation and learn techniques that are guaranteed to fit with your lifestyle and work for you today. We will practice and discuss meditation and the practices that grow your understanding and ability to meditate. Those who practice meditation have reduced stress, improved health and created happiness on a daily basis. Whether you have never meditated or want to deepen your understanding and practice of meditation, this presentation will meet your needs.

Keynote, lecture, 90 - min breakout, 3 - 6 hour workshop

Stress Management

Perceptions determine the value or cost of stress. Learn to minimize stress and utilize it as a creative and integral part of a balanced lifestyle. Stress reduction also results in higher job productivity and satisfaction.

Keynote, lecture, 90 - min breakout, 3 - 6 hour workshop

Get Moving - Exercise for Everyday Life

Movement of your body is essential for health and well-being. Independent of any condition, it contributes to optimizing the quality of life. There are multidimensional reasons for moving and how movement will look for each individual. Add to that an ever expanding perception of exercise and physical activity and the idea of lifestyle movement becomes very individualized and open. Being able to process exercise information and connect it to individual perceptions is essential for the continual expression of movement in daily life. "Get Moving" demonstrates the interconnectedness of movement of the body, inside and out, with the mind of mental and emotional health. The importance of moving the body, breath and mind within the structure of your exercise and/or physical activity routine brings discipline and creativity into your experience as a skill set while expressing fun and enjoyment throughout.

Keynote, lecture, 90 - min breakout, 3 - 6 hour workshop

What Matters Most for Weight Loss

What's important when you are trying to lose weight – is it exercise and diet? Or are there certain practices that guarantee weight-loss success? Learn about weight-loss tips that can be applied right now. You'll understand which lifestyle choices will help you release unhealthy weight and others that will condition you for optimal health.

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