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Title

The Brain Recharge: Three Critical Steps to Boost Your Brainpower
The SHARP Solution for Brain Health and Fitness
Recharge: 5 Simple Steps to Energize Your Life
Brain-Bliss - Turning on Your Brilliance
Lead to Inspire - Part 1
Lead to Inspire - Part 2
World-Class Presentation Skills
Business Writing That Counts! A Two-Part Series
Presentation Skills for Success
How to Effectively Present, Persuade, and Promote
Fearless Feedback: Achieving Better, Faster, and Trusted Results with Your Team
Developing your People - Coaching & Mentoring - What Coaching Means
Leadership Skills - Taking the Business Forward - The Functions Of Leadership
Measuring Supply Chain Performance
Procurement
Supply Chain for Competitive Advantage
The End of the Job Description: Changing from a Job-focus to a Performance-focus
There is a Bully at My Work: Now What?
The Four Influencing Strategies: Capabilities for Communicating with Influence
Extraordinary Customer Service and Satisfaction
Managing Change
Helping Develop Employees Professionally
Foundations For Career Success and Personal Resilience
Leadership and Effective Communication
Situational Leadership
Storytelling in Business
Communicating Your Way To Trust
Make Process Driven Decisions for Career Success
Communicating Your Way to Trust
Listening Skills for Business
Cultural Understanding: A Leadership Essential
Compelling Communication that Works: Phone Calls, Emails & Follow ups
4 Wonders of the Kitchen - Essential Organic Recipes in 30 Minutes or Less
Master Cooking on a Budget - Get Your Kitchen Mojo on for Cheap!
You Haven't Seen Anything Yet! Fresh Pasta in Under 4 Minutes - Fresh Gnocchi in Under 5!
Anyone Can Cook Optimally Healthy, Plant Based Meals
Cooking up Hearty Winter Minestrone with Andrea Beaman!
Live From Belize - Unlock The Secrets to Create Vibrant & Healthy World-Class Cuisine
Raw Party with: Bananas
Better Than a Box: Real Food Versions of your Favorite Canned Recipes
Healthy Mexican Soups: Taking the Chills Away
Country Cooking of Greece
Let's Make Raw Brownies!
Cooking with Delia
Weightless Desserts Free Webinar: Conquer Sugar-Addiction Eating Chocolate Cake
Storyselling - How to Emotionally Brand a Customer Experience
A Diet-Free Approach to Diabetes Management
The Basics of Diabetes Management
Connecting the Dots: Diet, Exercise and Diabetes
Carbohydrates: Friend or Foe?
Balanced Eating for Stable Blood Sugar
5 Reasons You Should Eat More Plants
The Mind-Body Connection of Diabetes
Introduction to Meditation and Mindfulness for Better Management of Chronic Illness
The Power to Heal: Discover Your Internal Strength
Movement is Medicine
Mindfulness, A Practice to Improve Your Health and Work

Just Eat Real Food: 3 Steps To Curing Type 2 Diabetes Naturally
Type II Diabetes: Is It Curable?
Ancient Wisdom and Diabetes
Using Mindfulness to Help Manage Diabetes
Insulin Resistance: Beyond Diet and Exercise
HypNutrition: The Three Pillar Approach to Regaining Balance in Your Body, Mind & More
End Your Sugar Cravings for Good
Preventing Diabetes Burnout (Overview)
Preventing blood sugar spikes: Plan a day of vegan meals.
Stop sabotaging behaviors
Simple Tips for Diabetes Wellness
Meal Planning for a Healthy Weight
Can you trust it? How to find credible and accurate nutrition information
Counting Carbohydrates
Fast and Fun Fitness Tips for Diabetes
The Best Foods to Help Manage Diabetes and the Importance of Regular Exercise
Diabetes Food Label Reading
The Mindset to Diabetes - When did you lose the sweetness in life?
The Diabalanced Meal
Carb Counting Made Easy
Innovations in Diabetes Treatment and Care
Training and Nutrition Strategies for Diabetes: What you must know, now!
Exercise & Diabetes: The Natural Blood Sugar Controller
Eat Clean and Detox from Sugar
Monitoring Blood Sugar: What the Numbers Mean and What Actions to Take
Diabetes 7 Lifestyle Behaviors for Self Management
Diabetes 360: Understanding the condition from a medical, nutritional, and lifestyle point of view
Ways To Manage Your Weight In The Kitchen -without measuring and weighing everything!
The Benefits of Exercise for Diabetes
Type 2 Diabetes and Women's Health
Recent Advances in Diabetes Care
Understanding the Type of Diabetes You Have: What does genetics have to do with it?
Endurance Exercise and Type 1 Diabetes
6 Fitness and Nutrition Myths That Are Holding You Back
Promo - Bodyfit at Home workout
The Truth About Willpower - And How to Harness It to Get Healthy
9 Ways to Motivate Yourself to Eat Well and Exercise
How to Be a Fit Bottomed Girl Over the Holiday Season
Bodyfit at home (xmas detox)
Motivating Yourself To Exercise
Fitness is the Root of All Success
Training While Traveling
Standing Tall with Spinal Health
Barre Physique Basics
Barre Physique Basics
How Fitness Helps Increase Productivity and Success in the Workplace
Stretching Stops Pain!
Workplace Workouts
Achieving Your Ideal Weight
Fast & Fun Fitness
Beginning to Intermediate Pilates
Ultimate Guts Class
Weekend Warrior
How to Break Fall for the Street
Basic Defense for choke hold - Front
Transform Your Relationship with Food: Secrets of an Eating Psychologist
Harnessing the Power of Food Neurochemistry to Improve Your Mood & Change Your Life
Transform Your Relationship with Food

Kitchen Feng Shui
What We Eat = How We Think, Look and Feel
Body, Mind, and Mouth: Life's Eating Connection
Food and Mood
Overcome the Mid-day Blues with Food
The Spiritual Path to Loving Exercise & Veggies [Yes, you will!
Creative Recovery
Meds No More! Are your medicines making you sick?
Disability Is a Metaphor for Life
Pain: Teacher or Tormentor?
Practical Reiki: the New, Revolutionary Energy Healing Method
Distance Healing is Real - Experience it for Yourself!
Back Pain Therapy
Choosing mindfulness when dealing with a chronic illness
A Guide to Natural and Alternative Healing Methods
Fast Track Your Healing - Introductory Class
Fast Track Class: Heal Emotional Baggage
Fast Track Class: Body Code Healing
Gut Health
De-Constructing Cravings
Detoxify Mindbody Style
Vegan 101- Back to Basics
Water 101
Raw Party With Carrots!
Healthy Children, Healthy Appetites
Conquer Addiction to Sugar
Eating For Energy
Lunch Lessons Changing the Way We Feed Our Children
Dessert-A-Day
Living a fun, scrumptious and vibrant gluten-free life
Vegan On A Dime
How to Read Food Labels
New Year Fresh Fruit Cleanse
Body-Food Connection
How to Improve Your Digestion
Body, Mind, and Mouth: Life's Eating
Healthy Eating for the Holidays: Part I
Healthy Eating for the Holidays: Part II
The Holiday Eating Survival Guide
Building Your Personal Health Defense - One Bite at a Time
Top 4 Foods for Glowing and Vibrant
Clean Eating
Vacation Eating
Healing Candida
Healing Powers Hidden in Your Kitchen
Herbs for Digestive Support
Spice Up Your Cooking
Sleepless No More!
From Do Your Best to Be Your Best
3 Secrets for Handling Your Saboteur
Make Yourself Heart Attack Proof
5 Keys to Authentic Success
It's GLOW Time!: A journey into abundant living, spiritual fitness, and healthy lifestyle
Energy Boosting Tips for the Over-Stressed, Over-Worked and O
Increase your impact with youth and get better results.
Simple Steps for Living Your Healthiest Life!
Transforming You! Wellness, Beauty & Style Summit
The Confident Boomer Lifestyle: 6 Secrets for Feeling Confident, Energized, in Charge of Your Health!

"Heal your Metabolism" a Guided Visualization for Health
Quick Fixes vs Lifelong Changes
Staying Healthy at the Holidays
Six Healthy Resolutions That Work
Love Notes To Your Body - A mindful approach to gaining body confidence
Your Calm, Cool, Creative Life
Habits of Health and Take Shape for Life
Top 5 Self-Care Strategies to Live a Fabulous Life
Optimizing your thyroid health- for weight-loss, energy
A Message from the Future.....WHAT TO DO NOW SO YOU
Autoimmune Conditions/ Understandin
5 Steps to A Great All-Day Energy
Jump-Start: Transform your Life from Functional to O
How to Stay Healthy During the Winter Season
Health is Wealth
VIA: The Top 3 Secret Ingredients to Living as Your Authentic Self
How Gratitude Will Change Your Life For The Better
Thrive In Your Body In The New Year
New Year Healthy Success
How to Travel for Work and Stay Healthy
Creating a Positive Mindset
4 Critical Changes You Should Make When Facing Change!
Living a Balanced Lifestyle
Find Your Motivation - The Jumpstart
Be Well, Be Happy, Be Peaceful: 4 Things to Change When Facing Change
Keeping off Holiday Pounds While Enjoying Your Food
Healthy for the Holidays
Healthy New You!
New Year, New Healthy YOU
How To Avoid Getting Sick This Winter
Forget About Cleansing, The Real Way To Detox This Spring
Water Class with Angela
Healthy Happy Hour - Cleansing your mind, body and environment
Healthy Happy Hour - Beauty From the Inside and Out
Master Cleanse Basics!
Heart Health
Viktoras Kulvinskis Lecture Series
Shine Brighter: The 8 Secrets to Better Energy and Radiant Wellbeing
Energy, Health and You
21 Day Challenge
Orientation
Training: How To Use Essential Oils To Heal Physical, Emotional
Spring Cleaning With Essential Oils
Effective Ways to Increase and Improve Sleep, Motivation and
Are You A Belly Breather?
Top 10 Tips to Optimal Wellness
Enhance Your Energy Naturally
Nurture your Body
Introduction to Herbs & Iridology
Energy Healing Classroom
Stand Tall, Age Gracefully: 10 Lifestyle Anti-Aging Secrets.
Headaches and Migraines- Causes and Natural Cures
Pain Relief without Drugs
Healthy Skin - how to heal the skin using holistic methods
Dreaming True
Tapping For Chronic Fatigue
Tap With Me For Anxiety
Tap With Me For Panice Attacks-1

Tap With Me For Panick Attacks-2
Tap With Me For Fear Of Change-1
Tap With Me For Fear Of Change-2
Tap With Me For Suicidal Thoughts
Frankincense Essential Oil
Lavender Essential Oil
Peppermint Essential Oil
Ginger Essential Oil
Lemon Essential Oil
Wintergreen Essential Oil
Cinnamon Essential Oil
Eucalyptus Essential Oil
Grapefruit Essential Oil
How To Use Essential Oils To Heal Physical, Emotional & Psychologic Stress
Mothers & Babies
How To Get Promoted
Avoid the Top 10 Mistakes Leaders Make
The 5 Characteristics of Successful Organizations
Inspirational Leadership for the Distracted NET Generation
Energy Leadership
Building Strength During Change: A Leader's Guide
It's Better to Give Than Receive: Fearless Feedback at Work and Home
Enlightened Leader Program
Accountability Leadership: Myths - Reality - Techniques
Emotionally Intelligent Leadership
Creating Your Dream Team
Why Employees Behave Like Children: How They Can Become Adults
Team Problem Solving: Six Thinking Hats
4 Steps to Repairing Broken Relationships At Work
Changing for Better
Conscious Leadership Workshop Series
Leadership Basics
Strong Leadership: Everybody Wins Ideas & Treat Others as They Want to be Treated
Critical Leadership Traits: The Informational Interview
Understand Your Relationship through Your Archetypes
Help! I'm Turning into my Mother!
Creating and Sustaining Fantastic Relationships
Why are Teens so difficult?
Become a Health Coach
What Teens want from Parents
21st Century Girls "Raising responsible daughters for the
Increase your Impact with Youth
Parenting your screenager – Getting the balance right
Friend or Frenemy - Teach Your Teens
Motivating children to be their best
Motivate Your Child
Better Behavior: Impacting Youth
Motivation 101: Help Others Be Their Best
My Child Wants to Be Vegetarian. Now What?
Managing Toxic Relationships
Relationships 101: Valentine's Day Special
Turn Your Mate Into Your Soulmate
Love or Fear
Finding You before Finding Them
Intro to Love Metabolism- A Guide to Turning Up the Heat in Your Relationship
Lessons in Life & Love from 121 First Dates
The Greatest Love of All is Self Love
You Are Good Enough: The Power of Self-Esteem

The First 3 Pillars of Pleasure: what every woman needs to know
Creating Your Romance Marketing Plan
3 Steps to Successful Love
Clearing The Path For Love
Love Beyond Our Comfort Zones
Do I Really Have to Get a Divorce?
5 Keys To Becoming Perpetually Irresistible to Men
Dating Singles Stop Sabotaging Love and Marriage in 7 Steps
Moving On With Your Life After a Breakup: The 1st Step
For Whom Do You Make Yourself Beautiful/Handsome
The Masculine and Feminine: How do they play a role in relationships?
3 Keys to Creating Conscious Partnership
How To Find Your True Love...The RIGHT WAY!
3 Mistakes Even Smart Single Women Make That Keep Them From Finding Lasting Love
From Pain to Joy - How to heal any relationship, past or present.
How to Create a Magnetic First Impression
How to stay connected to yourself and others, even when one of you is going crazy
8 Online Dating Profile Mistakes that Ruin Your Chances for Love
Finding the One, From Dream to Reality
Special Q&A with a Matchmaker, Dating Coach and Online Dating Strategist
A Guide to Self-love: Loving Ourselves First
3 Critical Shifts You Must Make When Dating for Marriage
5 Keys To Having A Successful Relationship
Dating 101
The Ultimate Successful Love Strategies for Men & Women
3 Keys to Finding and Maintaining True Love
Creating Loving and Lasting Relationships
Let's speak of Love
Project Management Essentials
Creating The Competitive Advantage
Performance Wise
Managing Change Successfully
Right First Time, Avoiding Costly Mistakes.
Delegation Skills, Being More Effective.
Positive Mindsets = High Performance, We Are What We Think
Demystifying the management speak
Saving the Planet (and Ourselves) One Breath at a Time
Cultivating Awareness To Bring Balance Into Your Life
Quiet Your Mind with Focus Phrases
Recovering from Trauma Step 1--Breathe, Listen and Safely Relax
Meditate for Clarity
Moving into Heart Meditation
Mindfulness and Your Emotions
Motivational Meditation for Love
The Heart Path Meditation
8 Weeks of Love Meditation
Mindful Communication
Guided Meditation
Guided Meditation (25min + Q&A)
30-min Guided Meditation
Mother Mary's Wednesday Meditation
Stress Reduction Through Meditation
Stress Reduction with Meditation
Workday Mindfulness Meditation
Guided 30-min Meditation
Mindfulness Meditation
Healing Light Energy Meditation with Judi Lynch
Mid-day Guided Meditation

Guardian Angels Guided Meditation
Satsang with Gayatri K
Meditation for Spiritual Growth
Full Moon Fire Puja with Gayatri K
Meditations On Love
Meditation with Mukta
Rhodochrosite 10-Minute Meditation
Meditation for Beginners
The Garden of Your Life
The Wellness Universe June 2018 Meditation w Kim Bayne: Forgiveness of Self & Others
Let Go and Let Your Highest Good Flow
The Artistry of Change: The Top 3 Mindsets of Highly Resilient People
Chariots On Fire - Creating The Positive Advantage
Physical Wellbeing ~ Quiet Your Mind
The Now Effect: How this Moment Can Change the Rest of Your Life
The Quality of Our Thinking
Emotional Wellbeing ~ Integrate Your Feelings
Intervene and Author Your "State" of Mind
Increase your impact with young people and get through to difficult clients quicker
Meet Your Intuition
Generation 2.0 - How do we connect and engage with a
Mind Cleanse: "Be Your Own Guru"
Intuitive Medicine for Body and Soul
Intuitive Medicine Body and Soul
Intuitive Medicine for your Soul
How to Make 2013s Resolutions Stick
Breaking Bad Habits: The Neuroscience and Psychology of Life Transformation
Raising the Bar: Being the Authentic, Powerful Person You Are
New Year, New You - Change Your Health Habits for Good
Neurobiology of Positive Thinking
3 Small Habits That Will Change Your Life Forever
Wellness Begins in the Mind: How to Get Yourself Motivated
Life Balance Reboot
Now Part 1: Change Habit to Choice: Everything All The
Transform Your Mindset, Achieve Your Goals
Guiding You to Passionately Perform
How to Break Through Emotional Eating
Confidence
Wear Your Heart on Your Sleeve: How to Create a Kinder Close
Triumph With Five Simple, Healthy, Habits
Emotional Smarts: Using Emotional Intelligence to Create a More Joyous, Richer Life
Simple Strategies to Boost Your Brainpower: Meet with Dr. Hanna
Tailored Supplementation
Cancer Prevention & Survival through Nutrition
Plant-Based Performance Nutrition: How to unlock your mental and physical potential through food
The Importance of Detox in the World Today
Let's Chat about Plant-Based Performance Nutrition: How to unlock your mental and physical pote
What About Protein?
Heal Your Metabolism with Nutrition for New Body Energy
The Chocolate Fix
Spiritual Nutrition and Healing The Emotional Body
6 Stress Busting Nutrition Tips for the Holidays
How to Beat Your Sugar Blues
Clean Eating 101
Clean Sport Nutrition 101
Addicted to Sugar? How to Kick the Habit
Making Sense of Fats and Oils
Protein: Too Much? Too Little?

Demystifying Nutrition Labels: What You Need to Know to Make Healthier Choices
Why Weight?
Pillars of Nourishment : Traditional Food Wisdom for Modern Day Health
Supplements 101: What to Take, When, and Why?
Eating out Heathfully
Detoxification - Do It Right or It Can Hurt You!
How to Grocery Shop for Lasting Health
Taming the Fire of Pain and Inflammation through the Food You Choose
Priming Your Energy One Cell at A Time
How to Enjoy Holiday Traditions... without overeating
Eat Your Cure! Declutter Your Body
Nutrition and Avoiding Holiday Weight Gain
Undiet this New Year!
The Power of Plant-Based Eating
Sugar and You, Beating the Sugar Craving
Lack of Sleep and Weight Gain
Digestive Wellness: Restore & Ensure YOUR Gateway to Health
Reset Your Metabolism with Nutrition
Beat Your Sugar Cravings
Part I: Bringing 2D into the 3D World (Drawing)
Q&A with Puppet Artists at Puppeteers of America National Festival
Q & A with Rogue Artists Ensemble
Ruth & the Green Book: A Discussion with Author Calvin Ramsey
Q & A with National Marionette Theatre of Brattleboro, VT
Thank You, Sockly Donors! A Behind-the-Scenes Look at Sockly
Puppet Slam Primer: An Introduction by Beau Brown
The Vuja de Moment - Own Your Results
Personal Branding
Mentor, Boss, or Coach? Which Hat to Wear - When!
Coaching 101: basic coaching for success
10 Uncommon Ways To Find Your Passion
Introduction to Strategic Thinking: A Cornerstone Leadership Skill
The Power of Influence
Organize Your Office in 5 Simple Steps: Less Mess = Less Stress (TM)
Wellness in the Workplace is Contagious
How to be More Productive Starting Tomorrow
Effective Sales Presentations
Create Your Own Luck for Business and Sales Success
Sales Presentation Skills
Set Sales Goals that Work
Keys To Content Marketing Success
Shapeshifting into Health For You and the Planet
Align with Your Abundance, Meet Your Abundance Guide & more
Equanimous: An Introduction
The Process: Release and Transform
The True Happiness Matrix, Finding Lasting Happiness and Fulfillment
The Shift
New Years Resolutions are Over - NOW WHAT?
Living Masters, Living Wisdom: the Guru tradition today
The Gospel of GRACE
Introduction to Seva
Connect with the Divine
Letting Go of Self-Pity
Dimensions of Wealth 1 with Gayatri Kamadhenu
Introduction To A Practical Spirituality For The Busy Woman
Healing Journeys and Life Lessons
Introduction To A Practical Spirituality For Young Women (under 35)
Reiki Nexus

An Introduction to Your World of Sleep and Dreams
The Art of Creating Ceremony: Samhain (Halloween) Ceremony
Introduction to Medicine for the Earth
Spiritual Magic
Staying Positive Around Negative Energy
Claiming Your Power to Create
The Ancient Roots of Halloween
Green Spirituality 101 (better recording)
The Toltec Art of Life and Death
Face Reading - Know someone's personality at a glance
Let Light Lead Life!
Healing Trauma with Spirituality
Be The Light!
How to Create A Conscious Connection
How to Clear your Energy Now
Empowerment Tools for the New Year!
The Fundamentals of Forgiveness
Keeping Your Vision Alive
Basic Grounding
Welcoming the New Energy Body
Inner Peace Building
Tapping into Your Own Divine Guidance
Be More Connected to Higher Guidance in The New Year
The Keys to the Kingdom
The Healing Power of Ritual
Build Your Healing Business
Introduction to Ancestral and Family Healing
Natural Born Shamans - A Spiritual Toolkit for Life!
Your Inner Physician
Medicine Art Way
The Vibration of Spirit - Frequency and its role in illness
Sacred Activations
Be the Light Energy Course
Shapeshifting into a New Narrative for Living a Life You Love...
The Feminine Path of Self-Awakening and Personal Brilliance: Three Essential Aspects
The Gab - UNCENSORED!
Becoming Whole Again with Soul Retrieval Healing
What do your dreams mean and is there a message in them?
The Gab - UNCENSORED!
Karma: What it is and How it Works
Sacred Spaces
Daring Dreamers Class 2
The Heart of the Creative Process
~~The Healing Power of Sacred Ceremonies and Rituals~~
Introduction to the Akashic Vibration process
Meet your Spirit Guides
The Lady Of The Labyrinth
The Leavings Of The Wolf
Introduction to DEcoding & DEactivation of the Human Mind
ATTITUDE, Got one? How can a "Sacred Attitude" help you!
Friday Reiki Live!
Grounding - The Art of Being Here
Full Moon Fire Puja and Guru Purnima with Gayatri Kamadhenu
Effectively Dealing with Spiritual Energies
Doorways to Higher Dimensions Introduction
Claiming Home: From Lemuria and Atlantis to Life on Earth
Planetary Connection: Being Our Best as Equals with all Life
How to break through a total eclipse of the Heart

Intro to the Understanding & Implementing 7 Law of the Universe
Am I an Earth Angel? Angelic Healing Course
Chakra Healing - Rainbow of Insight
Welcoming 2018
Mercury Retrograde & Winter Survival Tips
You Have the Power! Everything You Desire is Within Your Reach
Counsel of the Soul - How to Connect to Your Inner Guidance
Get Healed Webinar
Distress Or De-stress: You Make The Call
The Promise of Paradise - Truth from the Other Side of Radical Change
Energy Boosting Tips for the Over-Stressed, Over-Worked and Out of Balance
Five Strategies to Transform Your Stress Level in under 10
Five Strategies to Transform Your Stress Level in under 10 minutes
A Mindful Approach to Dealing with Stress
Write More, Stress Less: Overcome Stress
Overwhelmed by Your To Do List? 3 Tips for Breaking Free
4 Step Guide to Effective Stress Transformation
Releasing Emotional Stress - A Practical Training
Controlled Chaos: Managing Everyday
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The #1 Secret to Eliminate Stress and Self-Neglect
High Performing Work Teams, How to Create and Maintain Them.
Estimating Ideal Body Weight, BMI, and Energy Needs
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How to Look in the Mirror Naked and Love What You See
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Jump Start to Summer-Diet & Detox
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Talk Yourself Thin: The power of mantras for weight loss
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Create More Time : Everything, All The Time... Now Part 3
Be Well at Work
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Spirituality	https://rbdigital.learnitlive.com/class/6912/Healing-Journe	Deborah Lloyd
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Spirituality	https://rbdigital.learnitlive.com/class/6945/Reiki-Nexus	Alexis McFate

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Spirituality	https://rbdigital.learnitlive.com/class/10003/THE-LEAVINc	Imelda Almquist
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Yoga & Dance	https://rbdigital.learnitlive.com/class/1587/Nurture-Body-N	Kelly Wood
Yoga & Dance	https://rbdigital.learnitlive.com/class/1640/Yoga-for-Fertilit	Laura Kuppermar
Yoga & Dance	https://rbdigital.learnitlive.com/class/1759/FREE-Promo-E	Hemalayaa Behl
Yoga & Dance	https://rbdigital.learnitlive.com/class/1897/Yoga-Focused-	Brandon Bosch
Yoga & Dance	https://rbdigital.learnitlive.com/class/2905/The-Simplified-	Stephanie Brail
Yoga & Dance	https://rbdigital.learnitlive.com/class/3414/Intro-to-Nija-Yo	Total Wellness Au
Yoga & Dance	https://rbdigital.learnitlive.com/class/3728/The-Ultimate-N	Nadya Andreeva
Yoga & Dance	https://rbdigital.learnitlive.com/class/6554/Reset-Your-Me	Katie Bressack H

Description

There's no way of getting around the blunt fact that work usually generates mental stress, and a stressed-out brain is not a healthy brain. In *The Sharp Solution*, Dr. Heidi Hanna discusses simple ways to manage energy to support a healthier brain. Course fee includes an autographed copy of the new book! Learn how to train your brain to manage energy. How would you like every cell in your body to be in bliss, all of the time? How would you like to have your brain inspired? Inspiration. When you hear the word what do you think? Can you think of someone who has inspired you? Inspiration. When you hear the word what do you think? Can you think of someone who has inspired you? When you speak in front of a group does your power increase or decrease? Learn from one of the world's top speakers. Consumers and businesses are spending less. Competition is fierce and the cost of poor writing is an expensive one. Your presentations skills are just as important as the information you are presenting. This course will help you. We have officially entered into the connection economy and communicators who understand how to persuade. Managers often avoid giving it and employees often resist receiving it. Managers are poor at giving useful feedback. In this class, we will define the terms Coaching & Mentoring and the difference between them. We will look at the functions of leadership and the difference between managing and leading. Nowadays businesses are under great competitive pressures. Gearing the supply chain for success requires a new approach. This class will be an introduction to the importance of the procurement function in an organization. We will look at the performance review. Nowadays businesses are under great competitive pressures. Gearing the supply chain for success requires a new approach. The performance review is an artifact of the 20th Century. Performance reviews are costly, time consuming and often ineffective. Bullying and employee engagement don't mix. Bullying is one person intimidating or threatening another in the workplace. Besides being famous, what do Al Gore, Margaret Thatcher, Martin Luther-King and Mother Teresa have in common? In this fascinating session you will learn how to delight your customers and consistently fulfil their wants, needs and desires. It's been said that the only thing permanent is change itself and in business it's no different. Change is inevitable. Training and development. Words that most leaders fear because it means putting time into an employee and a program that may never be used. This powerful and personal program will help you to look at your life, work and professional path with renewed energy. It's no shock that a large number of organizations make costly mistakes due to poor communication. Effectiveness is a must. What do you do as a leader if you can't get the team to move in the direction? How can you adjust your leadership? It's getting harder and harder to keep people's attention in the business world. In this engaging and interactive session, we will explore the impact of lack of trust on engagement, commitment and performance. How is your followership - is it passive or active? In today's work environment, there is a continuous push to make rapid decisions. Information appears to be everywhere. Is lack of trust impacting engagement, commitment and performance? How is your followership - is it passive or active? Listening is a critical skill for sales and business success. Most untrained listeners hear 30% of what is said. In this lecture, we will: 1) Define the differences between diversity, cultural sensitivity and cultural competence. Want to get your customers to respond to you? How about getting your emails opened? Your business and your health depend on it. In this session, learn 4 simple, healthy, fun, organic recipes using the basic ingredients of only Quinoa, Farro and Lentils. In this session, Master Chef Casey Thompson will teach you how to cook amazing, healthy meals on a Budget. In this session, Master Chef extraordinaire Fabio Viviani will go against the timer and in a live, interactive session, create a meal. Our health experts today tell us to eat wholesome, plant-based foods for optimal health and wellness. How can we do that? Learn how to strengthen your bones with every bowlful of Andrea's Hearty Winter Minestrone! Winter soup: Join internationally acclaimed award-winning author and chef, Mark Reinfeld, co-founder of Vegan Fusion & more. What can you make using BANANAS? So much! From Smoothies to Banana Leather to Ice-Cream, I will show you how. Even when you try to cook from scratch, many recipes call for processed ingredients: canned cream of chicken soup. Did you know that fresh and healthy soups are an integral element of traditional Mexican cuisine? Join Chef Mark Reinfeld. Greek country cooking is a paradigm for delicious, healthy, real, and simple food. The Greek kitchen boasts a variety of dishes. Got a sweet tooth!!!! Craving something sweet, chocolate, and delicious? Meee too!!!! So, lets get together and make something delicious. Join Delia Quigly in this fun food session! Delia will share one of her favorite recipes with the class and show you how to make it. Welcome! I hope you'll join me for my free webinar. You'll learn a secret and never shared Sugar-free/Gluten-free recipe. We have often heard that customer experience is really common sense. However, giving an authentic brilliant customer experience is not. Today's society has become obsessed with finding the "perfect" diet. Yet overweight, obesity, diabetes and other chronic diseases are on the rise. In this class we will review the new standards of care for patients with diabetes that are published annually by the American Diabetes Association. The symposium will be a blend of diabetes prevention or management using diet and exercise, as well as, lifestyle changes. Discover the truth about eating carbohydrates as part of your diabetic diet. Stable blood sugar. It's the goal if you have type 2 diabetes or you're looking to prevent it. In my 20 years of experience, I've learned a lot. In this session, I'll share the tips and tricks I used to transition from a Standard American Diet to plant-based diet. Like with any other condition, there are many physical and biochemical factors that influence diabetes and its management. Want to take back more control from your illness and live a more relaxed, balanced and fulfilling life? This free webinar is for you. Learn how much power you have within to create lasting health and happiness. Discover a greater understanding of your body. There's something you can do right here, right now, that can deter illness and extend life. It's exercise, yet it's not just exercise. Mindfulness, a simple practice with so many benefits. Studies show improved immune system, stress reduction, and more.

Loser of 100lbs and former Type 2 diabetic Theresa Fowler, author of *Feel Like Sh*t? How to Stop BEING*

Is Type II Diabetes really a disease, or just an elaborate symptom, the body's attempt to alert you to inappr

Ayurveda is a 5,000 year old system of medicine from India. In Ayurveda we use diet, lifestyle, spices and l

Life Coach Peggy Sealfon shares mindfulness strategies to activate dormant natural healing capabilities th

Many people have issues with insulin sensitivity and insulin levels but follow a diet low in simple sugars and

Is your diet as optimal as it can be? Are your daily habits good for you in the long run? Do you feel like can

Sugar is in everything and has become one of the hardest things to avoid when we are trying to create a he

Living with diabetes can be very frustrating at times. Low and high blood sugars can get in the way of every

Vegan food is becoming wildly popular because of research showing its benefits in helping to prevent and r

Do you feel challenged when trying to keep your blood sugar balanced? Cravings on top of cravings, feelin

Join Cassandra Herbert and The TrueSelf TotalHealth Team as they share simple sustainable tips on how t

Are you struggling with managing your diabetes? Are you looking for a little extra help with choosing the rig

Looking in the wrong place can cause you to make unnecessary or harmful diet changes, give up foods you

The participants will be exposed to Nutrition Fact Labels, the exchange food system, and the plate method

From the things that they don't tell you in the doctor's office to the natural things-you-can-do-everyday. I prc

In this class I will list and explain the best superfoods that will help manage diabetes and blood sugar as we

Participants will improve diabetes self-management by reading and interpreting food labels. This class will l

This presentation will shed light on how our mind/mental state/mindset can drive us to eating what causes i

In this session you will learn the components for a healthy, nutritionally balanced meal to help you control y

Eating with diabetes sounds so confusing: "Do I eat no carbs or low carbs? ...reduced-sugar or sugar free?

Dr. Rajan will discuss how Information Technology could represent a key tool in enabling people with Type :

In this presentation, Ashleigh will discuss the key causes of obesity and diabetes, along with simple and eff

Medication and insulin is not the only option to help manage Type 2 diabetes. Most people don't realize how

After healing from 10 years of chronic illness, Amie Valpone healed herself and will share how she detoxed

This session will delve into the importance of home blood sugar monitoring and the correct way to check. It

In this class learn a variety of lifestyle behaviors to help manage diabetes. Certified diabetes educator Jane

Are you "a diabetic"? Do you walk around every day wearing this unenviable badge? Well, there is more to

Susan Watson, RD - Registered Dietitian & meal planning expert - Susan used to cook on the fly and neve

This course will go over the benefits of exercising for the heart and steps you can do to improve your health

Are you a woman living with type 2 diabetes? Have you been told that you have borderline diabetes? Do yo

In this 30min session, JDRF's chief mission officer, and vice president of research, Aaron Kowalski PhD, wi

In this 30 min session, Dr. Philipson, Director of the Kovler Diabetes Center, at U of Chicago Medicine, will

Join Dr. Joshua Hedman, ultra-marathoner and Ironman triathlete with Type 1 diabetes, in the live session

Fitness expert and co-founder of FitBottomedGirls.com, Jennipher Walters will share six common fitness a

Burn fat and build muscle with my Bodyfit class at home. It's simple, you just have to follow me through my

So many think that they could live a healthy lifestyle only if they had "more willpower." In this 30-minute talk

Do you have trouble finding your inner motivation to get active and work out? This class will take you throug

It's safe to say that we all splurge a bit more during the holidays. Trips to the gym are swapped for holiday

Bodyfit is a fun and intense conditioning class that will push your body to the max. A mixture of cardio and s

Discover what easy tricks and tips you can use to motivate you instantly. Find out why exercise has not wor

People who are fit have more energy, patience, confidence, determination and strength compared to unfit p

Fitness is the magic pill that keeps your employees energetic, ambitious and highly productive. Without fre

With professionals giving shocking statistics that estimate up to 80% of the population will suffer from back

Barre Physique Basic is a beginner 45 minute total body workout with a slower instructional pace. You will r

Barre Physique Basic is a beginner 45 minute total body workout with a slower instructional pace. You will r

The health of your physical body will dictate the health of your business. If you want to rise and be better, th

Stretching in the right directions can help you get rid of aches and pains! Discover the difference it makes v

Fast and effective exercises you can do at your desk, or in your workspace. Strength training, stretching, ba

Whether you need to lose or gain weight, learning Fitz's EXACT FORMULA FOR WEIGHTLOSS will get yc

This fitness program is designed so that everyone can participate. There will be a mix of stretching and dyr

This is a 30 minute class with instruction on the full pilates poses and modifications. We'll be focusing on si

This is an intense full body workout using weights, bands, and kettle bells. You can modify any of the postu

This is a fast pace, intense, full body workout with Lamont. It is primarily using body weight, however there

Learn how to fall properly and safely. Weather you're being attacked, pushed, or are just clumsy - We all fa

Do you know what to do when someone is choking you? Learn how to escape when you feel most vulneral

Are you a little bored of the same old messages about food and nutrition? Have you noticed that our collec

You've seen Dr. Mike as the host of TLC's *Freaky Eaters*, TLC's *My 600-pound Life* reunion, and seen his k

Are you confused by the endless amount of conflicting nutrition information that floods the airways? Are you

Did you know that in feng shui philosophy your kitchen is known as the seat of your overall fortune as well as your health? We live in a world where we are bombarded by toxins. These toxins are in our air, water and food and are causing chronic disease. Throughout, "Body, Mind, and Mouth" Life's Eating Connection" course, you will understand when you are in a toxic environment. Do you notice a dip in energy around 3 p.m? Do you have to fight the urge to nap under your desk? Do you feel exhausted? In this one of a kind workshop, The Food Mood Girl, Lindsey Smith, will help you satisfy your cravings and improve your health. In this one hour class, I will start you on the road to LOVING your body, moving, and loving the taste of real food. "If the path before you is clear, you're probably on someone else's." Joseph Campbell. This class in the series "Body, Mind, and Mouth" Life's Eating Connection" course, you will understand when you are in a toxic environment. We are consuming more medications, supplements, nutraceuticals and drugs than ever before in our history. I think of my disability as a metaphor for the challenges we all face in life. It just happens that mine comes in the form of chronic pain. Pain is a major cause of unhappiness and inability to function well. More than 116 million Americans complain of chronic pain. What's Reiki? What's Practical Reiki? What's the difference between Usui Reiki (the traditional method) and Practical Reiki? Attend a demonstration of distance healing with Reiki. Learn how to recognize the feeling of the energy working. Learn how simple CorYoga based movements can alleviate your back pain and dramatically enhance the quality of your life. Imagine that you just went for an annual physical examination, and week later you receive a call from your doctor. Our health today is at a crossroads. We have more people afflicted with chronic conditions and weight problems than ever before. Dealing with pain? stress? sleep issues? If you answered YES, you're not alone! In this class you'll learn: Dr. Brackley's Emotion Code. In Class 3 of Fast Track Your Healing: Introduction to the Emotion Code, a technique pioneered by Dr. Brackley. In Class 4 of Fast Track Your Healing Class, Dr. Karen will be introducing you to the Body Code, a healing technique. This 30 minute session will provide a basic educational session on the intestinal tract and it's essential importance. You will learn to understand your body and life by learning the language of your body's cravings. You will learn how to identify toxins. Toxins are everywhere today! This class has been designed to explore what toxins are, what they do to you, and how to avoid them. This class will go over the basics of the vegan diet. We will discuss ways to ensure you are getting all the vitamins and minerals. Take 45 minutes out of your day to learn a few things about water. What to avoid, what to make sure of and how to make it work. No Salad is complete without Carrots! But, what else are they good for? Carrots are high in sugar and fiber. Feeding our children healthy, nutritious and tasty foods can be a juggling act. Whether it's the taste, the smell, the texture, or the color. Do you feel as though you put heaps of sugar in your coffee or tea? Are you constantly looking for a sweet treat? Do you often find yourself wanting to crawl under your desk at work at 3 p.m to take a quick nap? Or looking for a quick fix? Learn about why we should feed our children healthy school food, the challenges involved, possible solutions, and how to make it work. Want to lose weight & get healthy by eating dessert everyday?! Of course you do - who doesn't!?! This class will help you. Have you been considering making the transition to a gluten free life but are scared you might be missing out on something? One of the many myths about the vegan diet is that it is too expensive. In this class I will discuss ways to eat healthy on a budget. One of the biggest challenges that I come across with my Health Coaching clients is they don't feel comfortable with change. Transform your health in the New Year and live the life you AND the life you love. Leanne Hall, author of the Free Your Mind book. Do you know the single most important thing you can do in a day to get the most from your food? In this 60 minute class, you will learn. How well does your digestive system work? Do you suffer from bloating, Crohn's, IBS, Colitis, Diverticulitis, or other digestive issues? Throughout, "Body, Mind, and Mouth" Life's Eating Connection" course, you will understand when you are in a toxic environment. The holidays are here! The holidays are usually the busiest time of year with added work and family events. The holidays are here! The holidays are usually the busiest time of year with added work and family events. Did you know; The National Average Weight Gain from Halloween to New Years Day is thirteen (13) pounds. Confused by all the articles, clips and ads that claim the ultimate solution for boosting your immune system is to take a supplement? Let your true beauty shine this season and beyond! Our lifestyle and how we nourish our body don't only have an impact on our health. Have you jumped on the juice cleanse craze only to still feel crappy, have cravings and feel lethargic? You're not alone. When you travel your sleep patterns differ, your spending habits change, and your activity level will be out of sync. Candida Albicans is the helpful yeast that thrive in a healthy human gut assisting in the digestion and absorption of nutrients. Our kitchens are filled to the brim with foods, herbs, and minerals that we eat regularly. These are not just for show. Join us to break down our digestive system, common digestive upsets, and herbs that can be used to support a healthy gut. This class will look at some of your favorite meals at home, how to cook them, and what you can do to alter them to be healthier. One restless night is all it takes to leave you tired, on edge and irritable. This is a MINDBODY class to help you. Do you run from one activity to the next without much opportunity to recharge your brain and body's batteries? We all have some limited beliefs that can hold us back from the success we desire. During this class you will learn how to break them. A groundbreaking program backed by the irrefutable results from Dr. Esselstyn's 20-year study proving that a plant-based diet can reverse heart disease. Would you like to create a more authentic you and live the life you are imagining? Then join me for this next step. Are you ready to turn up your glow power? Latham Thomas, wellness expert and founder of Mama Glow will help you. Have you lost the energy that you once had in your life? Are you feeling drained at the end of the workday? Join me for this class. Coaches and Youth Professionals. Are you ready to increase your impact and influence your clients? Learn how to do it. Living a health life doesn't need to be difficult! It isn't about strict diets or deprivation. It's about being honest with yourself. We all experience periods of life that require us to change, evolve and transform. What if an expert team could help you? The Confident Boomer Lifestyle -6 Secrets for Feeling Confident, Energized and in Charge of Your Health & Life.

This is a guided visualization that will help you restore balance to your glands and boost your energy. In the holidays are here...will you be one of the "lucky" ones to add an additional 10-15 pounds over the next year? Although we enjoy a good part of what the holidays have to offer, they also can do a number on our ability to stay healthy. Holiday eating is weighing you down. Don't wait until January 1 to make a change. Be the first on your block. When was the last time you looked into the mirror and just smiled back at yourself? Being nicer and kinder to yourself. Someday I'll have the time to do what I want." "Someday I'll follow my passion." Guess what? It's up to you. In order to lose weight and feel great in your body it is important to understand how to break through the holidays. Join Pamela, The Confident Boomer Health Coach for the "Top 5 Self-Care Strategies to Live a Fabulous Life". Gain a deep and practical understanding of how to address thyroid issues using diet, lifestyle, nutritional supplements. Preparing for YOUR 21st Century Teen Are you like most parents, looking towards the teen years with dread? Autoimmune conditions, which now include nearly 100 diseases, are one of the most rapidly-growing categories of chronic illness. Actionable steps to maintain great energy and focus all day. What to eat, which stretches to do, intro to a series of exercises. Are you ready to start making changes in your life and just need a little help? You will participate in a series of exercises. Winter is commonly associated with more cases of colds, flu and other infections, as well as increased rates of illness. Learn how to eat healthy without breaking the bank. Andrea will teach how to make your good quality food count. There are 3 secret ingredients in getting what you want in life, sport, music, business, weight loss and all of it. Life Coach Russ Terry has spent the last year documenting something he was grateful for every day. He teaches you how. How can you let go of the holiday weight and add in healthy foods to truly help your body thrive in the new year? What you can do this New Year to set yourself up for success at work. When you are healthy you can jumpstart your business. Most people who are on the go, eat on the go too. This leads to unhealthy decisions and bad habits while traveling. Your mindset is crucial to maintaining and sustaining lasting inner happiness and peace. How we look at the world makes a difference. In this practical and inspiring program, Jonathan Ellerby PhD will discuss four key tools that will help to become a healthier person. Balance is an simple idea to understand, but often difficult to implement in our lives. The benefits of a balanced diet. What motivates you? What are you inspired to do? Join Diane Randall, Whole Living Consultant and Wellness Coach. In this class we will learn about how to face change and workplace wellness.

Do you go through the same weight gain every holiday season and swear to never do it again? Would you like to learn how to manage your intake, out-take, overcome dessert overload and force in workouts so you don't gain weight? We all make New Year's Resolutions but how often are we keeping them? This year really make the New Year resolutions. Looking to add health into your life this new year but not sure where to start and how to actually achieve your goals? It is cold and flu season and you may feel like there is nothing you can do to avoid getting sick this winter. Join Dr. J. It's been a cold and long winter and the only thing your body seems to be craving is a detox. Before you jump on a detox, this class is about "the unique properties of water and its ability to improve your health and your life" - based on the science of water. Did you know that the most common new years resolution, or new years goal, is around health and wellness? The biggest industries focus on helping you look and feel younger and more beautiful. In the session you will learn about the First Class: Basics of the Cleanse. Second Class: More info on how fasting helps your health, and a discussion on Heart disease is the leading killer in both men and women in the United States. When most people think of detoxing, we welcome Viktoras Kulvinskis, the father of the modern day living-foods diet, to Karyn's Inner Beauty Course. In this fun course, you'll learn the top 8 secrets gathered from nearly a decade of experience by Dr. Sarah I. Karyn will discuss her philosophy on health and share experiences from her personal journey, including we will discuss Are You Ready To Learn About: Holistic-health techniques... What real food is... The top 5 deadly things we should avoid. Some people take good care of their family, their job, their car, their pets...etc But when it comes to health, they neglect themselves. What we offer in this 1 hour online class is to explore the powerful combination between healing and essential oils. STOP poisoning yourself with chemical cleaning products! This year, learn how to make your own all natural cleaning products. What we offer in this 1 hour online class is to explore the powerful combination between healing and essential oils. Breathing is usually a subconscious task. BELLY BREATHING is conscious breathwork and a way to bring more awareness to your body. Wellness is not just the absence of disease but a state of vitality that allows you to live life to the fullest, not just survive. Learn how the energy of our food directly impacts health and mood, and why so many "healthy" eaters often feel sluggish. Self Care and Nurturance is one of the best ways to promote health in your life. Many of us do not take enough time for ourselves. Did you know the entire body maps out on the eyes, just as it does on the feet in reflexology? In this introductory class Your body is a matrix of amazing energy that can be enhanced with an energy medicine practice. And your energy affects your lifestyle and eating style aging you? In this information-packed workshop, you'll learn Margaret McCall's secrets. There are many causes for headaches and migraines. Discover many of the most common causes and learn how to find Pain Relief without Drugs - Top Holistic Self-Healing Strategies -With over 100,000 adverse drug reactions reported each year. The skin is considered one of the largest organs of the body - and sometimes is the most neglected. In this introductory class An Introductory Dreamwork Webinar in relation to the guidance, wisdom and self empowerment available to you. This second class is addressed to the same people who took the introductory class: people battling chronic health issues. Is ANXIETY ruling your life? Then you came to the right place. This class is addressed to the same people who took the introductory class. Do you experience panic attacks? Is your life ruled by fear and anxiety? Then you came to the right place.

Do you experience panic attacks? Is your life ruled by fear and anxiety? Then you came to the right place. Are you afraid of change? Are you incapable of taking any decision to change your life or to change anything? This is the 2nd part dedicated to the Fear of change - see URL for the first part in the pre-requisites. Are you Are you thinking the 'unthinkable'? Do you have suicidal thoughts? Think about suicide often? Do you feel (Why is Frankincense called the KING of all essential oils? Throughout the Bible, Frankincense essential oil Why does lavender essential oil make us feel so relaxed? And can this oil be taken internally? These quest How many coffee's or cokes do you drink to make it through the day? Trying to kick the caffeine habit? Go Got stomach, indigestion or reflux problems? Then don't miss this webinar! Learn some of the ways you ca There is nothing better than a tall glass of ice cold lemonade with a drop of lemon essential oil! Mmm good Best natural pain relief ever! Learn how to make your own pain cream for muscles, joints and arthritis pain. Cinnamon essential oil smells so wonderful! And makes the best tea ever! This delightful essential oil has s If you have children, pets, or bad orders to kill, then learn how to make Eucalyptus Essential Oil, your daily Grapefruit essential oil is so powerful it can be used as a daily tonic for the body as well as, weight loss. Cc What we offer in this 1 hour online class is to explore the powerful combination between healing and essen The decision to use essential oils during pregnancy is not always an easy one. This brief webinar will provi Want to move up at work? Most people do, but not everyone gets promoted just because they want to. An i Leadership is challenging. It is an art, not a science. Leadership involves a dynamic relationship between y Have you ever been guilty of complaining? Of course! Me too. But what I've found is that great organization Your employee's are working hard at increasing your bottom line and their social connections online at the : In this class, you'll learn the various levels of figurative energy - what someone who is experiencing that en In this class we will discuss how to build a strong team as a leader. Managers often avoid giving it and employees often resist receiving it. Managers are poor at giving useful f To lead others you must first lead yourself. Modelling excellence in leadership is all about enlisting the supp Leaders today suffer from a crisis of trust and accountability. Accountability is misinterpreted and misunder The work of a leader is different. The skill set that made you a great individual contributor isn't enough. It's Any organisation is as strong as the team of people they put together. Each person brings with them a unique Why Employees Behave Like Children: How Can They Grow Up Quickly? Virtually every Human Resource The average manager attends 3-4 meetings per day. Estimates tell us nearly 50% of that meeting time is w The Bible tells us that we must first trust each other with the little things before we can trust with the big thi This session looks at why change is inevitable and how it is important to embrace it. We will closely examir This workshop consists of four 60 minute sessions that will help you become a conscious leader. INSPIRIN Someone once said, "Leadership would be easy if it weren't for the people." Are the people the cause of pr Excellent Leadership means inspiring, encouraging and empowering the team members. One great way to Informational Interviews can be an excellent way to establish business relationships. Learn how to effective Happy Valentine's Day! Love is in the air. In relationships...sometimes it's not. In this class, you'll learn wha We love her so much, but that doesn't mean we want to be a carbon copy of her. Maybe we'd like to make The quality of any relationship is entirely dependent on the relationship you have with yourself. Understand For frustrated, exhausted Parents of Teenagers who feel they are doing this all alone. Learn how to take ch Now more than ever the world needs coaches. Coaches build a support network that encourage accountak Wouldn't it be easy if as parents we knew how to get through to our teens in a way that worked? Wouldn't Don't be fooled, girls nowadays are different. Technology and modern youth culture is not only changing the Join leading Youth Coach Sarah Newton in this valuable content-rich webinar and learn: 1. How to quickly Whatever descriptions, labels or categories the text books may have used in the past to classify children, th Navigating the minefield of youth friendships can often be a challenging times. How do young people maint Every parent wants their child to be their best, to reach their full potential. We are so scared of our children Every parent wants their child to be their best, to reach their full potential. We are so scared of our children Join leading Youth Coach Sarah Newton in this valuable content-rich webinar and learn: 1. How to quickly Everyone wants to do their best, be appreciated for their work and reach their full potential. We all want to f As vegan and vegetarian dietary and lifestyle trends continue to rise, many children and teens are showing Most if not all of us have people in our lives who stress us out. Often, we feel as if we don't have a choice i What better time than V Day to take an in-depth look at ALL your relationships (intimate, work, friends, fam It's one thing to fall in love and get married. It is quite another thing to have a marriage you love. In TURN Y There are two core emotions that all decisions and actions are guided by - Love and Fear. Learn to let go o It's important to love yourself before attempting to jump in a relationship. Who are "You"? This is important Learn how to satisfy your appetite for lasting love! Join us for an introduction to a groundbreaking new way At the age of 43, Wendy Newman went on the worst date of her life. The lessons she walked away with we Join Beth Lynch as she shares the power of falling in love with your self first! It is the most important relatio When it comes to dating and relationships, the beliefs you hold about yourself make all the difference. Sign

If you are not living your most scrumptiously abundant and joyful existence, odds are you are not living in your truth. Creating Your Romance Marketing Plan: Secrets and Strategies to Short-Cut Your Journey Into Relationship. Learning WHY you may not be attracting the right types of people to you. WHAT you can do to change that. The subject is how our beliefs about the opposite sex and relationships block us from getting the love we want. Love's holding is far bigger than we ever imagine. But, we can only experience this if we say yes to more emotion. You may be at that point in your relationship where you just want out. Relationships can be painful; and if you're not happy, this class will give you a paint by numbers blueprint to truly become the best version of yourself, version 2.0. Discover 7 attitudes and actions that defeat love and marriage, often without you even knowing it. Find out how to leave your past where it belongs (in the past!) by identifying your breakup story and reframing the story. For many of us there is a background conversation in our heads that tell us either we are not enough or someone else is. Are you a take charge woman having a hard time finding the right type of man? Are you a man tired of dating? You'll Learn: - Why thinking men and women are the same is a set up for misunderstandings in all of your relationships. Is finding true love as realistic as winning the lottery? Do you still hope to find the love your heart desires? Here's what to expect: -Participants will identify the 3 mistakes from finding lasting love. -Participants will learn how to create a successful relationship. In this workshop Kimberly and the guides will discuss why relationships sometimes bring so much pain and how to create a successful relationship. We all know that both men and women are visual creatures. I mean why do you think Tinder is so popular? When things are going great in relationship, we are happy. However, when one or both of us gets upset, things can get messy. Most singles don't know what to write in their online dating profile or how to select the best photos. As a result, many people are left waiting. Have you been waiting too long to find the love of your life? I want you to be empowered. I want you to find the love of your life. Seize this special opportunity to get your burning dating and relationship questions answered by a renowned relationship expert. There are many different kinds of love, but the trickiest of them all is the love we must fall in with ourselves. Have you been dating with the hopes of meeting your spouse within the year? Have you been spinning your wheels? To have a successful relationship you have to know what it takes to create one. In this class you will learn 5 keys to finding and maintaining true love. Do you want to be in a serious committed relationship but you are having trouble even making it to a second date? Dr. Gabi Lovve's class will teach men and women what her latest empirical research studies and thousands of clients have taught her. 3 keys to finding and maintaining true love.

We will take a look at how to keep your connection alive by staying present and you'll walk away from the session with a new perspective on love. So what is love really? Most of us associate love with being in love with another romantically, or the nurturing of a child. Project management is a methodology that helps teams and organizations define, plan, organize, and ultimately execute a project. What makes the difference between success, high profits, a well-motivated and engaged workforce, satisfied customers, and a happy team? Session 1: What causes poor performance? Understanding & Analysing what Affects People's Performance. This follow-on session delves into the successful management of change. Knowledge of cause and effect and the ability to manage change are essential for success. When things go wrong in a business, everyone loses out. Employees are frustrated at having to continually change. As a manager in a business, we need to accept we cannot do everything ourselves. We need others around us. By following the examples of some very successful people who adopted a positive mental attitude, we will learn how to manage change. Do you struggle to understand those management terms but were always afraid to ask? It can almost feel like a foreign language. Beryl will show how, by slowly learning to pay attention, we all can begin to quiet our noisy brain. Through this class, I will offer yoga techniques and different tools to help bring awareness and attention to our bodies. We all have an inner voice of insight and wisdom deep within us - but usually we're out of touch with this guidance. This class is for anyone who has experienced trauma. We will use a mind-body approach that draws on inner strength. Why Meditate? What is meditation? In this class you will get to experience first hand the power of meditation. As we progress into January 2013 we are moving closer to a heart centered world. This meditation called the Heart Centered Meditation. The journey to peace begins in your heart. Join me to find out why your emotions are such an important part of your life. Join me for an amazing experiential emotional meditation for generating more love in your life. Love is a powerful force. Your heart knows the way. It knows where your spirit wants to physically travel. Join me for an empowering meditation. Dedicate your self to a practice and deeper participation with love through 8 love meditations. Each meditation is a journey. Listening to people requires more than communication skills. It requires an attitude, or general spirit, of honor and respect. Join this class to relax and free your mind as Lisa Torres guides you through a Yoga Nidra meditation session. Join this class to relax and free your mind as Lisa Torres guides you through a Yoga Nidra meditation session. Join this class to relax and free your mind as Lisa Torres guides you through a Yoga Nidra meditation session. Mother Mary's meditation class is a one hour working meditation, designed to help you raise your consciousness. More and more medical studies and research are showing that meditation is great for combating stress and anxiety. More and more medical studies and research are showing that meditation is great for combating stress and anxiety. More and more medical studies and research are showing that meditation is great for combating stress and anxiety. Join this class to relax and free your mind as Lisa Torres guides you through a Yoga Nidra meditation session. Learn the fundamentals of Mindfulness Meditation or simply reconnect with your practice in the company of others. Join me in a guided Healing Light Energy Meditation to raise the frequency, charge the DNA and send energy to your loved ones. Spend 30 minutes de-stressing and re-centering through the rich imagery and healing words of guided meditation.

Join Psychic Medium and Master Healer Daniela Mouser for this fun and deeply rewarding meditation to connect with Satsang- music and meditation with Gayatri Kamadhenu

In this 3-part series learn about Jyoti Meditation--a silent meditation to facilitate spiritual growth. Whether you are a devotee or a seeker, this is a spiritual practice of devotion and communion with the Divine. It is a type of meditation in which you connect with the Divine Mother and I would like to invite you to our ongoing series of very special on-line events. Meditations On Love and Light Join in for this wonderful and unique meditation experience. Through the practice of Transformation Meditation, you will discover the power of Rhodochrosite, a stone called the seven-chakra stone because it works so universally. It is a stone of love, in particular, and this workshop is to help those who want to learn how to meditate, those who have trouble meditating, and those who want to deepen their practice. Julie offers a weekly healing meditation designed to enhance your spirituality, expand your awakening and help you connect with the Divine. Does your mind seem to speed frantically like a cyclone of thoughts, past, present and future? Do you ever feel overwhelmed? In this class, we will fully allow ourselves to let go and be receptive to the Grace of God or your Highest Good. Discover 3 tips for breaking free from the overwhelm mindset-- and reconnect to a quality of life while also embracing the present moment. How would you like to live a happy and fulfilled life in all aspects of your life? If you have ever used the excitement of a new idea to get started, even though we yearn for more joy and peace in our lives, most of us fixate overmuch on chronic worries and fears. Join a discussion with a Psychologist and Holocaust survivor Viktor Frankl said, "In between stimulus, and response there is a space. In that space lies our freedom." The quality of our lives is governed by the decisions we make. Even no decision is in fact a choice. All too often we choose the path of least resistance. Terry Paulson, PhD In the good and the tough times, optimism and resilience make a difference. Optimists and pessimists both have the same capacity for joy and suffering. What determines our behavior? True, many things and perhaps the most powerful among them is our mental state. Join leading Youth Coach Sarah Newton in this valuable content-rich webinar and learn: 1. How to quickly identify your own intuition? What's intuition? Everyone's got it! All you need to do is to learn to recognize it! Take this brief and powerful workshop to discover what excites and motivates our generation of Children and Young People? How do you connect, engage and inspire them? Yoga is a great way to empower your life. Now more than ever people are entering into the flow of Yoga to transform their lives. Medical Intuitive Healing is the process of working with the human body, its energies and systems to identify and heal imbalances. Everyone needs more peace in their life. We are moving at the speed of light, texting, emailing, communicating constantly. Find out why now more than ever it is important to open your intuitive flow and accept the power of intuitive healing. A lot of people begin the New Year by making resolutions. We have all been there. We take a vow to reduce stress, lose weight, etc. Most of us have some kind of habit in our lives that we're either trying to change or want to change. Just because we want to change doesn't mean we can. We are all endowed with amazing capabilities that lie dormant within each of us. Just like an acorn, every seed has the potential to become a tree. Join our discussion and get empowered to change your health habits for good! Whether you are looking to lose weight, improve your health, or simply feel better, positive thinking is not just an abstract concept, when we change the way we think areas of our brain also change. Good habits of mind mark the difference between a chronically stressed out person, and a "Change Artist". Find out your personal "reason why" that leads to creating the motivation to get healthy and fit. Whether it's to live longer, feel better, or simply to be a better parent, Do you sometimes wish there was a "restart" button that could reboot your life the way you can reboot your computer? Isn't that what the song says? Isn't that what everyone is chasing? But can you really attain that mythical realm of happiness? How do you deal with negative thoughts like "I can't do this? Do you struggle with motivation? How do you stay motivated? Most (if not all) of us want to work in something we're passionate about. This is often easier said than done. Dr. Michelle Cleere Emotional Eating happens when we look to food for comfort when we are stressed or upset. Self-confidence: how do you get it and how do you keep it? It is the mark of a champion. That secret ingredient is self-confidence. Making kinder choices isn't something you do once, but over and over again. And if you're like most people, you struggle with it. Discover the five simple healthy habits, and see how easy it is to implement each one. Margaret Marshall writes about the power of our emotions. Our emotions play a significant role in our everyday success. By becoming more aware of our own emotions, we can harness their power. Hear Dr. Heidi Hanna discuss her new book SHARP: Simple Strategies to Boost Your Brainpower. This 30-minute session will introduce the significance of considering factors such as age, activity, race, and genetics. In this class, you will learn about the right food choices that can help reduce the risk of developing breast cancer. Learn how to boost mental and physical performance on a plant-based nutrition program. Topics will include: the power of the mind, the importance of sleep, and the benefits of a plant-based diet. In this interactive session with Dr. Junger, he will be going over how detoxification is especially necessary in the winter months. Learn how to boost mental and physical performance on a plant-based nutrition program. Based on the introduction to the book, An in-depth discussion on the protein myth. We will discuss ways how much protein is really necessary and how to get it from plant-based sources. Are you feeling low and fatigued? Do you feel weighted down by excess weight and can not seem to jump start your metabolism? Could chocolate really be the answer to what ails us??? In this brief session Dr. Heidi Hanna will discuss the power of the mind. There are many levels to healing the human body. First, we have the physical body; this can be healed through diet and lifestyle. Learn simple ways to reduce stress and strengthen immunity this season, through plant-based performance nutrition. Do you constantly crave sweets and want to know why? Is your energy drained by the middle of the day? Take a break from the hustle and learn how to enhance your overall wellbeing through clean eating. Those who choose to eat cleanly benefit from the many benefits of clean, plant-based nutrition are obvious when applied to general health and wellness. Is your craving for sweets actually a sugar addiction? What does recent research reveal about sugar and its effects on the body? Fats are essential to our weight, health and overall well-being, but in recent decades a lot of misinformation has been spread. When it comes to nutrition today, many myths, as well as incomplete, false and downright inaccurate information are out there.

Reading nutrition labels can seem daunting, but with the right information and tools, it doesn't have to be. In January and September are the big "diet" months. Gyms and neighborhood weight loss centers gear up for One day a food is good for you and the next day it's not. Sound familiar? Perhaps we should be taking some There is so much information out there about what supplements to take a way. Take a holistic approach with The highest grossing restaurant chains in America are fast food restaurants. While fast food chains are making In this enlightening class with Dr. Karen Kan, holistic physician and acupuncturist, you'll learn why "detoxing" Have you ever walked into a room, party, or business event, and you notice a lady or gentleman because they Join Functional Medicine Expert, Mary Jo Fishburn, MD and Culinary Nutrition Expert, Amanda Archibald, F Join Functional Medicine Expert, Mary Jo Fishburn, MD and Culinary-Nutrition Expert, Amanda Archibald, F Family events, office parties, and festive gatherings, visitors, visiting, and no time for yourself, defines the f Hearing a lot about detox and cleanse? Fad, fiction, dangerous or relevant? This two part series will cut to the Join Fitness and Wellness Expert Lisa Torres as she shares her favorite nutrition tips and 10 suggestions to Start the new year off right by focusing on your wellness and creating the health, weight, energy levels and Plant foods have the potential to protect us and prevent most diseases and weight problems. They have the Your body craves what it is accustomed to having. Are you challenged with sugar cravings? Join Margaret I There are more ways to gain weight than you can imagine. Eating too much and lack of exercise are the m Your gut is the gateway to your body and your health. It is your inner tube for life. In this 2 part live and rec One of the most common beliefs we've inherited about our bodies is that one day our metabolism is going t Sugar is in everything and causes us to gain weight, lose energy and feel exhausted. Join Katie Bressack a Taught by Jason von Hinezmeyer, Resident Puppet Builder, Center for Puppetry Arts - Atlanta, GA - Recom Have a burning question you've always wanted to ask a puppeteer? Well... here's your chance! Join the C Join Rogue Artists Ensemble for a LIVE Q&A. Rogue Artists will introduce themselves and briefly discuss t Photo courtesy of Lerner Publishing Group. Engage in Q & A and discussion with author of "Ruth & the Gre Join The National Marionette Theatre of Brattleboro, VT for LIVE Q & A. Member(s) of The National Marion In appreciation of your support of Sockly through power2give, please join us for this special behind-the-scene This is prerequisite to Puppet Slam Primer.

As the state of business continues to shift it is critically important for you to re-examine the value your drive Your personal brand consists of many things: knowledge, experiences, personality, friends, family, accompl Regardless of whether you are a new supervisor or have years of management experience, you will find yo Being a coach and mentor for your employees and colleagues will not only empower them to succeed, help Can't keep up with your dreadful job? Feeling lost and uncertain about what else you should do? n this onli Strategic thinking is a key competency for leadership positions. But what is strategic thinking? How does it Do you find yourself wondering how others get what they want in a mindful, thoughtful way? How do succe Organization Expert and NYC Professional Organizer Lisa Zaslow teaches you her proven 5 step process t Everybody wants what everybody has. Creating a healthy work environment benefits both employer and er To have a tomorrow that is better than today, you've got to go in with a plan. From the moment you wake up This class breaks down the sales process into three parts: The Pre-Presentation Discussion, The Presenta Have you heard that sales is a numbers game? Sometimes it is. It also can be a game of luck. The luck I'm The objective of a sales presentation is that your customer will make a buying decision for your products or Many people don't set motivating sales goals because maybe it takes too much time or they don't see the k Learn how to successfully create your own digital campaign by following these key rules to content marketi Since 1968 John Perkins has trained with shamans and other healers, teachers, and "miracle workers" aro Through Guided Journey and Energy Attunement experience Alignment with Your Abundance, Meet Your A Do you want to know who you are? Do you want to understand how the universe really works? Would you l As babies, we are born in innocence and unlimited potential. Negative patterning began in our mothers wo Let two-time cancer survivor & award-winning author of the Manual For Living help you Find True Fulfillmer Many people are aware of the spiritual shift and heightened awareness that is happening on the planet. As Is that it? It's a new year - but is it really a new you? You made your New Years' resolutions and now your li We tend to think of Enlightened teachers as having lived long ago, somewhere far away. But what about ne Hosted by After the ONE Ministries; Minister Linda Howard - The introductory and subsequent classes will r The attainment of real peace takes time, processes, mistakes and deep transformative learning. Here is an Each week we will explore a new discourse from Sri Sakthi Amma's "Connect with the Divine"series of disc Mother Marys fifth teaching in Her letting go series takes you from disempowerment to conscious empower In this seminar we look at the way in which we either attract or repel good things in our lives. Starting with th This class is for the woman too busy raising her children, carpooling, maintaining her home, being mate to This session is a one-hour exploration of healing journeys. We will examine such questions as: What exact This introductory session is for young women who are busy getting an education whether in college, univer The intention for this group is to come together as a community, for the purpose of healing and developing

People over the ages have paid attention to their dreams, looking to them for prophecy and messages from the divine. Join Katalin Koda, ceremonialist and author, to learn the tools for creating ceremony every month. Ceremony is a powerful tool for transformation. How can we transform personal and environmental toxins using the basis for transmutation using a seven-step process? If you could use a little magic in your life, then join Mother Mary for this special event. She will show you how to use magic to create a better life. This class will share practical and spiritual tools to help you stay positive around negative people, places, and things. Please join us for this event and help celebrate yourself and all who let go enough this year to make room for a new beginning. An introductory explanation and then a short meditation to acknowledge Halloween according to Pagan and Wiccan traditions. Thanks to the 12 participants of the first version. Here's a better recording without the technical glitches. Meet the author of the book "The Four Agreements" and join this live and interactive class to meet New York Times bestselling author of The Four Agreements and learn how to use the agreements in your life. Face reading is an ancient philosophy that goes as far back as 600 BC in China. Today, it has been modernized and is a powerful tool for self-discovery. In this class you will discover four keys for unblocking your Sacred Light within, enabling you to create your own destiny. This session will be very beneficial to those who are dealing with life trauma, solemnness or heavy grief. Ways to make beautiful and loving changes to raise positivity and love in a world filled with hatred and turmoil. Learn simple and tangible sacred practices to connect with your Soul to receive the wisdom, guidance and inspiration you need. Get a fresh start on life with clear energy! Learn the why's and how's of energy clearing for yourself and your loved ones. Tune in to learn how to take control and be empowered using tools such as angel oracle cards, which can help you communicate with your angels. What does it take to forgive another person and permanently be free from the past? Join Forgiveness Coach Jenn for this special event. Making a New Year's Resolution? GREAT! Let Jenn share tools for you to KEEP it. We will chat about manifestation techniques. Grounding is a vitally important practice, especially for empaths and sensitive people, and usually a step in many spiritual practices. Introductory workshop to transformational ways of feeling, sensing, loving and knowing your physical body and mind. Make this the year you create more inner resilience and calmness to the outer chaos around you. Through this workshop you will learn how to feel, sense and recognize your own Divine Guidance from Spirit. Develop a closer relationship with your Spirit. Join expert Harry Kroner in this easy exercise that you can do daily, to attune with higher guidance. Keep your heart open. There is a saying from the Kybalion, "When the ears of the student are ready to hear, then cometh the lips." An introductory workshop in creating a personal ritual practice for healing and balance. Healing Ritual is a powerful tool for transformation. Get your services out there. Let the whole world know how to reach you and receive your special gift of healing. Everyone has loving and wise ancestors, no matter how complicated our family history. We also have the ability to connect with them. This 30-minute class by Imelda Almqvist introduces key principles from her shamanic work with children and adults. Why am I sick? How do I get better? The body was designed to be in perfect harmony and balance. You can heal yourself. Learn how to support yourself through the creative art process and journaling with the principles of shamanism. In this 30 minute session I will talk about the millihertz of emotions, anger vs forgiveness, and holding emotions. Sacred Activations is a powerful modality that clears thousands of cultural, religious and mass consciousness blockages. Learn to manage your Energy field for Well-being and Ordinary Miracles! In this session you will learn and practice techniques for energy work. Embodied Shamanism is a powerful tool for rewriting the story of your life. Are you tired of your own conditioning? Our basic sense of identity is shaped by our very earliest years. This is our Moon, or family self. As we open up, we can connect with our true self. Join Mitchell Osborn (Psychic Medium, Animal Communicator, Hypnotist & Spiritual Teacher) and Shari Aly for this special event. When life throws you a hardball, do you ever respond by checking out -- then can't get back on track? It's like a car crash. Discover with Tammy what hidden messages could be in the dreams you are having. Is some one or some thing out there? Join Mitchell Osborn (Psychic Medium, Animal Communicator, Hypnotist & Spiritual Teacher) and Shari Aly for this special event. Learn about the Law of Karma--how it is created, how it affects your daily life, how you can manage it! "At first you might find that nothing happens there. But if you have a sacred space and use it, eventually so much happens that you can't ignore it." Daring Dreamers is a Virtual Circle class for teenage girls based anywhere (with access to the internet) ages 13-18. What is creativity? "Creativity is marked by the ability or power to create - to bring into existence, to invest with meaning, to create something new." Join Maggie and the Akashic Master Teachers as they introduce you to the Akashic Vibration Process. Learn how to use the Akashic Records. Come join Raven Many Voices as she connects you with your Spirit Family of guides, angels and more. Let your voice be heard. This class is the first of two on-line classes that are a prerequisite for the 2 year sacred art practitioner program. This is class number 2 of two prerequisite on-line classes for the 2 year sacred art practitioner program (US\$199). This 30 minute seminar is to talk about the upcoming series of the DEcoding & DEactivation of the Human Energy Field. Perception of life, death and everything in between has a profound effect on the attitude and quality of our lives. Open to all healers of all levels and those just interested in finding out what Reiki can do. We'll do some Reiki. Tired of feeling tired, spacey and unfocused? Come learn why being grounded can bring energy and clarity. Join the author of the book "The Four Agreements" and learn how to use the agreements in your life. Guru Purnima is an annual celebration of the Guru/Disciple relationship. The disciple relationship is a very important one. This course will acclimate you to the use of Spiritual tools which will ultimately raise your vibrations allowing you to live in your full potential. We are living in extraordinary times for our self development and to live in our full potential as Spiritual Beings. At times we have an unbearable longing to go home, and we realize it means another planet or dimension. Humans live in a world that does not exist, one that says we are guardians and caretakers in charge of the planet. For the past year my life has been unraveling. I have allowed a total eclipse of my heart. There has been so

This class is an intro to my upcoming series course: 7 Main Laws of the Universe listed in the Kybalion by t
Come join the Angels and learn how you can bring healing and light to yourself and your loved ones. Be su
Chakras are something every living thing in this world has within their bodies. It helps us interact with the v
Please join us to welcome in 2018! The beginning of a new year is a wonderful time to reflect on where we
Presents Can Wait! - Pause the cooking! YOU ARE important! Join me for 10 Practical and Important Tips
Let the energy of divine Love and Light open you up to ignite your inner power! In this 1-hour workshop pre
Want to develop your inner intuition? Having a hard time trusting your heart? Come learn about your inner
In this webinar you will get an opportunity to join me while I do a deep general healing to get your manifest
What happens in your body when you are under stress? Discover how stress can be both a lifesaver and a
Radical change is often promised, manifestation and attraction are popular topics, but is radical change as
Have you lost the energy that you once had in your life? Are you feeling drained at the end of the workday?
Our experience of stress determines how well we are emotionally and physically. Stress accounts for close
Our experience of stress determines how well we are emotionally and physically. Stress accounts for close
Is the quality of your life suffering due to the stress in your life? Are you living your life from your highest po
In this class I'll be sharing my unique approach to overcoming stress and fear through the power of journali
Rushing around overwhelmed and impatient is now epidemic. But, it doesn't have to be that way. The costs
Stress is a real and regular part of each of our lives. Yet what we do with our stress in terms of how we app
Emotional Freedom Technique, and The Emotion Code. Participants will be able to download the Emotion
We all experience stress from time to time in our lives, and we know how stress can have a very negative e
There is no way to live a completely stress free life these days but the way we react and cope to stress can
We know how detrimental chronic stress and self-neglect are for our overall physical and emotional health,
Teamwork involves different people across a business to work together to maximise their efficiency and rea
This 30 minute session will help you determine a body weight range that is clinically ideal for you, based on
Food is the biggest drug we put in our bodies and everything we take into our body has the potential to affe
In this 1 hour class we will delve deep into the world of nutrition, self-love and especially looking in the mirro
Ever long to check out that exotic destination but afraid that your diabetes will hold you back? Want to take
"I generally avoid temptation, unless I can't resist it." Mae West Weight loss is a constant struggle in our so
Join nutritionist and healthy living expert Laura Lewis for a FREE introductory webinar presenting her popu
Most of us have experienced yo-yo dieting. We lose weight, we gain weight back, we lose it, we re-gain it. \n
What is the diet industry hiding from you? Why do all diets fail? Why can't you lose weight? Why are you tr
With buzz words like "Environmentally Friendly" and "Green Living," every product company seems to be o
You have sabotaging records playing in your head. Mindset is 90% of weight loss. Even if you had all of the
Find out what is holding you back from losing weight. Find out how a specific program for weight loss can b
With all the so called "diet tips" out there, nobody even knows what to put in their mouths anymore. Stop co
Have you ever wondered why most diets fail? Join Board Certified Holistic Health Coach, Diane Randall an
Are you eating "healthy" but still have points in your day with little to no energy? Do certain foods upset you
Everyone starts a diet in the new year only to feel frustrated, angry and sad about dieting. Learn the real re
Join co-authors, Kate Hanley and Ellen Barrett in this free and informative hour-long book talk about autho
Perhaps you have made attempts in the past to change your diet, and way of life only to give up feeling fru
There is a common yearly weight loss cycle and August is second to December in the rate of weight gain, v
With Gluten Free Diets becoming popular among those looking to live healthy, there is a lot of information a
This is a one hour interactive class on the fundamentals of breast health and the basics of mammography.
It's safe to say that we all splurge a bit more during the holidays. Trips to the gym are swapped for holiday
Are you feeling run down, fatigued, emotionally drained, resentful, and maybe even angry? Do you want m
Part of my "Sexy Mama" Jumpstart your Heart Curriculum-- "Beautiful Body for Women" will guide you to g
A class for supporting you opening to love. A way to connect with yourself in new and intimate ways. Dr Pai
A class for moving your breath to create a cardiovascular response. It is your breath that can awaken your
How will your organization support your employees in thriving during these times of ever-increasing comple
Extensive research has shown that exposure to excessive pressure and challenge in the workplace can be
Do you want to have control over your life instead of it having control over you? If you answered YES to the
Do you live a life of wellness and want to share it with others in a career you love? You can! Join Suzanne I
The pressure for students to achieve and do their best is real; what they do now will most definitely have ar
If you are putting in long hours at work you might feel exhausted and unmotivated once you leave the office
Have you noticed that since you have been at your job that you have gained a few pounds, perhaps feel a
Let Deborah Ivanoff, Master Life-Work Coach and Certified Mediator, guide you through renegotiating your
Let Deborah Ivanoff, Master Life-Work Coach and Certified Mediator, guide you through renegotiating your
This powerful and practical educational session with two-time bestselling author and holistic wellness exper
Long hours and hard labor often give employees little time to maintain a high standard of healthy living. Kn

Every person responds differently to change. Some thrive on it. Others deplore it and do everything in their If the following things are happening in your work and/or intimate relationships you may often feel frustrated: Grappling with the loss of a loved one? Wrestling with how to provide useful support to a bereaved friend? Staying healthy on the road is one of the biggest challenges facing business travelers. After years of struggle The holidays are often a time of stress, to do items, overeating, and other negative things. It doesn't have to In this "Introduction to the Powers of Coaching" workshop, you'll assess your life in 18 different areas and then Life Coach Russ Terry has spent the last year documenting something he was grateful for every day. He tells you Get pumped and ready for the weekend!! This class will have you bending, twisting, lunging and sweating! For survivors of any type of cancer, at any stage of treatment or recovery. Safely stretch, strengthen, and release Join me for this New Year, New You True Yoga class for all levels. We'll cover the basics of a True Yoga flow Start your week off right with this solar based class that will warm you up and stretch you and kick off your Monday Don't be intimidated by the name! Prana is the one life force that permeates all living things and in fact all nature Tone, refine and nurture your whole body, mind and heart with Kelly's classes. These specialized 40-minute sessions This all levels class includes postures, breathing, meditation, mudras, and relaxation techniques that help practitioners Awaken your spiritual power through a Bollywood Vinyasa practice, which combines vinyasa flow yoga with a I am really into breath. I am really into intention. I intend to lead a slow and focused hatha yoga class with a You've heard about low carb/low fat diets, but what about a diet that's right for your body type? Ayurveda is an Nija yoga means the innate, personal side of one's self. This class will bring the student closer to his/her true During this class you'll learn how to incorporate Ayurveda into your daily life so you start seeing massive benefits One of the most common beliefs we've inherited about our bodies is that one day our metabolism is going to

but brain performs at progressively lower levels. Too much stress is without question the number-one killer of the brain, and as a result a healthier, happier body. By engaging the brain, we can strategically re-wire how we operate more effectively and efficiently but utilizing 5 key shifts in your daily routine. Based on Dr. Hanna's new book, will your brilliance turned up even brighter? What if whale and dolphin language was the key to eternal joy, happiness? How did it feel? What did it make you want to do? Is becoming a more inspirational leader something you can do? How did it feel? What did it make you want to do? Is becoming a more inspirational leader something you can do? Most award winning professional speakers how you can be more confident, more persuasive and more effective. Your business can no longer afford. You need employees who produce more powerful and compelling presentations. When you prepare for a presentation and polish your speaking/presenting skills - the 3 part "Presentation Skills" course will enable their audience to buy and do business with them will win. If you intend to stay relevant in this economy, you need feedback and there is good reason. Employees often avoid it to prevent being criticized and to protect their image. We will look at how they apply in the workplace. Following a definition of Coaching, we will look at a powerful coaching model. We will learn why it is important to recognize which mode you are engaged in, how much leadership you can use, and gain an understanding of its main drivers, and having the metrics with which performance can be measured. We will learn how organizational culture and type impact the objectives of the procurement function, using tools to gain an understanding of its main drivers, and having the metrics with which performance can be measured. We will learn how to end often a one way monologue without follow-up. What do we replace it with? The Five Conversations Framework is a disrespectful, dominating, or cruel manner. Bullies tend to put performance results ahead of all other considerations. What is common? They are all outstanding examples at being highly influential. From Dr Tim Baker's latest book - "The Five Conversations Framework" we look at the internal customer/supplier chain and the importance of aligning it with business goals and expectations. We look at the internal customer/supplier chain and the importance of aligning it with business goals and expectations. We look at the internal customer/supplier chain and the importance of aligning it with business goals and expectations. In Elizabeth's last class on Emotional Intelligence, she talked about how the brain is actually hard wired to seek out and away from the daily workload. Many leaders shy away from developing employees due to lack of time, lack of passion and purpose. Jonathan Ellerby PhD will cover practical and inspiring tools and perspectives that show how effective communication is critical for a leader - whether you are a seasoned leader or a new leader - to ensure the most effective leadership style? When is it time to train an employee rather than fire an employee? What is the difference between a manager and a leader? In a 2 part series you will discover how to: - capture attention with a well told story - open minds with powerful questions - inspire or passionate? Do you sometimes feel you and your team just aren't performing in "synch?" Building alignment and trust at our finger tips through the internet, social media and other electronic tools that may lead us to believe we are performing well or passionate? Do you sometimes feel you and your team just are not performing in "synch" Building alignment and trust at our finger tips through the internet, social media and other electronic tools that may lead us to believe we are performing well or passionate? Do you sometimes feel you and your team just are not performing in "synch" Building alignment and trust at our finger tips through the internet, social media and other electronic tools that may lead us to believe we are performing well or passionate? Do you sometimes feel you and your team just are not performing in "synch" Building alignment and retain only 10% a week later. This program teaches the skills to be a better listener. Listeners will understand how to: 1) Identify key elements of developing cultural competence through the cultural competence continuum. 2) Identify key elements of developing cultural competence through the cultural competence continuum. 3) Identify key elements of developing cultural competence through the cultural competence continuum. 4) Identify key elements of developing cultural competence through the cultural competence continuum. 5) Identify key elements of developing cultural competence through the cultural competence continuum. 6) Identify key elements of developing cultural competence through the cultural competence continuum. 7) Identify key elements of developing cultural competence through the cultural competence continuum. 8) Identify key elements of developing cultural competence through the cultural competence continuum. 9) Identify key elements of developing cultural competence through the cultural competence continuum. 10) Identify key elements of developing cultural 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of nutrition experience, I've learned how to take the complicated science of nutrition and make it very simple and practical living. This information will help anyone fight disease and cultivate wellness through a new way of eating. We will learn how we heal, treat, or prevent it. From a holistic perspective, our health is also directly influenced by our mind. In this FREE introductory class explains how learning meditation and mindfulness skills will help you live better with less stress. We will learn how to find healing of where healing comes from, so you can heal with more ease, grace, and success. Natural healing is often rarely gets attention in medical schools, and is often an after thought in most patient-doctor dialogues. In this session, increased performance, productivity and decision-making. Learn the science behind it, why so many a

Fat, shares her story and the three simple steps you need to follow in order to beat diabetes for good.

opriate stimuli from the outside world? In Medicine, we concentrate on lowering blood sugar, but the real ca
 verbs to treat, and in many cases, reverse the course of type 2 diabetes. Type 1 diabetes can also be help
 at can reduce the impact of diabetes. Learn how to enter an integrated state of being--a balance of mind ar
 l exercise regularly. The goal of this class will be to cover some often over-looked factors that interfere with
 never achieve the goals you set for yourself and that maybe you and your own mind might be getting in the
 ealthier lifestyle. Join Katie Bressack to discover how you can avoid sugars but still enjoy the sweet things ir
 /thing from taking a test at school to having sex. Understanding what the underlying causes of these frustra
 reverse serious diseases, like diabetes. But how do you take the theoretical nutrition advice, and the thousa
 g deprived and restricted and always trying to do the right thing is really difficult. I understand, I have been t
 o keep your blood sugar, bellyfat, mood and energy from being on a roller coaster ride; to you feeling overa
 ht foods to manage blood sugar and reach or maintain a healthy weight? Meal planning is a great tool to bu
 u don't need to, and waste money on special supplements and products. How do you know what informatio
 . By learning about carbohydrate counting, participants will be able to control carbohydrate intake during the
 mize to have you leaving with an arsenal of information and a plan of action that can be implemented NOV
 ell as explain the many other health benefits of these foods. I will also be discussing the importance of regu
 help you solve the mystery of the food label when it comes to planning healthy meals for diabetes. Participa
 us to develop diabetes (or lack of motivation to be active), how our mind affects everything in our body from
 our blood sugars. You will learn how to include a consistent amount of carbohydrates, adequate protein, an
 'Or is it better to just skip meals...even eat nothing!" Join me and discover how this complicated subject car
 2 diabetes to effectively manage their condition. In this session, you will learn about various aspects of diab
 eactive training and nutrition strategies you can implement immediately.

v powerful and necessary exercise is for keeping one's blood sugar in balance. In this talk, you will learn the
 her body from sugar and processed foods. She will teach you How to Eat Clean and Create Flavor in a Su
 : will go into details about the best times to check readings and what the target numbers are to reach. This s
 t Howard-Ducsay will present and answer any questions during this interactive live session.

this disease than you think and you have much more control than you think. In 1980, the global diabetic po
 r meal plan ...until she had a family, and a busy private practice. After figuring out how to customize meal pl
 r today! This course will also talk about the nutritional aspect that goes along with improving your health.

ou have a family history of type 2 diabetes? Are you concerned that you are at risk of developing diabetes?
 ll talk about recent advances in the field of type 1 diabetes (T1D) that will help people with T1D understand
 talk about the different types of diabetes and what are the implications of genetics on diabetes. Additionally
 on how intense and extended exercise need not be off-limits for people with diabetes.

nd nutrition myths that are holding women back from reaching their wellness and weight-loss goals.

workout... Bodyfit is an intense interval full bodyweight workout class. We will be blending a mix of cardio ir
 ;, we'll get to the root of what willpower is and how it does - and doesn't work. Then I'll share the secret of w
 gh nine surprisingly easy yet effective ways to get yourself up and moving each and every day. And the best
 parties, coconut water is replaced with egg nog (or hot cocoa!) and those long runs get shortened to make t
 strength training targeting all your muscle groups. Each class is unique, so no boring routine. Full of differer
 rked in the past and how to change it. Learn the formula for getting results with exercise

people. A healthy lifestyle based on a foundation of exercise, nutrition and stress management, allows peop
 quent exercise and thoughtful nutrition, they're more likely to fatigue, lose focus, and perform poorer. Fitz w
 pain at some point in their lives, it is critical to maintain a healthy spine. The TALL Series is the perfect anti
 need a set of light weights (you can use a full water bottle or other similarly heavy item), a chair or stool for l
 need a set of light weights (you can use a full water bottle or other similarly heavy item), a chair or stool for l
 ren getting and staying fit is one of the keys. In this class you will learn the best and more effective ways to
 when you know how to stretch in the direction your body wants. You will also learn which parts of your body
 alance training and even cardiovascular training can be done throughout each workday to dramatically impr
 ou where you want to go. It's a gimmick free, diet-free, pill-free plan, which is guaranteed to get you to your
 iamic movements to get a full body workout. Be prepared to move and sweat. Wear appropriate workout cl
 trengthening the core, legs and butt. Clear a spot on the floor and ideally have a mat to can practice the exe
 res and use weights from around the house such as detergent bottles or gallon jugs filled with water, or just
 are sections where you will need some sort of weight. If you don't have barbells you can use weighted obje
 ll sometimes, and falling improperly can get you hurt! This technique will teach you how to protect yourself f
 ole, when you cannot breath and panic sets in! This choking defensive technique works 100% of the time w
 tive approach to eating, weight and health isn't working? Have you been confused by the endless amount o
 ook Diet Rehab featured on Dr. Oz, Rachael Ray, Anderson, Good Morning America, and Nightline. Now y
 u interested in a deeper approach to food and metabolism that's truly compelling and unique? It's time for a

as your health and vitality?! In this class we will explore everything from aromatherapy to traditional feng shui detrimental to our health and wellness. When our health is compromised the way we look and feel about our life is in control of what and how you eat, you are in control of many other aspects of your life. You may identify with "I just have low energy and feel moody throughout the day?" You are not alone. I will share with you my top 5 ways to eat your way to happiness.

1. Eat good, healthy food. The spiritual path is unrelated to any religion or faith. Your spirit core is where your dreams help you navigate change between yourself and the unknown, transforming not knowing into a deep intuition. Worse is that we know little about how these various drugs interact and the effects this may have on us with wheels and occasionally a motor. The issue is that the real challenge is actually of far less importance than the pain of chronic pain and 75% of chronic pain sufferers complain of depression. Pain is the most frequently cited reason for this new method? Why learn Practical Reiki? All these questions and more will be answered in this fast-paced Reiki workshop to bring your mind and body gently into balance. Reiki Master Teacher Alice Langholt, author of the new book "The Quality of Your Life!" This class is especially beneficial for people who sit (office workers, truck drivers) or stand (nurses, physician). The tonality of his/her voice lets you know instantly that this is not good news. You are informed of the problems, as well as reliant on pharmaceutical and medical interventions than ever before. However, despite all the challenges, dealing with pain? stress? sleep issues? If you answered YES, you're not alone! In this class you'll learn: 1. The Emotion Code by Bradley Nelson. You'll learn: 1. How trapped emotions can cause pain and illness 2. How to use the Emotion Code modality pioneered by Dr. Bradley Nelson. In this introduction you'll learn: 1. how muscle testing is combined with the Emotion Code to act on overall health. A specific focus will be given to the topic of probiotics, and how supplementation of probiotics can help you learn what your body truly needs when you crave certain foods such as ice-cream, chocolate, cheese, bread, etc. 2. How to use the Emotion Code and how you can both avoid them and minimize their effects on your MINDBODY. Pre-requisites An OPEN mind and a willingness to try new things. This class is a great introduction to the world of holistic health and vitality. Essential nutrients necessary on the vegan diet as well as go over meal planning ideas. An easy recipe will also be shared.

2. Carrots are an excellent source of carotene, which gives the carrots their bright orange color. Carrots are also a great source of fiber. If you're like me, or even the color, kids are pushing away from the table and opting for full-time snacking. In this class we will explore the body-food relationship based on how your food is grown and processed. Do your energy levels fluctuate like the stock market? Chances are you are addicted to sugar. In this class we will explore the body-food relationship based on how your food is grown and processed. Learning to go around to find a piece of chocolate or a cup of coffee? I will help you go from napping to energized! Learn how to use the Emotion Code and how you can both avoid them and minimize their effects on your MINDBODY. Pre-requisites An OPEN mind and a willingness to try new things. This class is a great introduction to the world of holistic health and vitality.

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is class I will take you through thoughts and feelings helping you access inner body wisdom. Be prepared in two months? Will you join the masses in creating a list of New Years resolutions with the best of intentions to stay healthy. Between the stress, holiday party indulging and lack of sleep we experience at this time of year, it's time to get started on a healthier & happier new you. These 6 resolutions will help you build confidence, mend to yourself is so important to your mental, emotional and physical health. You can lose weight, reduce the stress to make someday happen. Someday is NOW. Join "self-care genius" Leslie Irish Evans as she shows you habits that hold you stuck. In the habits of health workshop we will be presenting concepts that will help you live a "life" class and discover: The Top 5 Self-Care Strategies to live a fabulous life now. What exactly self-care is support, and herbal therapy, with one of the leading educators in the field of natural medicine. You will be able to do it? Everyone is full of scary stories about the teenagers and the advice seems to boil down to, Lock them in a room of conditions, affecting some 42 million Americans. In this webinar, you will learn the specific causes of chronic meditation, breathing technique to reduce stress, and things to avoid to have clarity, focus, and great energy. A series of individual and group exercises and discussions that will put you on a path to a much higher level of self-care. A series of depression, seasonal affective disorder and weight gain. It is a time where we commonly spend more time alone and share valuable information on the benefits of joining a CSA and why eating in season is so important. Other things. These 3 secret ingredients are: vision, intuition and acceptance (VIA). In this webinar I am going to turn it into a book (My Gratitude Journal, due out in early 2014) and a workshop series. year? In this class you will find out! Join Board Certified Holistic Health Coach Katie Bressack in this class to climb up the corporate ladder faster and with ease. Join Board Certified Holistic Health Coach Katie Bressack in traveling. Tune in with Katie Bressack to learn how to travel while staying healthy. The world determines how we approach it and what value we draw from our experiences. Join this session to learn to become a master of change - even in difficult situations and when the change is forced upon you. Drawing from a forced lifestyle are many, as are the detriments from living life in the extremes. Join 2 in this beneficial class to meet a Wellness Educator for this insightful and informative class. She will help you explore the nitty gritty of what you can

like to know some tricks and tips to get through the holidays without the weight gain? Join JJ Flizanes, Holistic Health Coach. End up heavy and unhappy once the New Year arrives.

Year intention to be healthy and keep it throughout the year. Katie Bressack will be sharing the easiest ways to reach your health goals? Join Katie Bressack and discover what foods you should be including into your diet in the New Year. Join Katie Bressack and discover how you can stay healthy this winter and avoid getting sick. She will be sharing tips on the juice cleanse bandwagon join this session with Katie Bressack and learn how to balance your body and on the book and findings of Masaru Emoto. I will also show how water and Himalayan Salt can heal us? Not surprising as the new year often signifies a time for new beginnings. Join me Saturday, January 9th. You will learn how to achieve longevity and beauty from the inside out using simple, and proven, techniques. Focus on your gut and bacteria. Third Class: Other cleanses, and ways to fast and their effects! Plus sample recipes. Heart disease they think of heart attacks. However, there are so many more heart conditions which affect the heart! Viktoras is Karyn's personal mentor and we are proud to announce his two day workshop and private sessions. Kotzur, Naturopathic doctor. She will cover simple and fun changes you can make in your diet, lifestyle, and weight loss and minimizing health challenges, as one of the nation's leading raw foodist.

How do we eat almost everyday and More! PLUS...Get FREE sample eating plans and much, much, more!!! How would they put it on the back burner, act like couch potatoes and then wonder why they have arthritis, high blood pressure, and essential oils. Healing through deep relaxation combined with the diffusion of an essential oil or by using it topically. DIY cleaning products. Using natural products, instead of chemically-laden cleaning products makes good sense. Essential oils. Healing through deep relaxation combined with the diffusion of an essential oil or by using it topically. Balance and peace to your MINDBODY. This class will focus on the Belly Breathing technique and what it can do for you no matter what your age. The overwhelming focus of medical care comes after we become sick and little is spent on how to feel run down, sick and tired. Discover simple tips for energizing and fully nourishing your body with delicious food. Enough time to nurture our body with simple applications of self care. Join me for an amazing approach to healing. In this session you will learn the basics of using iridology as an assessment tool to be able to see for yourself the level of your health. Healing transformation depends on you spending time with your energy, releasing the negative and strengthening your energy. Marshall's "Top 10 Lifestyle Secrets" to aging gracefully. You'll also understand the difference between anti-aging and how to get rid of the causes naturally and easily. Start getting rid of the pain in your head today! After you have read the report by the U.S. Food and Drug Administration per year, it is no wonder that people are searching for a natural solution. In this class taught by bestselling author Dr. Karen Kan, a holistic physician and acupuncturist, you'll learn how to take control of your 24/7.

Chronic fatigue, struggling with all kinds of chronic illnesses like fibromyalgia, irritable bowel syndrome, lupus, migraines, and more. Who took the introductory class: people battling chronic fatigue, struggling with all kinds of chronic illnesses. This class is addressed to the same people who took the introductory class: people battling chronic fatigue,

In this 2nd part we will look more in depth at the causes of panic attacks. This class is addressed to the same people who took the first part. Are you afraid of change? Are you incapable of taking any decision to change your life or to change anything around you? Are you guilty about it? Are you hopeless? Do you feel helpless? There is help, and there are solutions. This class is for you. It is mentioned many times. Most of us have heard of the three wise men bringing the baby Jesus gold, frankincense and myrror. Questions and more will be answered. Come, bring your questions and learn how to use the most popular essential oils. Learn how to use peppermint essential oil to put some pep in your step!

Learn how to use this powerful essential oil!

! Are you trying to lose weight? Then don't miss this webinar!

Don't miss this informative webinar!

So many benefits, WOW!!! This is my favorite go to oil, for so many reasons! Join me, don't miss this one!

Learn how to use this essential oil! This essential oil is a must have for daily household use! Don't miss all the benefits of using it. Come and learn about the many ways you can use grapefruit essential oil.

Learn how to use these essential oils. Healing through deep relaxation combined with the diffusion of an essential oil or by using it topically. We will give you with helpful tips for the best essential oils that can help expectant mothers when they need it most, find out the most important part of this process can be an interview, often not focused on because it's internal. Learn key strategies to manage your workforce, product, and customers. Mistakes as a leader will be compounded because of the scope of the problem. We don't tolerate complaining unless it is productive...unless there is a commitment to critically examine our current situation at the same time. How do you inspire them to dedicate more of their energy to your company over their mobile device? What is your company doing and feeling. You will also participate in exercises in which you will come up with examples of the

feedback and there is good reason. Employees often avoid it to prevent being criticized and to protect their position. It is ultimately about creating a way for people to contribute to the success of others to accomplish the desired dream. It is often interpreted as a form of punishment for sins committed. Yet organizations are not about what you can individually accomplish, but what you can accomplish through others. And that's why we set of skills, knowledge, intelligences, attitude and baggage. Bring a team together and the resource grows. Today's manager vigorously shakes his/her head up and down whenever they are asked if they regularly see employees who are wasted. This translates into 30-40 hours per month of wasted time (4 work days). Because time is one of the most valuable resources. So it is with leaders. It is the little behaviors every day that either build trust or damage it. Employees experience some of the dynamics that cause change to take place and then at the effects change has on people and organizations. LEADING AND INFLUENCING OTHERS. Successful leaders spend little (if any) time focusing on what to say to get things done or is it our leadership model? The problems of today stem from poor leadership, and only effective leaders can do this is to brainstorm on everyone's Everybody Wins Ideas. In this session intended for teams, the facilitator will help you set them up, then what questions to ask, how to listen AND get a chance to practice and get feedback.

Learn about the different archetypes and how knowing yours and your partners will bring clarity to the relationship. Once you know your own, you can make some different choices, keep changing and challenging ourselves, not "let ourselves go." The rest of our lives are about finding what makes us tick, why some people push all our buttons, what motivates us or makes us feel out of control. If you are in charge of your home, improve your relationship with your teenager and stop all the arguing and bickering. Discover the power of vulnerability to change. It is important that we build healthy happy coaches that can teach the principles of optimal leadership. Can it be easier if you could get the inside scoop for your teenager on how to make them behave better? Well, there is a way they communicate but the way that they think, their expectations for the family and furthermore, their behavior. How to identify whether your young client is right for coaching, so you get the best results every time. 2. How to quickly identify what is most important to your teenager. There is hardly a more apt one than Screenagers for the young ones of today. Screens of one kind or another are a part of our lives. How to gain a sense of perspective while also making friends and having a good and reliable social circle? In this program we will be failing or not making it that we go out of our way to support them with extra tutors, extra-curricular activities and more. How to identify whether a young person is ready to receive help. 2. How to quickly identify what is most important to your teenager. We feel motivated and love what we do, but is that even possible? How do we motivate ourselves and others? How to stay interested and actively pursuing these life path choices. For many non-veg parents and guardians however, there is a lot to learn on how to handle the situation and reduce or eliminate that unhealthy stress. In this workshop, Life Coach Riley will share her experiences (and tips, etc). You'll articulate your criteria for positive, supportive relationships and then assess key people in your life. LEADING YOUR MATE INTO YOUR SOULMATE: A PRACTICAL GUIDE TO HAPPILY EVER AFTER (HarperElixir; Dr. Wendy Riley)

Learn how to know before becoming a "We". Tempestt will discuss self love and having patience when finding the "One". How to get the love you desire! From communication to quality time to sex, some people get their fill quite easily. Learn how to be invaluable, and just the beginning of her journey. Join Wendy as she shares lessons from her dating adventures. Learn how to attract healthy relationships you deserve!

Learn how to set up to learn how transforming your beliefs will transform your love life! We'll also have a brief, interactive Q&A session.

Based on a chapter from Lauren's book Relationshipped, this class will teach us why we must first love our wheels with dating people and not finding quality people to date who is as serious as you are about finding 5 keys that you need to experience the amazing relationship you desire. Gain clarity and a better understanding of date? It's time to get back to the basics and learn what you need to be doing to successfully date. Whether your current dating strategies are not working in the areas of love and relationship success. Dr. Lovve will review

[illegible]

connect with your very own guardian angels, to receive the messages you need to hear and the answers you

For you a new to meditation or experienced, you'll find useful tools to help you train the mind to be still so you can use not only use your mind and energy to access a peaceful and blissful state, but also simple physical activities continue. These meditations will serve as the foundation of our next book and will happen throughout the session. In this session you can awaken your intuitive awareness, become clear, more productive and compassionate, and feel a deep, unconditional self-love, and is used for healing of Earth and showing love to Source. It is a heart-opener and a blessing for those who have trouble trying to focus on meditation. I will be giving you a practical experience which helps you heal your body, mind and spirit. Today's meditation will focus on weeding the garden of your life. It is a very simple meditation. Do you just want your mind to shut off for 2 minutes to let "you" breathe? We each have so much going on day to day. We will feel the powerful presence of Life as it moves and breathes through us and we will know that while we are attending to your obligations and deadlines.

Even if you don't have the time, or the experience, you are too old, too young, not educated enough, not brave enough, and upsetting thoughts that make us feel anxious, unsatisfied, depressed and moody. Recent research based on the idea that in that space lies our power to choose our response lies our growth and our freedom." There are many reasons why often the quality of our lives is created by accident or because others influence your choice or lack of it. If we are realists who are the first to admit there are problems, and the first to rebound and do something about them. It's not a "fatal" state...or the "mood" we happen to be "in" at any given moment. OK, so what determines our moods? We will identify whether your young client is right for coaching, so you get the best results every time. 2. How to quickly create an informative class and leave ready to recognize and receive information from YOUR intuition!

How do we motivate a generation that is so different to us? What are the differences between the generations and how do we find a new and alternative method for living life more fully. In *Be Your Own Guru* I will provide you with a simple way to identify and treat various disruptions that can distract your physical self from sustainable healing. The purpose of this class is to bring you back to your true self. In this class we will start to unwind the "swirl of life" with the foundational step of intuitive medicine: identifying the patterns of processing and development in your life. Join me for this powerful experience of guided meditation to open up your heart, lose weight, exercise more, spend more time with our family, and quit smoking -- to name just a few popular ones. Because you're entrenched in a particular habit doesn't mean it's forever. The key to transforming our relationship with food, an acorn could become an oak tree, yet not every acorn will because the conditions to become an oak tree are not met. Lose weight, quit smoking, eat better, are coping with a chronic condition, or wish to live more mindfully, grow and change. This hour long discussion will cover the structures in the brain that are affected by thought and why they are.

A Change Artist is one who can stay innovative, focused, calm and confident no matter what is going on. Persistence, whether intrinsic or extrinsic, motivation towards health is what keeps us going to take continuous action. In this class we will explore the question: Can a computer with the touch of a finger? Well there are a number of "restart" buttons available to you through the use of the "Life-Balance" in a world that offers almost unlimited experiences all demanding, pick me, take care of me, overcome anxiety? Do you sometimes feel stuck? Life is not about just working "physically" harder; it's about working smarter. But just because it may not be easy doesn't mean it's not possible or even probable. The key is to be consistent. Oftentimes overeating is a response to emotions such as sadness or loneliness. Lots of us do it. The key is to be consistent. The client that all great athletes seem to possess, regardless of what level they compete at. Self-confidence is the key. You start with food; after all, you eat many times a day. However, living a more conscious life in line with your values will show you the most effective times to put these habits to use, making them last a lifetime. They will lead you to a state of balance at any given moment in time we will see a profound ripple effect on our daily interactions with people. Each 15 minute session will include a short discussion of key concepts from the book, the most important strategies for improving the quality of consumed foods in determining the specific nutrients for the individual to supplement for optimal health. We will also discuss the most common cancers as well as overcome the disease after it has been diagnosed. Many teams of researchers have found that: - High net gain nutrition: what it is and how you can benefit from it - Biological debt: what it is, why it's real, and how to overcome it in a world filled with fast food, fast cars, and hard living. Detox allows the body to "catch up" and allows it to reset. I'll be talking on a few topics for half the session and the other half of the session will be a Q&A. I'll show you 3 ways to obtain the appropriate amount on a vegan diet. A protein packed meal will be prepared and recipe provided. How do you start your energy no matter what you do? Your metabolism can be easily shifted and re-calibrated with proper nutrition. The major research that seems to point us in that direction. Learn how chocolate can be your best healthy ally. Through food, diet and lifestyle behaviors (exercise). But, illness and discomfort may always return unless we get it right. Nutrition. Brendan Brazier will share tips from his new personalized e-learning program, *Topics include:* - How to use this insightful and engaging class teaches you how to gain control of your sugar cravings without using willpower. - How to get your energy from sustainable energy, high quality sleep, physical strength and mental sharpness. Clean eating has a simple definition. However, the ability to support and enhance athletic performance leaves no clearer testament to power of nutrition. What are the effects on the human body? Join Diane Randall, Wellness Educator and Holistic Health Coach for an informative session. What has come out about them. The pendulum has swung between low fat and high fat, between saturated and unsaturated fats. Nutrition prevails. We have more human beings today than perhaps ever before who do not know how to feed

to another realm - and, of course, this trend has continued into the present. By and large, we have tended to rely on technology as one of the most powerful tools to create harmony, balance, love and connection in your life. Creating a personal formula. When we transform personal and environmental toxins on a regular basis into a divine force, we learn how to tune into the magic that is in your life right now and direct its flow for greater ease and less struggle. We will discuss various circumstances. We will end the class with a meditation to help release any residual negative energy and open your heart for love and spacious living. In Claiming Your Power to Create, Mother Mary will show you the joy and empowerment of Celtic traditions.

Measure how self-connected you are right now with this simple self-test. Transition Town, Creation Spirituality, beloved teacher, don Miguel Ruiz, and co-author Barbara Emrys who will be discussing their latest book, Transition Town, updated and revised for today's world. Explore some of the features of the face and you can amaze your friends. This is your best year ever! You are a powerful creator. With these four modalities, you can unearth your shimmering reality. We will discuss simple techniques on how to address those types of severe negative feelings should they surface. How can we keep a positive outlook when the world seems to be filled with chaos? In this talk, Teri Van Dyke will provide support.

Return home. It's time to clear up the energetic clutter and have clarity that sparkles! Create your heart's desires. Tools for empaths will be shared. Each week will help you with decisions and to check in with yourself throughout the year. Tools for empaths will be shared. Join Dr. Taylor Tagg as he walks you through the Eight Steps of Forgiveness and breaks down what you need physically and emotionally to manifesting like a pro so you create your best year EVER!

Most of us are never taught. If you can't calm your monkey mind or find yourself feeling spacey, you probably need to work on your energy body. This introduction teaches how to anchor new ways of feeling love in your body that create emotional awareness you will create health, vitality and peace in your body, mind and soul.

Work with your own "Team" (your Guides, Angels and Higher-self). Empower yourself by connecting with your angels. Stay focused on your path and your highest good, without getting distracted by the ego and the world. We will do a meditation to fill them with wisdom". I discovered this book right after my mother passed away. I have always been interested in the process for going beyond the confines of our material bodies and conscious minds to clear, shift, or enhance our energy field. I want to share with you the methods I use to reach out and help people around the world with my energetic abilities to consciously draw on their wisdom and support for personal and family empowerment. Relating with children and teenagers. It introduces ways of creating sacred space where young people can develop their innate spiritual gifts. You will see when you cut yourself the body acts right away to slow the bleeding and heal the skin. It is constantly in use in our daily practice!

Disruptions in the body. Learn about the process of how illness starts spiritually and what I use to raise my frequency. We will discuss belief systems that keep many of us 'stuck' and out of the flow of life. These belief systems effect various ways of thinking and feeling. We will practice a simple 3 Point Process that allows you to: - remove negative energy and other people's energy from your body. - How do we deal with complaints, disappointments and struggles? Are you looking for freedom from the places in your life where you feel stuck? We will move on to a deeper, heart-centered experience of ourselves, self-awareness blossoms from the inside out with a new perspective. Join us (Co-Founder of The Wellness Universe, Inspirational Speaker and Author) as they discuss trending hot topics. We will explore how a part of your life force has gone missing, and it can leave you depressed, apathetic, unsure of yourself or feeling lost. We will explore how to bring something trying to give you a message? Why do you keep having this recurring dream? Do you see yourself getting stuck? Join us (Co-Founder of The Wellness Universe, Inspirational Speaker and Author) as they discuss trending hot topics.

Something will happen. Your sacred space is where you can find yourself over and over again." ~ Joseph Campbell
Ages 15 - 18 years, facilitated by shamanic teacher Imelda Almqvist. It offers safe sacred space, a circle of kinship, and a new form, to produce through imaginative skill, to make or bring into existence something new." - We will explore the energy, where we are the creators of our reality. We will explore the difference skills and tools you will find as you access your own akashic vibration. Discover how to work with Spirit Guides and why they are here to guide us. Discover who is guiding you from the spirit world. Join us (USA, East Coast) at Pendle Hill, Philadelphia, 2017 - 2018. The next class is on Tuesday 17 January 2017 (USA, East Coast) at Pendle Hill, Philadelphia, 2017 - 2018. In this class we meet the Norse god Tyr and some of the Norse gods. Join us (Mind with MÃ©line Lafont & The Elohim of Light and the cocreation with Steven & Amy North and their Healing). Are you as happy as you can be? Or why is everyone else and not you? "Why me" or "I am trying", connect with your Reiki together. I'll take questions about Reiki too. I'll send distance Reiki to all who show up! It will be a fun, healing experience for everyone. Reiki for everyday living. Discover the health benefits and emotional balancing from connecting to our Mother Earth. We will explore a sacred one that opens up new vistas of opportunity for personal empowerment and growth. This will be an opportunity to have a clearer connection to Spirit / the Divine. You will learn how to: 1. Set Boundaries 2. Ground 3. Protect 4. Heal. Join us (Angels and New Earth Humans. -Meditations -Pineal Gland Activation -DNA and Ascension Activations Explain). No, you are not crazy: you are remembering our ancient origins and the reality (not the myth) of Lemuria as a world. Instead, the world is a congregation of equals, where everything is alive, has a soul, consciousness, and a heart. I have so much pain and suffering in my life this past year. Because of that, I was unable to stay focused in my light.

power to maintain the status quo. In this teleseminar, you will understand the force behind change, and learn how to lead. - Relationship demands are sabotaging business success -There is difficulty balancing your time and energy. Looking to strengthen your coping strategies before you find yourself confronting a death? Join me and Jill. Dealing with the same issue myself, I've come up with a list of easy measures you can take to ensure you stay strong to be that way though. By joining this webinar, you'll enter the 2014 holidays with goals, a plan, more time and energy. Then go through a series of exercises to come up with a plan to make some changes in the areas you want to change. I've turned it into a book (My Gratitude Journal) and a workshop series. As a result of attending, you will: Document your journey. Focus will be on intensive vinyasa flows with more advanced namaskars (sun salutations). Asanas (poses) to restore your body, mind, and spirit with Laura Kupperman, founder of the Yoga for Survivors program. No yoga experience necessary. Join a class as we align our hearts and minds for our highest Good in 2012 and beyond. This breath guided class starts on Monday with a great start! General flow will begin with various sun salutes and flow into a standing series. Come with a matter. This cohesive, animating force is also known as "Maha Prana" or great prana. In the human body, there are three classes are designed to balance mental and emotional energy. The morning classes set an energized and prepare the body for getting pregnant, as well addressing the emotional challenges of trying to conceive. Dealing with the elements of Bollywood and Bhangra Dance gestures. Bollywood vinyasa is inspired by the exuberant, erotic and consistent, maybe insistent attention to breath. This class will be all-levels appropriate though I like to hold the ancient yogic system of health and wellness. In this class, we'll cover the basic concepts behind Ayurveda and use the self through easy breathing and stretching techniques. Feb. 6 class will focus on loosening the hip joint. Beauty benefits! These proven techniques will teach you how to: -Remove toxins from your body on a daily basis. -To slow down and we will gain weight, have less energy and not feel as if we can enjoy food the way we do.

of both efficiency and creativity. This is why it's vital to learn specific ways to regularly shift your focus of attention, creating more energy and improving productivity while simultaneously reducing stress. As a result, work by the same title, participants will walk through a simple exercise to determine primary energy shifts through and freedom! Tune in and learn about the biology of your brain and how to keep your brain healthy and you can learn? Will it matter? It turns out that inspiration is far from fluff. In fact, groundbreaking research by Per can learn? Will it matter? It turns out that inspiration is far from fluff. In fact, groundbreaking research by Per active in communicating with a group of any size. Speaking to five or five thousand; the techniques may vary documents in less time. Your employees will improve their writing skills, fill in skill gaps, and increase their performance. Your course will teach you how to: 1) Getting Comfortable with Online Presentations and Public Speaking 2) Identifying then mastering your presentation skills is vital. In this fast paced presentation, you will learn three specific tips to improve your reputations. Employees often prefer to stay in denial than to hear the truth and to change. It is often safer to structure known as the GROW model and how to use it. Currently do and what the consequences of that might be. Finally, if you feel you need a more functional leader

analyze purchases, and overview procurement strategies.

framework is a thoroughly tested, distinctive alternative that draws on well-established principles of organizational considerations including respect and trust. Bullies think about themselves and not about others. Aggressiveness The New Influencing Toolbox you'll discover the four main influencing styles and how you can apply them to reach the external customer who buys your product or services. We will show you how to analyse customer needs and how to resist change. Recoiling from change can become a major issue in the office. Just think about the change out studies show it's the number one reason why people leave their jobs. An employee asking for development that will change and empower how you work, how you think of success and how to bring your heart and soul to the team is headed the right direction. Elizabeth gives the keys to effective communication. For all leaders, what's the difference between telling and selling an employee? And which do you do when? This class will help you: -identify performance examples and comparisons - deliver your stories effectively - build sustaining trust is the foundation for successful personal and professional relationships. Just as a "stoke" we have immediate, honest, and accurate information to move forward quickly with a decision. Further we are building and sustaining trust is the foundation for successful personal and professional relationships. Just as a "stoke" understand the clues they should be listening for, what the clues mean and how to use the clues to improve ourselves. 3) Develop an awareness of cultural humility as a tool to address the ongoing dynamic and ever-changing environment in which you use so your get your preferred customer response.

vegetables, seafood, or meats to optimize taste, nutrition, and enjoyment.

Casey to learn how you can add variety, spice, balance, and nourishment to your diet with these simple, effective, and how to dress it up properly, Italian style, with delicious, creative flair that will have you impressing guests. optimal health expert, Evita Ochel as she provides a foundation for everyday, optimally healthy meal preparation. nutrients! Join me as I create this easy and delicious recipe for you to enjoy!

for you and your family.

potassium, vitamin B6 and more. My family couldn't live without them! So, grab your bananas and join me! But what about all your favorite recipes? They don't have to go in the circular file - learn to reverse engineer delicious Mexican favorites such as a savory black bean, traditional squash blossom or roasted Poblano chiles. These have that elusive "craveability" factor, the ingredients and techniques that make for vegetables so lush and delicious. a fabulous dessert that is healthy for you and satisfies that craving for something sinfully delicious!

for addiction, and how to unflinchingly stick to your food plan, no matter what it is, like I have for ten years. Please unquestionably exquisite experiences that take our breath away. It is these rare occasions that become locally impact our ability to be fully aware of our food choices. "Uncovering" and changing these hidden patterns

. In this 30 minute class I'll be sharing how to eat to have stable blood sugar. There's no need to count grams

mental, emotional and spiritual dimensions. Join consciousness expansion teacher and holistic nutritionist, Evelyn for chronic illness. Includes a brief mindful eating meditation.

these methods have sped up the healing process for many people. Explore natural, easy-to-follow, and fun healing techniques. In this 30minute talk, you'll learn the secrets to making exercise feel good, and how to turn movement into a joyful experience. are getting involved and how to introduce it into your daily life.

use of the problem happens long before blood sugar levels ever start to go up. In this session, Holistic Pharmacy is guided by Ayurvedic wisdom. Learn about this holistic time honored approach to creating health and vitality. Your whole body--in which health and well-being are dramatically improved. Mindfulness training has been shown to improve blood sugar, insulin, and insulin receptors. These range from gut pathogens to endocrine-disrupting chemicals. What is the way? In this session, Learn from Laura Lewis, BS, C.Ht, creator of The HypNutrition approach, teaches you how to live a life without adding artificial sugars and other harmful things to your diet. Katie will also be sharing why our diets are, can help reduce or possibly even prevent Diabetes Burnout. While the actual events you're frustrated by, hundreds of recipes available, and plan out a nutritionally-balanced and complete day of food? And how do you choose there, but I have found solutions. Let me share them with you. If you are feeling uncomfortable and out of control, this is all wellness in all aspects of your life.

How can I build a more nutritious diet. Most quick and convenient foods lack the balance that our bodies need. Planning a meal in you can trust, whether online, from friends, or in the news? Join me to learn how to determine whether a recipe is a fair meal.

W!

Learn about the role of exercise in helping to prevent and manage diabetes and what kind of exercises get the best results. Participants will be able to answer these questions at the end of the 30 minute talk How can I tell how much sugar affects my pain, to metabolism, to weight gain/loss, and diseases like diabetes. Learn about healthy fats. You will also see examples of what a Diababanced Meal looks like. The session will end with a Q&A. It will be made very simple, with several tips from simple ways to count carbs, plus ideas to make meals easier for diabetes management and the available technology solutions.

Learn about the physiology of exercise and how it is one of the best (and most natural) modalities for blood sugar control. Learn about a Sugar-Free Lifestyle.

This session will also provide practical tips on what to do when those blood sugar numbers are out of range.

The population was less than 50 million, now it is close to 300 million. In my brief webinar, you will learn these 5 things that are annoying to her lifestyle, she now grocery shops 2x a month, and only cooks 3-days week! Susan is an expert.

Are you suffering from information overload or don't quite know where to legitimate information on type 2 diabetes? Learn about emerging treatment and management possibilities. Dr. Kowalski will present and then answer any audience questions; why this is important to people who have diabetes. Dr. Philipson will present then take live questions from the audience.

Learn about intensive movements such as jumping jacks, knees up, push-ups, squats, etc. all with body weight strength training. What does work when it comes to changing for the healthier!

What is the best part? Follow them regularly and working out will begin to feel less like "work" and more like a fun part of your day. Time for shopping and wrapping. Am I right, or am I right? While we all know that we should make time for working out, what exercises of pliometric drills and non-stop intervals of strength, power and resistance moves. Exercise techniques.

Learn how to improve their personal and professional relationships. Fitz makes a compelling, fact-driven case for fitness. He will teach your group the "why's" and "how's" of staying fit while working away from the comforts of home. She will show you how to do a core balance and a mat if you are working on a wood floor. You can put on your favorite music and join Lisa to build your core balance and a mat if you are working on a wood floor. You can put on your favorite music and join Lisa to build your core. Get fit that doesn't require going to a gym. Here are the main benefits: -Increased energy levels to help increase productivity, need strengthening and which need lengthening and simple, natural ways to do it.

Learn how to move your level of fitness, while increasing energy and reducing stress.

Learn how to lose goal weight and keep you there for life.

Learn how to choose clothes and set yourself up in a place that will allow you to move around.

Learn about exercises on.

Learn how to do the movements without weight and you will still get benefit.

Learn about objects from around the house such as water bottles.

Learn about falls from injuries while falling such as broken arms, wrists, elbows, tailbones, or head injuries, and to be in a good position when done correctly. Learn it and test it in a safe environment, so you can have a fighting chance, especially if nutritional systems put forward by the experts that all say something different? Have you been looking for a solution? You can work personally with Dr. Mike as he leads a free, interactive class on using the power of food neuroscience. Learn about a fresh new conversation when it comes to eating. Marc David, Nutritional Psychologist, best selling author, is

ui techniques and DIY ideas that can help you to design the most balanced, vibrant, inviting and prosperous
rself is affected. The simplest step you can take in changing the way you feel and look is to change wha
ith the daily disconnect between one's body, mind, and mouth. For some, this disconnection can last for yea
ways to keep your energy levels balanced so you can stop riding that energy roller-coaster

eepest desires live. Not the substitutes that you crave, because your life is too stressful and too filled with h
imacy with life. We will work from Pasha's meditation CD. Pasha accompanies you through change in a ger
i. Join me in an exploration of what these chemicals are doing to our health. My aim is to get you thinking al
than what you do with it. It can hold you back or be the making of you. It highlights the way you choose to p
ted reason for a visit to the doctor. Join me for a MINDBODY approach to understanding your PAIN.
aced and informative class!

ew book Practical Reiki, and Group Leader with the Distance Healing Network, will demonstrate and send h
d (retail workers) for a long peroid of time throughout the day and develop back pain.
that the results of your testing shows that you have a serious medical condition. What is going through your
l of the good intentions and awareness campaigns, our states of health are not thriving. This is causing ma
Top five symptoms that your brain is in "stress mode" not healing mode 2. Top five lifestyle changes that will
le to release emotional baggage 3. How the Emotion Code can work "long distance" Dr. Karen will need volu
d with an elegant mind map system to uncover underlying imbalances to most if not all health challenges 2.
obiotics can enhance health for many people, particularly for those with a poor diet or for those who have n
potato chips, etc. Sonali will lead a discussion on the ten ways to transform your relationship to cravings an
J mind and a hypersensitivity to TOXINS.
ie provided!

a good source of other nutrients, such as potassium, calcium, magnesium, vitamin A, and folic acid. Grab y
:I'll be going over proper nutrition for children, how to sneak in those veggies and get your kids interacting in
this workshop, you'll learn how to finally break your addiction to sugar, and as a result, you'll feel more ener
r how you can gain energy into your life by making small shifts to create long lasting healthy lifestyle change

r why you need to have dessert everyday AND learn what natural & nourishing desserts are actually good fi
itch!

cost recipe and snack ideas!

most paralyzed by information overload. On top of that, the food industry has some tricks up their sleeves to
elf to greater health and well-being physically, mentally, emotionally and spiritually.

I; where your food comes from and the impact eating a Standard American Diet has on your health and the
s to the way we grow and process food it is no wonder the human body is suffering with chronic digestive is
ith the daily disconnect between one's body, mind, and mouth. For some, this disconnection can last for yea
e holiday with simple and easy lifestyle and nutrition tips.

aks with no weight gain or stress. Katie will be providing simple nutrition and lifestyle tips that will allow you t
favorite food and traditions along with your holiday festivities, without the dreaded weight gain. You'll enjoy
ystem and health defense? Can you shake off what is dragging you down? In this class, we'll cut through th
skin is built from the inside out. Every day our skin draws its healthy glow from a good balanced diet and a l
your health with Katie Bressack by eating real whole foods in order to feel nourished, energized and produ
it's completely different from your normal eating patterns.

out of control and digests ALL of our nutrients for its own survival. This leaves us filled with toxic waste, ext
i, and support our bodies. This full class looks at four different areas of kitchen medicine beginning with hov
ning about herbal medicine. We will focus on how each herb can be used and why you may want to choose
are quick and will get you exploring more food and herbal seasoning options in a way that is simple and rea
lo to you and the key component in doing it right. Pre-requisites An OPEN mind and an understanding of wl
sion of your own life. But how can you break the cycle, when there is so much to do, and so little time? This
aliefs - 3 things you must do when dealing with paradigms

Forks Over Knives, will present live. Register now to secure your spot in this interactive session. The proof
s "gift" properly will change you life - What Thomas Edison, Michael Jordan, Oprah and YOU have in comr
he portal for self renewal. Latham gives her powerful recommendations for a healthy diet and lifestyle for th
techniques you can use on a regular basis so that you don't need to take two weeks off just to recharge. Ex
r Sarah Newton in this valuable content-rich FREE webinar. In this webinar you will learn: 1. How to quickly
n start incorporating into your life now, that will lead you on path to better health.

ody, bring out your inner deliciousness and create your glam style with support and encouragement from ou
e: relationship endings and navigating new beginnings, career changes that leave you wondering about you

...only to fall short of your goals? Why is it that we continually try to lose weight, get healthier, exercise, etc. year after year, it is challenging, at best. In this class, Brett will provide some basic tenants of how to stay healthy through your relationship with food and live lighter.

how practicing good self-care is the pathway to getting what you want out of life. You'll learn handy tips and shift the way you think feel and act around food, dieting, weight loss and living healthy. Each month the Health Coach will share her own story and why it's vital for a fabulous life. Why we need to put self-care on our priority list (hint: there are MANY reasons). Don't forget to ask your questions during each class! This class is free and will be followed by Part 2 and 3. The description continues below.

Part 1: How to take control of their room until they are 21!. Are you resigned to the teen years being awful? But what if you had a crystal ball that could predict the future? What if you knew exactly how to prevent autoimmune disease, and natural approaches to preventing this rapidly-growing group of conditions at their onset? This class is beginner-friendly, easy to implement, and effective.

o work towards a new you after this new year.

Learn the process necessary to create a positive mindset.

t of the Fit 2 Love Podcast Show as she reveals what you need to know to enjoy your holidays without the e

new year, what supplements to add in and most importantly how to keep your new year's resolution and healing holistic ways that you can build up your immunity, protect yourself against germs and if you do get sick the natural way. Juice cleanses and detoxing the wrong way can only slow down your metabolism and clog and balance the body and stimulate your metabolism and digestion.

meditation. Learn all about the master cleanse! What is it, why do it, and what is all the hype around it? Ch
he heart. Workshop participants will learn about these conditions and more! The following topics will be cov
consultations. This lecture will focus on the importance of probiotics and how to get them in your body. Vikt
relationships to help you shine brighter!

d sense for those of us who are interested in living a healthier and cleaner lifestyle. Attend this webinar to learn how essential oils can help you feel better. Essential oils naturally makes one of the most effective ways to deal with any ailment. Essential oils have been used for millennia to help you feel better. Essential oils can do to help you slow down, relax and become more ALIVE.

lthy living where I will discuss the power of breath, meditation, yoga, skincare, and health practices to enha
zel of health your organs have. And we will also go over some herbal remedies for each of the areas.

enhancing the positive flow. When life is low and a struggle your energy pathways may be under stress. You can change and age-defying. Learn how to make positive changes and take control of your life and your health.

By the end of this class, you will know more about the causes of your head pain than most doctors do.

drug-free alternatives to pain relief. In this enlightening class, Dr. Karen Kan, author of *Guide to Healing Your Skin* reflects how healthy you are internally. You'll also learn how to heal the skin from conditions such as

aines, chronic pain and so on. In this class we are going to get deeper in the FasterEFT tapping system, ar
like fibromyalgia, irritable bowel syndrome, lupus, migraines, chronic pain, and so on, AND to people who s
struggling with all kinds of chronic illnesses like fibromyalgia, irritable bowel syndrome, lupus, migraines, cl

ne people who took the introductory class: people battling chronic fatigue, struggling with all kinds of chronic
introductory class: people battling chronic fatigue, struggling with all kinds of chronic illnesses like fibromy
nd you? Then you came to the right place. This class is addressed to the same people who took the introdu
s addressed to people that have suicidal thoughts, people who feel hopeless, helpless and guilty about feel
kincense and myrrh. Maybe Frankincense is called the KING of all the essential oils because it can be usec
tial oil on the market today!

Using Eucalyptus Essential Oil!

ly makes one of the most effective ways to deal with any ailment. Essential oils have been used for millennia from the first tinges of morning sickness to some of the more painful complications that arise during breastfeeding. Strategies that will help you whether you're interviewing at your own company - or elsewhere. your role. Mistakes will happen, but most are avoidable, especially if you know about the common pitfalls. V complaints, look for solutions, find the facts, and exhibit the courage to question assumptions and have tough choices? You inspire them to use both wisely and GAIN more than just a job well done at work. Beyond financial his in your own life. If we know what our "triggers" are for the bad stuff, we get a raised level of consciousness

reputations. Employees often prefer to stay in denial than to hear the truth and to change. It is often safer to
towards making something extra ordinary happen. Leadership through enlightenment requires the ability to
ations cannot be optimally successful without a high level of accountability and employee engagement. Eng
here the complexity begins. Success as a leader is directly related to your emotional intelligence - your self-
ws potentially to provide not just the individual set, but the huge benefits that interaction between people ca
ees behave like children. Why is it that adults behave like children at work? The word "supervise" means to
most important resources organizations unable to manage meeting time will remain uncompetitive. Mana
entrust their leaders with their incomes (salaries) and their careers. These are BIG THINGS. To feel confide
d organisations. By learning from failures to change we can build a bullet proof plan to implement change in
at people to take action. Instead, great leaders focus on "how they can be" & this way of being INSPIRES o
leadership will bring our organizations and society back to hope and prosperity. Research over the past 30
ator will share the Everybody Wins mindset, then "go around the virtual room" as people brainstorm on how

How your and your partner's roles and your energy patterns, you'll both have a deeper understanding of each other and be a long time-how to make the best of those years? We want to go on being strong, vibrant, attractive and control offers each of us the opportunity to choose to do things differently. This session offers you the opportunity to experience this practical on-line training you will discover: 1. The biggest parenting mistake you are making and how to correct it. 2. Health and share the wisdom of healthy habits. Randy Denton and Dr Pam Denton have been health coaches for over 20 years now you can. Sarah Newton has been asking young people what they want for the last 15 years, what they need, what they want. Sometimes it can feel as if we parents are adrift in a strange world we don't understand. Is their new world so different? We quickly identify what is most important to your young client so you can get results quicker. 3. Techniques that will get through to even the most apathetic child. 4. For television, computer, mobile phone, they all keep the children glued to them. For most people, it feels as if they are in a presentation Sarah will: 1. Introduce parents to the different kind of friends and give them tips on how to support their children and a host of other things. Motivating our children is one of the most important and yet most challenging things for parents to do and a host of other things. Motivating our children is one of the most important and yet most challenging things for parents to do. 2. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 5. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 6. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 7. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 8. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 9. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better! 10. How do we deal with a lack of motivation? How does motivation work in the workplace? Join Sarah Newton, who has been asking young people what they want for the last 15 years, what they need, what they want. This can be a challenge and frustration. What will I feed my child? How will they get their protein? Will they grow up to be like me? Jess Terry will walk you through the 5 options you do have. You'll leave feeling empowered - and better!

e". Also she will discuss Relationships Do's and Don'ts and fun topics that centered around self love and h
r, while others can hardly get enough! That's Love Metabolism. It's often these "love-metabolic mismatches"
ventures on 121 first dates. Q & A opportunities to follow.

&A session following the lesson, so be sure to bring your most pressing dating concerns and questions.

am exhausted, bored and resentful. Ladies! There is another way!!! The Pillars of Pleasure contains 10 decades and build out your own Romance Marketing Plan. The step-by-step how to for setting yourself up for dating out of the old paradigm and creating a new loving story about love.

g this show you will gain insights and ideas to begin carving out a path, whether you decide to stay in the relationship you want to go the distance. Our intention is to teach you how to go from merely functional just coping and

colored glasses effect so you can create the vibrant, happy life you desire. Anything is possible when you remove enough, etc. and then we take action in the world based on this assessment. This move can sabotage what we used to be. For women who have had to go it alone, it can be tough to remember how to let a man carry everything around, enhancing your energy, and creating the loving relationship you desire. - Why you "How to" : date smart, not settle, enjoy the journey and know how to be true to yourself. Yes, find the love that release subconscious beliefs to finding and keeping lasting love. Any questions let me know, I look forward to it. I will also do a energy clearing for those present on the call that is specific to healing a painful relationship. Women judge one another in that first impression stage on two things: your clothes and your attitude. So relationship? We will show you how to manage your emotions and come back to center quickly. Learn how you how to avoid and correct these massive mistakes so you can find the love you want.

it and senses the depth of your partnership. You will gain access to: - Understanding men - Your life vision--men in the US, Canada and the UK.

ourselves before we can ever love another.

g a marriage partner? If so, then come discover the 3 critical shifts you must make when you are dating for finding of what you and your partner needs. Relationships take work, but with the right approach they are coming. If you are just getting back into the dating scene or have been in it for some time and just aren't finding success, come discover new optimal LovveTactics, Tools, and Strategies for men and women to change and integrate into their Lovve

and of a case against them. - How to speak to connect instead of to regret. Join Relationship Coach Dr. Ann V. We will see a baby animal. Of course, there is spiritual love, where we connect to a higher source energy. But we will also see how to identify key stakeholders, differentiate the constraint drive (time, budget, or quality), and pinpointing the problem. Is it a poorly motivated staff and an ever diminishing return on the effort to succeed? Much research has been done on the causes of poor performance and their causes. -How to recognise work indicators of poor performance. -How to manage people through the difficult times and a process for organisations to follow which provides a blueprint for success in quality or a late delivery. Some major business issues can start from a small error being made early on. It is tough, however it is probably one of the least understood management skills and one many managers find it difficult to do. Our mind to and be the person you want to be. This includes performing at the very highest level you can.

are what they mean. You can then attend any business meeting confident in the knowledge that you can hold your own. We will deal with our high stress culture, and ultimately become more happy, healthy, calm, content and conscious. At the end of the class, we will explore yoga poses to help us become more grounded and connected to the natural flow of life.

Dr. Ann V. introduces his unique WizeWell Focus Phrase Process that directly and often impressively wakes up the creativity and focus to take the necessary steps to safely reach a state of relaxed, focused awareness so that the body's nervous system can release negativity and chronic thoughts. The class will begin with a 5 minute checking in and then progress into a 15 minute guided meditation. With a few simple guided steps of breath and visualization you will be able to begin to cultivate an open heart and a sense of peace. A full of your Emotions, means living a fuller more complete life. In order to achieve personal transformation and growth, it is important to meditate with the currents of loving consciousness. Based on the 8 Movements of Love, a yoga practice that is a magical journey can open doors for you that you never even knew existed. And in this meditation I will lead you through a 20 minute meditation that is equal to 2 hours of rest and relaxation.

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are looking for. The guided meditation will include a grounding and energy clearing exercise at the beginning

to access the inner regions of light and sound, wisdom and bliss.

essions in the form of ritual. The rituals are extremely beautiful. They have rich symbology, which has a profound meaning for the year. We would love your energy to be a part of the whole. Join us for these free events where love is the only way to become more joyful, peaceful and relaxed.

and a healer, and creates new worlds of love for those who sit with it. I invite you to join me in this free live 10-minute guided meditation that will help you on your way. It is easy, nothing to worry about, just relax and enjoy the journey. This practice is a relaxing, healing meditation that will get rid of the clutter in your life and allow freedom to reign! All of Julie's energy is here today, from family, work, and personal things it can be hard to keep our mind clear. In this meditation you will be able to be being Divinely guided each breath of the way. You will experience peace and tranquility and a calmness that

is not enough, too fat, too short, too broke, too unlucky, or you have too many restrictions such as your fitness, your health, or your career. Based on ancient meditative insights has revealed a new short-form approach to shifting our experience into a state of flow. Moments in our lives where we drop into a space of clarity, tap into what really matters and get in touch with our true self. We always do what we have always done we will always get what we have always got. Yet many people continue to live in fear. Wouldn't you rather be an optimist than a pessimist? This practical, interactive program helps you track your progress. And, if we knew the ingredients for our moods/feelings and overall "state of mind", might we be able to cool down our emotions? Clearly identify what is most important to your young client so you can get results quicker. 3. Techniques that work

How can we bridge the gap and get through? In this webinar you will learn: The differences between the general application for understanding Yoga and its benefits. Called the 3 P's we will discuss how you can take control of your life. This integrated healing method is to produce empowered health. This is accomplished by preparing you to be in the present called "Be". This is the place of silent listening and connecting to heart center. I will take you through a series of exercises to open your intuition and allow the power of higher guidance to influence your life. This is an excellent chance for you to learn. We start the year with great intentions, but then we quickly relapse into old habits. Well, fewer than half of us have a relationship with exercising, productivity, eating, meditating and even with stronger addictive behaviors is understood. If you are not present or they are not sustained over time. In order to be the powerful, authentic person we are meant to be, wellness coaching can help you to achieve your goals. Click, connect, and change for good! Join us!

Why it is beneficial to have specific mindsets.

People with these skills are indispensable during times of turbulent change. The good news is that you can take control of your life. You will be given assignments to discover those reasons and to take action using them. Additionally, you will learn how to use any one day that can mentally, emotionally, and neurologically reset your physiology and experience. Deborah is a life coach. What is "Life-Balance" simply another term bantered about by self-help gurus; as elusive as the proverbial unicorn? It is about having the right mindset. Developing that mindset takes awareness, training and practice just like any physical skill. This workshop takes into account generational differences, meaning a 50 year old and a 21 year old can BOTH benefit. A common problem is that it leads to weight gain and poor health, which leads to more stress, which leads to more emotional issues. An intangible factor that keeps an athlete working hard regardless of how many times he/she may fail or how many times their body doesn't stop at your plate. Other lifestyle choices you make, such as what you wear, play just as much a role in your path to optimal health, your ideal body weight, and all the success associated with a healthy body and mind. In this teleseminar, you will discover the true essence of emotional intelligence, increase your self-awareness, learn how to train your brain to be healthier, happier, and more effective, and an opportunity for live Q&A with panelists. This is a health, according to current evidence in literature.

Researchers have been investigating how food choices can help prevent cancer and survival once it has been diagnosed. This is a topic that is important in North America, and how to ensure you're not a victim - Boost energy holistically, without stimulants. This is a chance to heal itself.

Session will be for Q&A and interacting in the virtual class. You can find Thrive at <http://lrnit.lv/thrive-book> Topic: Thrive will be provided.

Learn how to use nutrition and eating patterns. Join expert Dr Pam to heal your metabolism through nutrition. Through the power of food - nourishing body, mind, and spirit!

Go a bit deeper and get to the emotional and spiritual body as well. Learn how to support all facets of your health. Nutritional stress: What it is and how it impacts your health and energy. - High net-gain nutrition: What it is and how it impacts your health. - Lower or deprivation. It delves into how sugar functions in your body, how sugar is part of the solution - not the problem. It has a significant impact on wellbeing, so much so that I've made it the foundation of my recently-launched web site. Learn how to properly fuel your workouts with strategically timed nutrition. I will cover the science of nutrition, a transformative, insightful learning experience. She will help you explore a holistic approach to understanding craving for sugar. I will discuss unsaturated fats many times over. But as heart disease continues to impact a large percentage of the world, it is important for us to learn how to live ourselves in the most healthy and optimal of ways due to the mixture of confusing and misleading sources of information.

ality. Do you desire quantity or quality? Join Margaret Marshall, "Your Personal Eating Expert" as she shows how overeating can lead to jealousy and jealousy that could cause long term harm to your body. In this class you'll learn which organs are part of the digestive system, join Margaret Marshall, Your Personal Eating Expert, as she shows you the beauty magic in food. You will learn how to make lifestyle choices fan the flames. Discover the intricate connection between your gut, digestion and the pain you experience. Can't even get out of bed? Finding it hard to power through the day? Sleeping more but losing the pep in your step? Want to enjoy all your holiday food and traditions without overdoing it, feeling stuffed and sluggish. You can and will feel fantastic! This course is amazing: the difference, the purpose and the benefits -How to use food to re-set your metabolism and overcome weight gain.

workshop that introduces several ways of taking a drawn design and turning it into a dimensional puppet. Ja will host live Q & A with professional puppet artists (puppeteers, writers, directors, educators) attending the

s well as Jason von Hinezmeyer, Resident Puppet Builder, co-creator and designer of Sockly! Hear Jon and

the trenches? In this one hour introductory course, participants will:

- 1) Understand the difference between do you build a coalition and create followership?

In this one hour introductory course about influence, participants will learn how to get things done in that lost time! You'll be able to immediately apply what you learn to solve common problems such as: clutter, budget cuts, etc. The class cost is \$40 to \$78.00. And research shows wellness programs have a great impact on healthy employees, as well. It's time to change the life you are currently experiencing. If it is time to change normal, here are the 10 things every salesperson needs. The class will help participants develop the communications skills they need to be successful in their business /that you can do.

1 we alter our energy patterns. This can happen on the physical, emotional, and psychological levels -- as v
rg. The Spirit Circle is a place for those of like heart, mind & intention to gather for support, energy healing,
k of Michael Paul Stephens and his stunning channeled eBook, "Equanimous" you will discover a powerful
ay. Coupled with a traumatic birth experience, a whole series of emotions, behaviours and beliefs have con
Obstacles and Your Fear of Death, Learn How to Fully Experience Life, Reconnect With Your Inner Truth,D
. If you are feeling anxious, nervous and unsettled in your life you may be experiencing signs and symptom
e resolutions" in our life that will make us happy. Instead, we need to find our happiness in THIS moment. E
benefits of entering into this kind of relationship? Come spend a session with Shakti Durga, a living master
rtly: The Good News; The Gospel of The Grace of God. There is a guaranteed promise of life transformatio
llenge of becoming realized as a peace ambassador? Once a week on a Thursday evening Shakti Durga w
he Shanti Mission tools and principals and Guru's blessings and guidance. This exciting new program will h
with the ability to collapse in on ourselves and feel overwhelmed to the point of paralysis. For some of us it c
nabling or disempowering us from living a heavenly life on Earth. It is not enough to set a new affirmation fo
omotion. Yes she believes that there is a power greater than herself but has little time to connect in ways th
yths? Do we need to heal physical, emotional or spiritual aspects of ourselves? What are common life less
one or two jobs trying to make ends meet. Are you under 35 years old and not yet married and feeling press
ead you through a guided Reiki meditation. You will also be receiving Reiki throughout the meditation and th

view our sleeping and dreaming worlds as mysterious and relatively uncharted territory. Despite their strangeness, ceremony is a sacred method to put your intention into form, whether this is to let go, bring love into your life or a veil between the worlds opens and it changes our vibration (energy) in our bodies and the places we live. I hope to see you there!

I help you feel more balanced and centered.

Powerment that comes from letting go, and discovering your power to create, connect, and choose a life that

and GreenSpirit have yet to take hold strongly and sustainably in the USA. What's missing? For one, they have the Toltec Art of Life and Death. After suffering a heart attack, Don Miguel Ruiz fell into a coma that left him in a coma.

Advancement so that your Sacred Light will be the Leader of your Life! I hope you will join me on this path of self-discovery using Spirituality and Faith. During this session we will discuss ways in which we can immediately discover our power. Horn will provide you not only with information and tips on ways that you can Be The Light, but she will also

from energy that reflects what your soul is truly saying. It's a breakthrough year!

along with assertiveness tips for earth angels. You can be sensitive, safe and strong in this New Year. Take responsibility, mentally, emotionally, and spiritually to break the chains of resentment and claim the freedom that

we need to be more grounded. In this session I'll talk about why we all need to be grounded and end with a guided meditation to over-ride old habits of feeling small, less or lacking. Learn how to integrate your spiritual presence in your body.

Authentic-self, Divine path and purpose for this life time.

the quick "attunement" exercise live on the show, and learn how to ask good guiding questions.

Interested in ancient mystical traditions. This book spoke to my heart. Mysticism is the spiritual side of being human. We are ourselves at the levels of body, mind, and soul.

Energy healing business Pacific Spirit. Join me on this mission to make the world a better more compassionate place. Our beloved ancestors also encourages healthy self-esteem and helps us to clarify our destiny, relationship with spirituality and communicate with their own spirit allies, - without adults imposing a belief system, religion or intention. I'm trying to bring us into a healthy state, and yet often we feel we are not healthy. What is your body trying to

teach you to overcome negative thoughts and feelings.

Some parts of our life such as: relationships, career, finance, spiritual abilities, health and so on. When we clear our energy field - protect your energy field powerfully - bring in new qualities and vibrations for health, wealth and happiness. Do you feel stuck? You can learn to create a larger more empowering story that moves you from being a bit part to the main character. Unique personal beauty, our Venus self. This leads toward a spiritual light that gives us a sense of being connected to the universe. Spirituality, life, and everything in between. These high energy hosts will have you walking away feeling empowered, of life, and even prone to addictions. Things like painful breakups; loss of a parent; emotional, sexual or physical trauma. Is something hurting in your dream and can't help yourself? All this and more!

topics. spirituality, life, and everything in between. These high energy hosts will have you walking away feeling

empowered. In shamanism, you learn to create sacred spaces; sacred spaces within yourself and within your environment. Guided meditation, tuition in shamanism and a mentor. My intention is to roll with what the young women want and need. In this on-line class we will journey to the very heart of the creative process. We will explore what creates our dreams and how to create our own dreams. This is a powerful experience. This transformational process is open and available to you. Become aware of the Council of Light that is everywhere and how to communicate with your guides. Receive healing and understand how your guides can make a difference in your life, same time. Please note that this class is for participants enrolled on this training and that people need to be open to other powerful beings. This class is for people who are registered participants on the training. If you cannot attend, please contact Amy. Art Activation Music. Steven & Amy will discuss what it is about, the concept behind it and why it is important. What are you assuming your thoughts? In this class Lynch will discuss how to recognize the attitude that could be sabotaging your dreams. Half-hour get together for like minds each week.

earth. Create a new relationship with your body and live fully.

evening filled with music, puja and devotional fun.

Cleanse your Aura 5. Perform the Pink Ray 6. Cut Cords with Archangel Michael 5. Deal with the Narcissist 5. Akashic Records Introduction -Zero Point Healing

and Atlantis. Learn what really happened in our ancient past, how we are connected to it, and what we can do about it. Responsibility, free choice, and opinions. Learn how to grow, heal, and thrive in this mindset which allows us to be the best we can be. I and I let my darkness consume me. Great lessons can be learned when we sit with our shadows instead of

s must be known and understood to manifest.

jes from the Angels and how to use your angel wings.-Learn to access the Divine Healing Light -Connect with
iding your 108 chakras. Learn how to heal your own energy systems and tap into this amazing system of w
ar (even the tricky bits!), as well as release and forgive all that we need to. After a clearing meditation, ther

g and manifestation as well as the key steps to help you unlock your own inner power! Joseph and Christina
nting your forward movement in life. Create a meditation you can practice daily to communicate to these hi
nt. Then I will give you an opportunity to explore what you need healed specifically. These webinars used to
ALTHY BALANCE. Join me!

ioned life-risk taker and major change agent know that you don't? What is the truth behind the promise of a
techniques you can use on a regular basis so that you don't need to take two weeks off just to recharge. Ex
rcuit our experience of stress rapidly we are left with a sense of overwhelm and panic. In this 50 minute inte
rcuit our experience of stress rapidly we are left with a sense of overwhelm and panic. In this 50 minute inte
is is having a negative impact on our physical, mental and emotional wellbeing, decreasing the quality of ou
tion towards what you REALLY want. The powerpoint materials will be available to all participants upon req
s -Relationship breakdowns -Financial problems -Lowered happiness and quality of life *Benefits to attendi
akes stress so unpleasant and damaging is our resistance to it. But what if you can learn to positively work
sters of her bestselling book as a gift.

; it or not, stress can be eliminated from our lives. We will certainly always continue to experience the press
:ant and how taking care of our adrenal glands will not only improve our energy but keep us feeling and look
; of stress and lack of self-care. Join this free class to learn how to eliminate stress, overwhelm, frustration
; enveloped. In addition we will look at team leadership and team roles that produce increased efficiency and
;al for determining your present risk for health complications related to your current weight for height. Finally,
;power or discipline or motivation. It is not. It is about your biochemistry. Whether you're concerned with ma
ctions you can start taking in your life right now! 2. Why your happiness actually begins in your belly 3. 2 wa
; as well as save money on an upcoming trip? In this class you will learn valuable tips on how to navigate the s
; too long?" This presentation will share insights and key behavior tips gleaned from participants who lost be
start to Summer program on Tuesday evening, April 10th, at 6pm, PST. This FREE webinar will allow you to
is. Groups are essential. There's a great deal of research showing the effectiveness of groups, whether for
weight loss that is not communicated in the media. You will be empowered with information that will help yo
nge, this class is about you, your body, and your health. Every day we are bombarded with toxins, pollutant
tras (powerful phrases in repetition) to get you motivated, inspired and empowered to lose weight once & fo
that works creating health, energy, and nutritional balance! Take Shape for Life is specific weight loss and r
ealthy-eating discussion group, led by Registered Dietician Meg O'Rourke. Stop wasting your time and mon
processed foods or supplements . Learn why diets don't work and how you can achieve your ideal weight
;h you how you can clean up your diet to become more energetic without depriving your body of the foods y
;ar. Join Board Certified Holistic Health Coach Katie Bressack in this class to work towards a new you this r
weight loss, energy and vitality.

isting healthy relationship with your body without having to read another diet book!

aret Marshall, "Your Personal Eating Expert" as she shows you how the yearly weight loss/weight gain cycle
what is right or wrong concerning the diet? Join Kaitie Bressack in this session to understand being gluten f

ime for shopping and wrapping. Am I right, or am I right? While we all know that we should make time for w
ans feeding the entire being mind, body and emotions with nutrients. Complete nutrition will open you up to
l self love exercises you will begin to embrace love within your feminine beauty. In each class we will work c
pics in a yogic way as a means to heal your body and your life. Based on the power of feminine flow and n
ough longer sequences and build more strength and power. Your breath is the tool to create a successful w
unprecedented pace. Are your employees successfully managing the stress, wellness, and satisfaction iss
can lead to stress. Resiliency is a protective factor against stress. This session will educate on stress, vicar
fy the benefits of having a balanced life, but also the negative effects of having an imbalanced one. Identify
;r you love to wake up to everyday. In this class, you'll meet IAWP Wellness Coach grads who are following
esources to help them do better school. In this presentation or workshop Sarah will: - Show students why e
ve more energy. Join me to learn specific tips that will help your body and mind feel better during your day.
te Wellness expert will be sharing how you can eat and feel healthy at work every day without creating ano
s: -Leveraging your activities; so every action accomplishes more -Uncovering previously unrealized resour
s: -Leveraging your activities; so every action accomplishes more -Uncovering previously unrealized resour
g health and healing traditions around the world, in combination with his direct experience as a wellness ec
ur staff knows why they should make fitness a priority and how to make it happen. Things like "Walk and Ta

urn to transition through it with acceptance, ease, and focus on what you can control in an uncertain world.
ergy between your business and personal life and it's impacting both -Your business is growing and is succe
Smolowe- Grief Coach and Author of the book Four Funerals and a Wedding in this interactive webinar. Yo
nourished and happy - even when you have to catch the red eye home. My tips for easier traveling were fe
rd, as a result, you'll be much more likely to experience the true meaning of the season.

to focus on. It's inspirational, motivational AND tactical! You'll also put an Accountability plan in place to mak
nt what you are grateful for in your own life in a number of areas including: -People -Things -Emotions & fe
will be held for longer durations and plenty of core work will be part of this intensive practice to get you mor
ga experience required. Yoga is a fantastic way to heal from the side effects of cancer treatment. Benefits ir
ss will renew and strengthen you in body, mind and spirit to realize anything you think in your heart you can
Class will end with floor exercises and a final relaxation that will have you up and running with full energy to
is universal prana has been observed to move in specific ways in specific regions in the body, regulating ar
l clear tone for your day. The evening classes transition you into a restful night. Kelly includes static and dyn
:crease stress, improve circulation to reproductive organs, balance hormones, and learn how to soothe you
ic and expressive moves seen in Indian films. This class infuses various Vedic practices such as chanting r
l and explore poses and my patience will likely work you. Come ready for a lighthearted, explorative experie
ada and food, and how to approach your diet using very simple guidelines. This is not about rigid dietary rule

asis so your skin stays clear, your hair radiates and your nails grow strong -Eat a breakfast that gives you su
right now. Join Women's Health Coach and Yoga Teacher Katie Bressack for a two part series to discover h

tion out of stress mode and into rest mode at work, thereby giving your chronically deep-fried synapses a chance to become more focused and productive, flexible and resilient, and able to sustain higher levels of health and energy throughout the day to optimize health, happiness and performance.

uthful. As a bonus, release the vibration of any trauma from your past so that you can live your dreams with confidence. Performance Inspired, Inc. has uncovered the 7 Drivers of Inspiration. This emerging science has led to the final performance inspired, Inc. has uncovered the 7 Drivers of Inspiration. This emerging science has led to the final y but the principles are the same. Join us in this entertaining behind-the-scenes look at how you can speak for productivity in this practical, interactive webinar series. First, they will learn the fastest organizing, getting-started, identifying your audience and structuring your presentation by creating or curating content 3) Framing your message to be a brilliant presenter. Simon T. Bailey solidified his position as an expert in leadership development by not pretending you are a good performer than to admit you need help. This "feedback disability" most often reveals

relationship style, we will identify what actions to take to address these differences.

itional behavior. This fresh alternative, based on performance development rather than performance appraisal, is action without regard to others. It's an "I win and you lose" strategy. Assertiveness is action with a "win-win" outcome in your advantage. Find out if you are an investigator, calculator, motivator or collaborator.

ds and also what makes a customer experience good or bad.

anges that can happen in a business - implementing a new software, hiring new people, firing non performers. If an employee is asking to be retained. In fact, Glassdoor's 2014 employment confidence survey confirms all that you do!

ffective communication is an essential component of professional success whether it is at the interpersonal or performance problems - and solve them before they become bigger issues -increase trust and influence with you

r" on a tandem bicycle must completely trust the "captain" for successful biking, teams need to passionately be pushed into a sense of urgency with motivational tools such as advertising, competition and uncertainty. If you're on a tandem bicycle must completely trust the "captain" for successful biking, teams need to passionately understand and communication in business.

quality of culture and its importance as your role as a leader

ective meals and a little bit of creative preparation.

s, loved ones, and appreciating your own new cooking abilities for years to come.

ration. You will learn the key characteristics of optimally healthy eating, what to start with in your grocery cart

recipes calling for cream of whatever soup in this half hour demonstration. I'll make a basic cream sauce for a chile soup. Chef Ana focuses on technique so that you can not only make her recipes but expand and create your own delicious and comforting that even kids love them.

us you'll get a preview of the Master Class, Weightless Recipes.

ked in our minds. This is how word of mouth spreads like a wild fire and a hidden brand gem becomes an industry and behaviors along with practical common sense nutrition is really all it takes to connect the dots between

rs of this or micrograms of that. I'll share a simple way to balance your meals and snacks to keep you off the

/ita Ochel to explore the mind-body connection as it relates to diabetes. Learn the language of your body and

ng techniques you can practice on your own. In this workshop we will: - Expose what we are really trying to do in the joyful part of your daily life.

Pharmacist Brian Sanderoff will teach you the true cause of Adult Onset Diabetes (and being "pre-diabetic"), how

lower blood pressure, improve cognitive function and impact better management of diabetes, especially for women. We will discuss action steps to begin addressing these imbalances.

Learn how to take back control of your life by using optimal nutritional strategies, conscious LifeFit choices and how your body craves sugar, how we can understand our cravings, how to change our taste buds and the best foods that are part of the equation, how we think about our diabetes plays a much larger role. During this session we will create a vegan meal plan that doesn't have too much carbohydrate content that can spike your blood sugar. I'm on your side, I get it and I am here to help you. It does not have to be difficult to reach your desired health outcomes.

Pre-planned meals in advance will provide you with better options when hunger strikes, and will help you avoid missing out. The source is credible, and get many ideas for where to turn for accurate nutrition information.

What is the fat and/or carbohydrate content in a product? What is a serving size? How does this food fit into my diabetes exchange list?

Learn some practical ways to apply the information. We will discuss how to plan, prepare and enjoy!

Agenda: 1. What is causing the increase in Diabetes 2. Why did you become diabetic 3. What can you do to control it 4. Learn how to eat healthy while saving time and money! Topics: Learn how to organize your kitchen in a way that makes healthy eating easier.

Diabetes? If you answered YES to any one of these questions, then you must attend this tele-summit on "Type 2 Diabetes: What You Need to Know". We will answer your questions at the end. This is a must-attend event for the audience.

Cardio exercises. You will be certain to give your legs and abs a solid workout.

Make your day that you actually look forward to!

Workouts and healthy eats over the next couple of months, putting that into practice is a bit, well, challenging. We will show you techniques using your own body weight and free weights.

Yoga and Pilates will energetically provide your organization with the tools to understand and attain it. It's time to take action. We'll offer simple steps and tricks for exercising in absolutely any environment, avoiding consistently unhealthy habits. We'll show you how to maximize tall posture and create a healthy spine.

Build strength, flexibility, balance and change your body!

Build strength, flexibility, balance and change your body!

Improve performance levels -Better thinking -Improved posture and body language -More confidence -And a host of other benefits.

Learn the correct position for defending an attacker once on the ground. Other videos for ground defense to follow such as for women.

Learn a way to take your health and metabolism to the next great place without the struggle and the fight? Join Mimi Kohn, a neurochemist, to improve your mood and change your life! Learn the power of serotonin and dopamine boosters. Mimi Kohn is a neurochemist and founder of the Institute for the Psychology of Eating will share insights around our relationship with food.

s kitchen. We will help you to see how your kitchen is specifically affecting your life, and come up with some at you are putting in your body. The path to greater self-love is choosing to eat foods that rejuvenate your bars, leading to unpleasant and sometimes life-threatening conditions. Margaret Marshall will help you to rea

ave-to, and not enough true joy. Not that. Your spirit core will lead you to the vision of yourself, and the deci tle and down to earth way that is accessible to everyone, even if you think you can't meditate or you don't l bout every single substance you consume.

lay the game of life. It is you who determine whether you are a player or a spectator. You decide whether yc

ealing to all who attend or view the recording. This enlightening and powerful demonstration will open your

r mind? You may argue that you feel fine. After all just before this phone call you were living a normal life. TI ny of us to explore the numerous natural and alternative healing methods we have available to us today, an l jumpstart your health 3. Top three energy healing tools that I use in my practice to help people heal nteers for this so if you're live on the call and have any sort of problem (physical, spiritual, career, relati . how there are only six underlying imbalances causing the majority of health problems and how to determin eeded a run of antibiotics.

nd how to pro-actively nourish yourself and meet your nutritional needs for the long-haul rather than simply

/our Carrot and join me to learn how useful CARROTS are to the Raw Food Diet!

the kitchen. Knowing what your children should eat is only have the battle - let's teach them how to live a li 'getic and healthier. You will Learn: Why we crave sugar, why sugar is bad for us, how much sugar we really es. I will be providing you with foods that can increase your energy, self care tips and de-stressing methods

or your body.

make their products seem healthier than they really are. Join me for this informative introductory class whe

health of the planet. Delia will guide you on a step-by-step progression towards improving the quality of the sues. In this 60 minutes session Delia will help clarify many of these issues as they relate to food and how , ars, leading to unpleasant and sometimes life-threatening conditions. Margaret Marshall will help you to rea

o enjoy the holidays more this year.

all the holidays offer, and feel wonderful about the new perspectives you'll possess. This year awaken on J e hype and get straight to the science and the food! Learn what the immune system looks like, how it works healthy lifestyle. So, whether you are looking to clear up blemishes, slow down the aging process, or just cl ctive at work.

hausted and susceptible to many ailments (poor immunity, skin rashes, digestive disorders, brain fog, etc.).

v our normal foods can change our physiology and how different colors of foods contain different molecules : one over another for your digestive upsets.

sonable for a beginner wellness advocate.

hy good sleep is so important.

: session will help you kickstart an upward spiral of healthy habits so you feel refreshed - at last! More speci

is in the results. The patients in Dr. Esselstyn's initial study came to him with advanced coronary artery dis ion - Understand authentic thinking and how to access it - A powerful strategy to create more prosperity and ie ever changing female body, tips for stress management techniques that support optimal wellness and en plore how to take your energy to a new level so you will feel better with lots of energy all the time. Learn ho identify whether your young client is right for coaching, so you get the best results every time. 2. How to qu

r experts and an online community. We invite you to join a Dream Team of Wellness, Beauty & Style expert ir future, and "getting older" challenges that are draining you and questioning your ability to survive all this.

and only have limited results (often short lived)? Join me as we examine our current approach to wellness through the holiday season. A good portion of the class will also focus on your personal challenges you struggle

I tricks for getting better sleep, improving your diet, and increasing your patience & productivity. Bring shade alth Coaches on Dr Denton's team will be presenting new ways to break through old habits and step into ne reasons!). The #1 secret that allows you to take care of yourself every single day (no excuses...) Why are s options is for Part 1, 2, and 3 combined. Thyroid disorders are among the most common of endocrine syndr l ball, what if you could see into the future and see where you and your child were heading? What if, by look r source. I will share approaches, using natural medicine, including protomorphogens, to address these cor

atig½s been holding you back and a roadmap and action steps to move forward optimally in your life. You c at if this winter, instead of worrying about how many infections you may catch, or whether you should get th saver too! Sign up now for this 45 minute lecture and an additional 15 minutes dedicated to Andrea answeri equisites This VIA webinar is the starting point/pre-requisite of being able to transition into the life you really

consciousness, Jonathan will lead you through a practical, interesting and enjoyable journey into the world of c yle and how to start doing it today. e meaning of action, what shifts you want to make, and easy steps you can put into play, pronto.

extra weight!

alth goals no matter what happens in the new year.

k she will be sharing how you can get better faster without taking any cough medicine.

reate more cravings in your body. Katie will be sharing how to cleanse the body with real whole foods, move

ppy Healthy Hour we will be talking about cleansing your mind, body and environment for a happier, healthi

ristine will talk to you about both the healing aspects of the master cleanse, and the spiritual. The master cl ered: * Women and heart disease * How to eat your way to a healthy heart * Stress and heart disease * Wl oras Kulvinskaskas MS., HHE, pioneered the Hippocrates Live Food program co-founded with the late Ann Wi

It's your time to experience good health!!! Please register for orientation class so that you can watch the re i are registered for the 21 Day Challenge, this orientation is for you. Please attend.

earn the quick, easy, cheap and NON time-consuming way to spring clean naturally!

ia for medicinal and health purposes. The potential healing compounds in essential oils come from distilling

me is here to prevent illness and create a health-enhancing system! Join me as I share my TOP TEN TIPS

nce you overall well-being. From the outside in we will talk about nurturing through touch, sensation and be

in reboot your energy with simple exercises and movement . Release the negative and step more fully into

onic Pain - A Holistic Approach, will share with students her favorite holistic self-healing strategies to reduce acne, rosacea, psoriasis and other types of skin conditions using natural drug-free methods. It is even pos

rd talk more in detail about the Healing Process. The introductory class (which is free) is required. We will a imply need help reducing ANXIETY stress in their lives. Make sure you watch the 2 free introductory sessio hronic pain, and so on, AND to people who simply need help reducing the frequency and eliminating panic i

c illnesses like fibromyalgia, irritable bowel syndrome, lupus, migraines, chronic pain, and so on, AND to people who simply need help managing their stress levels. This book is also addressed to people battling chronic fatigue, struggling with all kinds of chronic illnesses like fibromyalgia, irritable bowel syndrome, lupus, migraines, chronic pain, and so on, AND to people who simply need help managing their stress levels.

I'm glad you're here! And it was a gift to the KING of KINGS! Don't miss this exciting and informative

via for medicinal and health purposes. The potential healing compounds in essential oils come from distilling and blending, as well as present some simple home remedies that are gentle and effective for little ones

We'll examine common mistakes involving communication, motivation, connection with your employees through conversations. And as I examined successful organizations, it was amazing to see how the presence of social incentives, challenges and competition - real inspiration comes from within. That is true of every human process that can help us reduce or even eliminate those situations. Alternatively, by becoming aware of our high

to pretend you are a good performer than to admit you need help. This "feedback disability" most often reveals a lack of self-awareness. Leaders must shine a light on the potential and inner qualities of oneself initially and then on others. The challenge is to make trust, transparency, management and accountability move together and we are failing at both. According to Stephen Covey (The 7 Habits of Highly Effective People), awareness, your ability to regulate your emotions, your ability to empathize and connect with your employees are essential to create. Organisations where people pool their knowledge, skills, imagination, ideas and experience have a high level of trust. To oversee i.e. "over" (super) "see" (vis). This suggests that employees must be watched carefully to assure compliance. Trusting meetings is one of the most important competencies for making decisions, achieving goals, and motivating others. If trust is not present in these, employees must also be confident in the little things leaders do. Without a high level of trust or confidence, the workplace.

thers to accomplishment. In this session, you'll assess how you inspire in 14 different areas, and then come years confirms that only 21-30% of employees are engaged. This means only a small percentage actually / to put those in place. A second advanced leadership concept is to treat others as THEY want to be treated

h other and the relationship.

ctive women.

[illegible]

of the bad).

ained from Harville Hendrix, John Gray, Dr. Helen Fisher, Neale Donald Walsch, Marianne Williamson, and c

aving the best partnership.

' that create so many problems for couples! We'll talk about how to go beyond identifying unmet needs and

adent ways to help you get back into your feminine flow where life is wildly fun, magical and effortless. In this session you will learn the secrets to achieving success over the coming 6 - 12 months. Online dating, flirting, matchmaking, planning your own singles

relationship or not, that is both satisfying and sustainable for both you and your partner. This session will take you from getting by with mediocre dating results to optimal. To become the irresistible, sexy, savvy, confident SUPE

move the obstacles in your way.

We will explore how we say we want in a relationship or how we might behave in the one we have. Join me and discover how to find love for you. And guys... sometimes it can be hard to understand why she has to do it all! Let's get back to the basics. You must learn how to express what you truly need to your partner so that you can make great deals and create a relationship that brings you complete happiness!

This session is all about meeting you and assisting in your romance reboot!

Relationship. There will be time for Q & A after the session. Feel free to email questions in before the event if you wish. It's important to present the best physical (as well as internal) version of YOU when you're out in the world. You can speak your truth from a place of powerful vulnerability to get you the love, understanding and connection

the calling of your heart - Breaking old dating and relationship patterns - Being irresistible where men naturally

the purpose of marriage. Without understanding these easy to make adjustments, you can unknowingly sabotage your relationship. Completely worth it.

In this session, Dating 101 in 2016 will help you learn what you should be doing in order to find true love. I will go over the secrets to success. eGames for ultimate desired results and success rates in their love lives.

West and gain the tools you need to help you stay in your heart when triggered by another's actions. It's not just about ourselves, what about how to really love oneself? That is the question Lin discusses in this upcoming session. Knowledge, skills, and abilities necessary to complete the project. Organizations use project management techniques carried out on what gives successful companies the competitive edge. Positive psychology used in a strategic way to analyse performance issues. -Begin to formulate the corrective actions required. ----- for successful management of change.

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and your own. We will take a really close look at Visions & Mission statements. Company values and cultures. Additional Information Students and friends from around the country will be tuning in to join us for a short and powerful session.

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ng.

Id effect on our unconscious, helping us to let go of the restrictions we place upon ourselves and to simply allow the theme and discovery of Self the miracle. From Mothers heart to your heart, experience Her unconditional

nute meditation. If you cannot join live, the meditation will be available a few hours afterwards.

Articular workshop has been run a number of times privately and has helped participants to move into their classes infused with the beautiful energy of the Crystal Bed which works on color, crystal and light. You will be guided through a simple technique to remove the everyday chatter from your mind. Join Kim Bayne in this class flowing through your soul. All levels are welcome.

our debts, your mortgage, the bills, the boss, the wife, the kids, the elderly parents etc. to stop you from moving to a brighter, more creative and compassionate mood. Working with several colleagues, Psychologist John Selb shares the wisdom that lies inside. This is the Now Effect. This presentation will show us how we can recognize the patterns that keep us stuck along the same path and learn that their lives never change. Most of us put far less thought into the work than we do the feelings of helplessness and frustration for flexible optimism, motivational resilience, innovative resourcefulness and self-compassion. We cook our own meals vs. only eating what the habits, patterns, addictions and limiting beliefs in our life are serving us. We will get through to even the most apathetic or difficult clients - quickly. You are going to love this training, and you will be able to use it immediately.

erations How generations interact with each other Who Generation 2.0 are and why you should care How I
deliberate and disciplined action towards Yoga as a Lifestyle. And I will begin to teach you how your Yoga life
transform, assimilate and acclimate useful tools and life-long practices into your daily life. The body is a vas
as of interactive exercises that stimulate the Be Silence of Peaceful awareness. From my book Be, Heal, Live
you to embrace the power of shift as we move towards 12-21-2012 winter solstice.

If of all New Year's resolutions survive past February. Yes, February! You have all the best intentions but for finding your habits and changing your relationship to them. In this workshop, Elisha Goldstein, Ph.D., will expect to be there are things we must understand and action we must take. In this hour we will explore: What do

rain your body-mind system to be fuller capacity in this way. All three of these life habits don't take much time and will also be given specific mental tools that will help you in many other areas of your life as well.

ah Ivanoff, Master level Life-Work Coach would like to share with you three very simple, easy techniques to reach Shangrila? The answer could be "yes" or "no" depending on how you are currently living your life, what physical skill. What's going to help you to feel more successful, confident and in control is your ability to know what to go for their passions but they may do it in different ways. As a result of attending, you will clearly articulate emotional eating. It's a vicious cycle. If losing weight were simply a matter of willpower, it would be a lot easier. So many obstacles get thrown in his/her path. Self-confidence can give an average athlete the courage and motivation to play a critical role. When it comes to fashion in particular, the options for cruelty-free living is bigger than ever and

ness and discover powerful ways to "tune into" yourself, become more aware of your thoughts, feelings and participants.

s - Enhance sleep quality (and therefore reduce amount of sleep needed to function at your best) - Reduce

s will include: - High net gain nutrition: what it is and how you can benefits from it - Biological debt: what it is

eyes of Yogic nutrition and energy healing, Dr Pam will take you through a series of nutritional practices that

human existence - from the external body to the internal body to the ethereal body.

and how you can benefit from it. - Nutrition and immune function: The profound connection, and how to eat the problem and how your lifestyle affects your cravings. Learn everything you need to know to permanently tries, called Thrive Forward: www.thriveforward.com. Topics will include: 1- Add vs. Subtract: How to make c ie essentials as a leading sport nutrition expert who provides advice to elite and professional athletes throughs and making lifestyle choices that will take your eating experience to a new level.

ld's population, decreasing both our life quality and quantity, it is vital we make sense of fats and how to utilize as of information out there. And it is perhaps no more prevalent to experience than when it comes to protein

ation you need and how to make good judgments about the foods you buy. You will also learn how to decide your destination. Your goals are what you are willing to do to get to your destination. By attending this class you will enjoy a fascinating multi-media journey into health and well-being, seen through the eyes of medical professionals.

Join us for "10 Ways to Eat Out Healthfully". Regardless of where you choose to eat, or what you choose to eat, you will learn the detoxification process and how many detox programs ignore safety protocols. Armed with this information, you will learn what food items to make sure are in your grocery cart each week, allowing you to become the "Star Chef" you feel. Then walk right into your kitchen and create some natural pain relievers through simple recipes and tips. You are not alone. Ultimately our energy and vitality depends on a few things: -The food we eat. The exercise we do, energized, and easily ready for all events, each week. Join us to learn how. -The health benefits of a detox and when/how to detox versus cleanse -How to prepare your kitchen for a detox.

Join expert, Evita Ochel, for an informative one-hour presentation to learn how to optimize your lifestyle to meet your goals. Join optimal health and nutrition expert Evita Ochel to learn how you can optimize your diet via the plant-based diet. The plant-based diet is so strong and how you can combat them. Margaret will share with you three winning tips for you to use many times when you think to yourself, "Why did I just do that?" The afternoon slumps you experience or tiredness and your health.

Join us to learn how you can stimulate your body to help improve digestion, nourish your thyroid and help boost your metabolism.

Join us to learn how Jason will explore methods and short cuts for sculpting, carving, and patterning puppets of any type. Jason will be at the festival. Each puppeteer will be given a 15-20 minute window to interact with YOU-our LIVE webinar audience.

Join the Singing Group. Join author Calvin Ramsey to explore the history behind "Ruth and the Green Book." Learn more about the book.

Join us to learn how Jason will speak about brainstorming, designing, and building Sockly, and take a peek at how Sockly is built! `

Join us to learn the steps to:-Re-examine the value you deliver to your organization. -Create your personal brand to brilliantly execute your decisions. Your brand value translates directly to the value of the team, organization, and/or business. We want to drive performance - but how do you know when to wear which hat when? At the conclusion of this interaction, you will be able to interact with people in the most effective way.

Join us to learn how operational, tactical and strategic thinking 2) Link into the future goals and priorities of your manager, your organization, and your team. Participants will: 1) Analyze surroundings and develop "other" awareness 2) Identify different influence styles 3) Identify inefficiencies; inefficient use of space; chaotic filing systems; misplaced information and items. Register even if you cannot attend. This raises everyone's awareness, while creating an environment leading to fewer health risks, and greater productivity. Join us to learn how to do.

Join us to learn how successful at each point in the sales process.

Join us to learn how to be on target and modify if needed.

Join us to learn how well as for governments, businesses and other institutions. In this session, John teaches you how to apply the intuitive readings, Guided Journeys and connection with soul tribe. Through your presence, you contribute to a new paradigm through which to view your place in the universe. "Equanimous: An Introduction" is not a lecture, it is a subtle yet powerfully dominate our lives. Until today. Welcome to The Process. The Process is a unique journey to discover Your True Purpose. Learn How To Accept Pain But Release Suffering, Take Responsibility And Empower Yourself. The shift of "the conscious shift". Your body is in need of supportive tools. And you are ready to awaken and tap into your power. But HOW? Our happiness is a direct result of the choices we make in any given moment. Ok, that sounds good. Join us to learn how. And modern-day Guru, as she leads an engaging, insightful and authentic discussion live from retreat in Vietnam. Join us to learn how. Empowerment for all who have ears to hear what God is saying at this hour. This class is ideal for an on-line gathering of those who are engaged in supporting and building Shanti Mission. The Process will help us to master and embody the tools of the Path of Ease and Grace and transform through the teachings of the Process. The loudest internal voice we have. The foundation Mother has helped us build in the last four teachings. The Process is a journey to prosperity: the existing mental that keeps us disempowered, often buried deep within, needs to be excavated. The Process ignites her. With hardly anytime to put on a face each morning, get to ball games, ballet lessons or singing lessons learned? Join Deborah during this fascinating discussion and learn all about the healing process.

Join us to learn how to be sure about your marital status? Could it be that you love another young woman? Or have you had your heart broken? Join us to learn how the remainder of our time together. Long distance Reiki is able to be received by anyone, anywhere. Pure connection.

ge quality, at the same time we have sensed that there's something going on with our dreams that's worthw
3, heal yourself and the earth. When we set our intention, design a symbolic action and then embody that a
forever. We start to flow in harmony with the river of life.

supports your hearts desires. The courage to acknowledge, embrace and take action for your hearts desire

r lack a method of self-connection. Individuals wishing more heartfelt encounter with their own Divinity need
trapped between the world of the living and the dead. The Toltec Art of Life and Death is the story of this dr

discovery!

connect spiritually to heal previous and existing trauma. We will also convey how energy can be easily adjus
o provide a channeled message from the Angels and Guides that she works with, called the 5th Element.

back your power and manifest the life you desire. These tools may be able to help you do just that.
is rightfully yours. Taylor also shares his #1 tip for more peace in your life. Join in to experience a great beg

guided meditation that is simple and can be done, with practice, whenever you need it.
body so you deeply enjoy the body your spirit chose.

uman. Mysticism is discovering the Natural and the Universal connection we each have to our Source then

ie empathetic place. You'll learn effective marketing techniques; Make a clear statement about WHY you do
os, and work in the world. Attendees at this intro talk will learn a basic framework from which to safely and d
ermediary. Imelda has found that young people can so arrive at a viable spiritual toolkit for life. This allows t
tell you? Your Inner Physician will look at ways to listen to the body and soul in order to facilitate the healin

these belief systems it aligns us not only with our true potential and authentic selves- it also allows life to b
and new inspiration - take the reins of your life experience to embody your mission and passion. With 3 Ste
t playing in your life to re-authoring your own life story and living a life you love. Shamanism is a path of dir
nnected to something larger than ourselves, infusing our lives with grace and brilliance, wholeness and me
ng like you were just given a shot of high octane! No coffee needed for this hour! Come join them as they s
ysical abuse; an accident or surgery, or experiences of war, can lead to partial soul loss. Learn how you ca

ng like you were just given a shot of high octane! No coffee needed for this hour! Come join them as they s

/ironment. Anywhere can be turned into sacred space. Join with me as I share my insights to creating beau
I need. I am open to suggestions and requests. In every session I will also introduce some basic, tried and t
ativity is: the internal and external expressions it can take: We will then take the group through some exerci
ne has a primary and secondary consciousness that connects or a desire for something better than their present
er present in your life. This dynamic course is designed to help you learn how to become a clear and open
a life easier!

watch these seminars before the training rolls. If the time of the LIVE class is inconvenient, please watch th
it attend the class when it goes LIVE please watch the recording in your own time as you need to have cov
t to be present during these workshops.

ng your ability to create happy, healthy and wealthy lifestyle. There will be simple techinques for you to prac

t 6. Master your Ego

lo to claim home here, where we chose to be, as part of a group of interstellar beings who created a new pl
s to connect with a supportive, generous universe and to cooperate with all life for the welfare of our consci
f deny them access to our hearts. I am now ready to remove the black sun that has covered my heart and I

with the Archangels -Discover your wings -Become an Earth Angel of Healing.

Wisdom and insight! In this 30 minute FREE introduction learn about the chakras, how you can clear their energy and how there will be time to look at your personal wishes for the year, so please bring a pen and paper, or your journal.

She will also share their co-creation experience, answer your questions and lead you through a brief guided meditation for clarity and healing. Find your inner guidance and learn to trust yourself again!

It will be done more often and now it looks more like once a year! So set your alarm and don't miss out on this!

Want a better life or an enlightened way of being? Join author, teacher and healer Jonathan Ellerby PhD to explore how to take your energy to a new level so you will feel better with lots of energy all the time. Learn how to live a more active class, Dr Eno Nsima-Obot a board certified Physician and Professional Life Coach shares some practical advice. In a more active class, Dr Eno Nsima-Obot a board certified Physician and Professional Life Coach shares some practical advice for his life. Join holistic teacher Evita Ochel to understand how to deal with stress in effective ways that get to the heart of the issue, and contain journaling prompts and tips for getting the most out of your journaling practice! (Note: This is not a class: -Lower your stress -Get more done in less time with less suffering -Improve your problem solving skills with your stress in order to transform it? Join optimal health expert, Evita Ochel and learn the 4 step guide

pressures of life, but stress isn't pressure. Instead, stress is how we choose to react to the pressures of life. Forgetting to take care of yourself.

and self-neglect and find a renewed sense of ease, passion, and a fulfilling healthy life according to your desires and a competitive edge.

Some easy equations will be presented for determining a good starting point for estimating your energy needs. Managing your weight, your health, or both, it makes sense to evaluate the impact sugar has on your body.

Why does food help you find your purpose? 4. #1 exercise on how to know what to eat, no matter who or where you are. A special diet waters abroad as well as discover products and tools that make healthy travel a breeze. Additionally, between 15 and 50 pounds and kept the weight off. Participants will learn:

- what the research tells us about sugar
- learn a bit more about the 4 week program and to meet Laura up close and personal. A special bonus just for you: meditating together, engaging in creative projects or losing weight. It makes sense. We come together, recognize our common goals, and understand how to achieve a healthy weight and maintain it for a life time. We will also discuss the "skinny" diet and allergens, all of which are detrimental to our health. Even when we think we are purchasing products that are healthy for all.

A nutrition program that has been changing lives and saving lives. This is a sustainable and maintainable program that is based on restrictive plans, and learn the truth about health and weight loss in a fun, friendly, and informative format. Unlock your body's potential for weight loss naturally and get off the dieting rollercoaster once and for all so you can enjoy. You will also start to understand how your lifestyle habits, sleep, exercise, leisure time and your relationships affect your health.

How does sugar affect you. By attending this class you will stop the cycle of summer weight gain before August, and understand whether it is right for you, and how best to approach starting and maintaining the diet.

Workouts and healthy eats over the next couple of months, putting that into practice is a bit, well, challenging. The possibility that you can be whole again. That you can be turned on and tuned up into a completely new you. In clarifying your intent to love and purify your fears and negativity. And move with blissful flow of visualization and manifestation, we will go on a journey of intimate breath, meditation and visualizations to enhance your ultimate workout in Yoga and Fitness. Join me for a fun and inspiring class.

Does being provoked by non-stop pressure and change? As an owner or manager of a mid-sized business, or someone who experiences chronic trauma/compassion fatigue and provide you with tools, practices and strategies to help prevent stress. Using the tools to help you manage your time better and thus create a more balanced life is key to your health and well-being. Their passions for health while inspiring others.

Exam results really do matter - Help student make the choice to succeed. - Show students how to make study

their meeting on your calendar.

How to help you that literally, already exist in your home -Shifting from habit-driven activities to activities-of-choice to help you that literally, already exist in your home -Shifting from habit-driven activities to activities-of-choice. As a speaker and trainer in corporations large and small, Jonathan will leave you with perspectives for life-long relationships. "5-Minute Workouts" meetings and 5-Minute Workouts can make a huge impact. Your group will be inspired to simply find a way

Successful yet your relationship is suffering. -You fear growing apart or living parallel lives as business demands
You'll get to share your story, plus hear advice, tips and strategies for coping with loss - something that ALL of
featured in the New York Times article, "Skilled Traveler, Good Coach".

Make sure the words you speak in this workshop actually happen!

Feelings -Intangible items -A lot more... You will also articulate what some corresponding lessons are to what you
are than ready to blast through your Friday and ready for the weekend!

Include: improved range of motion following surgery, improved sleep, decreased pain, restored strength, increased
become. We'll end with a peaceful and healing total relaxation. All levels are welcome.

begin your week!

Yin controlling physical and mental function. The word vayu translates as "wind," connoting all-pervading motion
Yinamic postures to strengthen the nervous system and to balance the hormones. Kelly has been teaching in
her body, mind, and spirit. Laura is experienced in safely working with people during IVF and IUI, and appropriate
mantras combined with classical and folk Indian dances, belly dancing, and yoga. Connect your inner self with
nature.

Yes, but about using your diet to provide balance and equilibrium to your body and spirit. When you eat base

Sustained energy throughout the day, promotes mental clarity & balances the pH of your body (without loads
Now you can stimulate your body to help improve digestion, nourish your thyroid and help boost your metabolism

least a few "time-out" moments during the day to regroup, recover, and recharge.
id performance over time. These critical aspects of "cognitive fitness"-mental strength, flexibility, and endurance.

ease.

ding that inspiration is not only the spark that motivates the desire to act. Inspiration is, in fact, a set of well-
ding that inspiration is not only the spark that motivates the desire to act. Inspiration is, in fact, a set of well-
like the pros do.

arted tool on the planet. Second, they will learn a time-tested strategy to logically unpack their messages. In
age in a context that will resonate with the audience with effective delivery methods

for global companies during his leadership tenure at the world-renowned Disney Institute. In 2003, he discov-
als itself in the annual performance appraisal which remains the most popular management tool. Employee

ial, is being used all over the world.

-win" strategy. Employee engagement can only grow in a culture that discourages and prevents bullying whi-

ers, taking on a new business line, merging with a competitor. Each of these changes are critical for business
of nearly 1,000 U.S. employees found that 63% of employees believe that learning new skills or receiving spe-

il, organizational, or external level. Communication can make or break a leader.

ir direct reports -develop new skills while leading people. Situational Leadership is the key to driving teams

y trust their leaders to engage, perform "in synch" and excel. Using communication models and techniques
that evoke our emotions and weaken our structured decision making process. In this interactive session, pa-
y trust their leaders to engage, perform "in synch" and excel. Using communication models and techniques

rt each week, breakfast and main meal ideas to suit any time constraint, as well as snack and dessert ideas

and show you how to adapt it to become many different flavors, then talk a little philosophy on how to think
your own masterpiece!

overnight sensations. You will learn the following: -How to engage the head, heart, and hands of your custo-
in knowing what to eat and actually doing it. This session will teach you the necessary mindset shifts that m-

e blood sugar rollercoaster. There's also no need to give up your favourite foods - I'll teach you how you can

and what a diabetes diagnosis reflects about your inner landscape to tackle healing and prevention at the root

heal - Evaluate attitudes of mind that support healing - Clarify how love helps one transcend the effects of c-

ow to properly evaluate your risk, and the 3 simple things that you can do right now to get your blood sugar

r impulse awareness when it comes to diet. These skills can also be effective in mitigating stress, anxiety ar

powerful creative visualization techniques.

s to satisfy any sugar cravings.

seminar, we are going to go over the causes and symptoms of Diabetes Burnout. We are going to look at co

? Let's go through the basics of vegan meal planning, plus talk about how to make protein-rich meals with l
ies and you don't have to feel alone. I will share my journey and how I finally got off the blood sugar roller c

meals or snacks. In this class, you will learn simple ways to plan meals in advance, as well as know how to

ange meal plan or carbohydrate counting plan? How much sodium should I be eating? Are all fats bad? And

are your diabetes 4. Why does your blood sugar spike in the morning

that will prevent food cravings and encourage you to eat more nutritious foods. Learn how to stock up your ki

e 2 Diabetes- Examining the facts and myths" hosted by Dr. Eno Nsima-Obot on June 6 2016 at 5.30 PM C

l. There's just so much temptation abound and your time is super limited. To help you get through the rest o

ke the "best foot forward" approach, even better.

ly eating and restaurant food, and finding healthy food that they actually like. Fit, strong employees are pro

healthier life

s: getting up properly, defending while being punched, grabbed, and other attacks.

larc David, Nutritional Psychologist, author and Founder of the Institute for the Psychology of Eating for a fa
foods. Dr. Mike will guide you in a meditation that boosts serotonin and promotes wellness. And harness the
d from a mind, body heart and soul perspective. Expect to learn some great new distinctions when it comes

strategies to make small changes with major impact. You can go straight from this class to your pantry and body, mind and spirit. In this workshop you will learn the following: 1. What toxins are in your foods and how to connect the dots, between your body, mind and mouth, and will show you how a shift in thought

isions about your life that will transform your life - and your surface desires that now are driving your life in u
ike to!

ou play with integrity or you bend or flout the rules; so you will win at any cost. You can choose to be a solo

awareness.

he only thing that changed for you is that all of a sudden you have been labeled with an illness or dis-ease.
id motivating us to take more accountability for our health. But what are all the different holistic choices that

onship, emotional) youiċ½ll get your chance to get some "free" treatment
ie which one it is. Dr. Karen will be asking for volunteers who want to discover their own imbalances. If you
satisfying your cravings.

fe of great health!

/ need, how to break the addiction, and what are safe alternatives to the white stuff.
that you can easily incorporate into your life.

re we'll discuss how to interpret the food labels that we're always being told we need to read. New Year's re

: food you eat; how to plan menu's, shop and prepare your food to provide optimal wellness. Delia will inclu
changing your diet can alleviate much of your discomfort. How to Improve Your Digestion will also explore n
lize how to connect the dots, between your body, mind and mouth, and will show you how a shift in thought

anuary 1, refreshed and renewed.

s and what happens when your immune defense is compromised. Discover how to get your immune system
eanse your body this class will help you to feel more beautiful and pamper yourself from the outside in and

Many Candida protocols fail because they focus on killing the yeast. Successfully healing Candida is a two-
we can focus on eating for different healing benefits. Session two continues to look at how we can use the

fically, you will learn: - Why working harder may detract you from success - How better health habits will me

ease. Despite the aggressive treatment they received, among them bypasses and angioplasties, 5 of the or
d success in a short period of time - And, much more!

lbracing life's transitions. Tune in to your inner-goddess and let her shine through. Mama Glow is about har
w to make your life more manageable, healthier, less stressful, and more enjoyable. Diane's energy boostir
ickly understand why a teen is behaving the way they are and work effectively with them to change behavior

s from Monte Carlo and Hollywood on a 12-week journey to Total Wellness!

and how we could be inadvertently sabotaging our own efforts. Learn how to shift your focus and energy to
with during this time of the year. Be sure to come with your questions!

as for your brand new bright future!

w habits of living a healthy long lasting life. It all begins with you making the choice to change and showing
elf-care and your relationship with food often tied together The class' engaging format allows interactive pa
omes, according to the National Women's Health Information Center, thyroid conditions affect some 20 mill
king into this crystal ball, you could see what you may be doing wrong? Now that will have a big impact later
ditions. A protomorphogen (PMG) is the blueprint for each cell in the body. It is the nucleoprotein/mineral c

can get your Jump-Start in the following areas: Career, Health & Wellness, Relationships (Intimate and Soc
ie flu shot, you could thrive on a physical, mental and emotional level? Come out and join optimal health ex
ng your questions LIVE!

'want. Following this I will be offering a 3 month teleseminar program that will support this webinar and give

change management.

ment and self care.

er life! What will you learn in this happy health hour? ~ Why cleansing is essential for optimal health ~ Bene

leanse has been hi-jacked by fad dieters, when in fact, it is a fast that helps one prepare for deep meditation
rat cholesterol does to your body * Lowering your risk for triglycerides * Exercise and heart health
gmore where he acted as Director of Research. Viktoras developed the Hippocrates Live Food program tha

cording get the other document you need for this class.

g or extracting the different parts of plants, including the flowers, leaves, bark, roots, resin and peels. And di

for Optimal Wellness in body, mind and spirit.

ing present with you body. I will present to you my chosen products for self care to include skin care.

positive flow with this class for your health and manifestation. In this classroom Dr Pam will guide you throu

or eliminate pain without drugs or surgery. All participants will be able to download the first six chapters of
sible to avoid or reduce wrinkles using energy medicine. Join the class to find out how! All participants will b

ddress the unconscious mind, change patterns and belief systems. The mind is the body and the body is th
ns before, in order to take full advantage of this class. We will address the unconscious mind, change patte
attacks. Make sure you watch the 2 free introductory sessions before, in order to take full advantage of this

people who simply need help reducing the frequency and eliminating panic attacks. Make sure you watch the help in dealing with CHANGE. Make sure you watch the 2 free introductory sessions before, in order to take irritable bowel syndrome, lupus, migraines, chronic pain, and so on, AND to people who simply need help in cases like fibromyalgia, irritable bowel syndrome, lupus, migraines, chronic pain, and so on. We will address the live webinar on the KING of Essential Oils!

ing or extracting the different parts of plants, including the flowers, leaves, bark, roots, resin and peels. And di

and even an overestimation of the importance of your role.

a couple characteristics made it that much easier to engage in the others. This topic invites you to examine being. Join this workshop to discover how you can find and trigger that inspiration in all employees and dra est figurative energy experiences, we can plan to have more of that in our lives.

als itself in the annual performance appraisal which remains the most popular management tool. Employee nsforming that potential into reality. Enlightened leaders create opportunities for people to recognise their on eed of Trust) only 2 in 10 trust their organization and only 13% trust the other departments. Gallup's annua es. Intelligence doesn't guarantee your success as a leader, but emotional intelligence will.

so much more resource to draw upon. If you unpick the elements that make any organisation successful or quality, proper behavior, effort etc. Is this what we want in our organizations? Does overseeing people's worl ating others. Combine the ability to run an effective waste-free meeting with the ability to be proactive by boi confidence engagement will plateau or even drop. Anyone who thinks they can achieve employee engagem

up with a plan on how to improve.

care about you, the company, and the customers enough to put in extra effort. Improved leadership is not o l, which is NOT necessarily how YOU want to be treated. Part 2 of this session involves going around the rc

open the door to consistently positive relationships with your soul mate, family, children, your parents, work to encourage your teen to take responsibility and start doing things without you having to nag. Some simple rewarding. If you are searching for the next step in your life or are looking for a job transition and extra income just say "Money!" In this seminar Sarah will share with you: -The eight secrets of parenting from the teen p rships and develop a distorted view of reality? What effect is all this having on the traditional family unit and specially if you... 1. Have struggled to get the results you want with your young clients 2. Have struggled to ge .look at the common modern day problems around children and technology 2. Show parents how to support end and a frenemy 3. Help their child understand their unique friendship type 4. Give them strategies and ti you will learn: 1. How to set your child up for success. 2. How to parent through the different stages to ensu you will learn: 1. How to set your child up for success. 2. How to parent through the different stages to ensu gged to get the results you want with your young people 2. Have struggled to get young people fully engage -The key work motivators -How motivation works and links to behaviour -How to motivate yourself and othe ents and families where the veg lifestyle is not common, but one in which one or more of the children wish t

other friends and experts. Ford helps readers find a happy middle ground between the rare, precious, and u

desires. We'll not only help you get what you want, we'll show you how to get your fill by taking the critical i

is 30 minute class, I will introduce you to the first 3 pillars. When applied, they will change your life and the parties, finding your own blind spots -- we'll cover it all. You'll have the tools to identify your own Critical Cri

ER ME version of you, so that you can, in fact, have a passionate, sustainable, and meaningful relationship.

ree yourself from this common trap.

e basics of the masculine and feminine. Ladies, it is time to remember that you have the power of the femin te harmony in your lives.

on't make it live. We look forward to seeing you there!

To help you do just that, makeover and dating expert, Kimberly Seltzer will be conducting a special image a action you desire. You will learn: - About the fight, flight or freeze reaction of the reptile brain within us all; - F

ally gravitate towards you

botage your chances for finding your true love mate. Join us for this fun and informative webinar.

er basic dating dos and don'ts, where to meet singles, and how to use today's technology to your advantage

y a matter of time until you'll be able to stay aware of your feelings and express them without being demand ning symposium.

to effectively allocate and manage team resources. This presentation will give an overview of the main prin ctured way has demonstrated, beyond doubt, it gives individuals, teams and organizations across the board

----- Session 2: How can you achieve improved performance? Appl

ne is vital if you want to avoid costly mistakes.

come under scrutiny and how they link to behaviour and attitude. We examine the 'Balanced Scorecard' ap id easy yoga meditation technique. This is an easy method you can use in any situation to calm the mind ar

of the WizeWell Process. John will spend a few minutes with each Focus Phrase, so that you learn it by hea dily.

v the light to shine through.

can generate fuel for life change. Learn to ride out the waves of change that accompany any transformation a loving energy in your body and in your life. Love is a motivator. And you will feel inspired to take loving acti

ll open you to doing the heart work necessary to live from magic and the law of attraction. Join me for 8 me ers is as important, if not more so, as what we are trying to say. How we communicate affects how people f 1our of Yoga Nidra is the equivalent of four hours of rest. Some of the many benefits of practicing yoga nidr 1our of Yoga Nidra is the equivalent of four hours of rest. Some of the many benefits of practicing yoga nidr 1our of Yoga Nidra is the equivalent of four hours of rest. Some of the many benefits of practicing yoga nidr

1our of Yoga Nidra is the equivalent of four hours of rest. Some of the many benefits of practicing yoga nidr

l private practice. Her meditation training and study has been through Sacred Garden Fellowship since 200

allow the Divine within us to be and breathe. A Fire Puja or yagam, is a ritual that is comprised of a series of love and be a part of something extraordinary. These events may run under or over the time as it is sche

meditations without blockages, without the fear factor.

rapy. The crystal bed will be running during the meditation so everyone will also experience an automatic cl
his free guided meditation as she takes you on a journey to forgiveness. Kim will be offering originally writer

iving forward, this session is for you. Choosing to focus on making the very best of things is incredibly libera
y, author of "Quiet Your Mind," "Seven Masters, One Path," and "Wisdom, Wellness, & Redefining Work," h
ese "choice points" more often and train our minds in such a way that these moments begin drop in in on us
ay we live our lives, our choices and the consequence of those choices on our lives than we do into choosin
fulness, and strategic persistence. Learn how you can claim your optimism advantage and change your life
ng us? Join Jeffrey Klubeck, M.A. in this classroom on Self-Generated Motivation and learn: The 3 main ing
ecially if you... 1. Have struggled to get the results you want with your young clients 2. Have struggled to get

Generation 2.0 is different and how do you, as a parent, get through to them. How to motivate Generation 2
e can empower a more positive way of living. We will breathe and meditate in this class for a few minutes s
st network of energies, where heart, spirit, power and matter intersect and weave together. Medical intuition
ve we will engage in the Be Practice. This practice will provide you with a path to calm, peace and reconnect

some reason you cannot stick with the plan. AND it's SO frustrating! What happens next? You give up, are
lore the neuroscience and psychology behind why we do the things we do that keep us stuck. Participants
you want and why? What's standing in your way. Ways to create greater life-balance integration

ie but can make a huge difference for the rest of your life. It's like brushing your teeth. If you didn't take 2 m

o buy you some de-stress, reconnect your creative and strategic abilities, and get you back into a better flow
ther it's by your own design, force of habit, or simply riding out current circumstances resulting from past de
what to do with mental and emotional obstacles when they arise. This talk will teach you: How to identify w
ie what you want to do and then come up with a crystal clear plan to go out and make it a reality.

to do it. To lose weight and keep it off, most of us need to develop different ways of dealing with the gnarly
focus to defeat a stronger opponent. Self-confidence can motivate you to attempt and accomplish the impo
nd growing fast. Join Ginger Burr, image consultant and committed vegan, as she walks you through the w

d actions, manage their emotions, and better relate to others.

onger, healthier lives. Numerous studies have shown that a diet built from plant foods offers the most cance
recovery time needed between workout and therefore improve athletic performance - Building a biologically

s, why it's rampant in North America, and how to ensure you're not a victim - Boost energy holistically, withoi

at will fire up your inner passion for being vital and alive. and she will share with you foods that are the gate

your way to a stronger immune system. - Enhance sleep quality (and therefore reduce amount of sleep nee
change your relationship with sugar! Join Diane Randall, HHC, AADP Board Certified Holistic Health Coac
changes to your diet without shocking your system. 2- Listen to Your Body: How to recognize cleansing sym
ghout North America. This Learn It Live session will walk through the essentials of clean sport nutrition and

ize this nutrient group most optimally for our health. In this class optimal health expert Evita Ochel, will be p
1. While many of us are coming to terms with the dangers of high protein diets, many more of us are still qu

other the ingredient list to know if a product is healthy or not. The course will include exercises to help you plan. You'll learn to focus on your goals, the only route to your destination. Register for this class and learn the 10 spiritual experts, scientists and the long-living themselves. Take home some solid, tasty and candid advice you

you'll discover how to eat healthfully in any type of restaurant. Then you'll be able to decide which type of detoxification strategy is appropriate for you. All participants will be the "Out Person" at the next event, or gathering.

Take home made relishes that can replace some of the expensive remedies you may be trying. Leave with a toolkit for the environment we are exposed to -The stress we live with -The ability of each of our cells to extract energy to fuel

body for a smooth and easy detox. KITCHEN D.I.Y: -Which foods naturally support detoxification and cleanse

your health and weight goals. You will learn the key dietary habits that can transform your life, as well as the right foods; which ones to eat, how, in what quantities, and why. You will walk away empowered to know how to combat your sugar cravings.

Heed the uncontrollable cravings to eat, especially sweets. Learn to get your energy from both sleep and food.

Yoga. Here Katie will share a yoga flow designed to stimulate the thyroid gland to help balance your metabolism.

We will start a design and go through several different media to arrive at what can be used as a rod puppet, hand puppet. Puppeteers will be given five minutes to introduce themselves. The remaining time is Q &A with YOU. I

Learn about the now-obscure "Negro Motorist Green Book" and the publication's influence on a generation of African Americans.

You'll also be able to watch Sockly in action and see how he is operated.

Establish yourself and your company every day, in every way. -Become a Chief Breakthrough Officer in your organization. We will explore the topic during this session.

In this active LearnitLive session, participants will be able to: 1) Identify the five elements of performance management

with colleagues, and your organizations 3) Identify strategic opportunities to build relationships with key players in your industry. Develop a strategy for developing influence and harnessing influential power ethically and responsibly. If you can't attend live: the session will be recorded and you can watch any time.

Productivity. Join Margaret Marshall as she helps you to navigate 8 Action Steps to maintain a healthy work environment.

These approaches to your personal life and also for helping others transform -- friends, family, communities, and the energetic matrix of our time together, making it an even more empowered light filled healing space. Come and experience it. It is experiential learning. Please follow the program carefully, answer the questions and practice what you learn. A rare and potent combination of high vibrational chi energy, body mind opening and divine consciousness. Learn how to Choose Yourself To Choose, And Exploit Your True Passion. What Are You Waiting For? There is no quick fix to heal your body. In the Shift Classroom we will be using meditation and guidance to help you acclimate to the shift. It is obvious I can hear you say...but wait, I'm still not happy? Remember, we only control WHO we choose to be. In Varanasi, India. While Gurus are most associated with Hinduism, in truth they have existed in every religion, and every culture. If you're feeling like they're in a rut; stagnant and not seeing any breakthroughs in their lives. Get ready... your're here. The aim of these sessions is to allow people to speak about their successes and challenges, move through obstacles, and receive the support of Beloved Sri Sakthi Amma to create deeper surrender and peace in our lives and for all of humanity. This course will provide the support we need to explore and bring much needed attention to this mindset. Together we will create and release the support we need to explore and bring much needed attention to this mindset. Together we will create and released for optimal manifesting ability. In this course, you will carry out self-assessment and receive guidance. Join Margaret Marshall as she helps you to navigate 8 Action Steps to maintain a healthy work environment. Join Margaret Marshall as she helps you to navigate 8 Action Steps to maintain a healthy work environment. If you

It's broken some many times in so few years you are not sure you can make it through another relationship?A spiritual journey is the essence of all living things and is not confined by time or distance. Joining the call or listening

while and beneficial. How can we begin to make sense of this other world? Can we better understand our direction we clearly communicate to our soul that we are committed to the intention we are setting. This is very

things can happen in fits and starts. Mother will share some actions you can take each day to keep your courage

as a method of some kind to practice. The simplest physical metaphor for self-connection is demonstrated. The team state - rediscovering his past, unlocking his future, and modeling for all of us how we can start anew. In

tested and provide several modalities that can assist with stimulating the appropriate channels to begin a beautiful

beginning to the new year! *Tap into the starting point of all forgiveness *Discover the secret to unwind all anxiety

trusting it. Mysticism gives us a better understanding of our place in the universe. Mystical paths promote the

what you do, Identify your perfect customer, and establish yourself as; The Expert. Directly engage family and older lineage ancestors as sources of guidance, healing, and spiritual inspiration. Help them to resolve challenges and issues in their lives from a place of higher consciousness, creativity and "thing" process and help your body in its quest to return to harmony and balance.

become 'effortless' and your purpose in life becomes clearer. The first class I will be offering an introduction to...10 minutes...Change your Life. Direct revelation and through his practice you can reclaim your power by shape shifting into a new narrative. Joining. This is what I call the Lilith self. We each have a unique expression of these three aspects of Feminine. I share openly and honestly with you the highs and lows and most importantly, the TRUTH behind living a positive. I can recover your full life force with shamanic soul retrieval healing, and love your life again!

I share openly and honestly with you the highs and lows and most importantly, the TRUTH behind living a positive

tiful sacred spaces within your home and within your heart.

tested, shamanic tools.

ses that will prepare people for working in a powerful Circle at Pendle Hill next year.

channel of love and light. Along the way heal every aspect of your being and know you are creating your life

re recording in your own time! See you then! Imelda

shared this material before the program starts!

practice at home and guided meditation at end of class.

planet of equality and opportunity. And then lost it to the cataclysm.

ous, evolving planet. You will move more easily in the world, from tapping your intuition and creativity to living. I be vulnerable. Please join me in my quest to step into my light once again.

ergy and how they help you connect with this amazing world.

We will then ask for Divine blessing on our projects, lives and aspirations, and prepare energetically for 20:

editation to help you connect with your highest potential.

healing. Many people have had miraculous breakthroughs in their lives from finding their dream homes, hea

the deep truth about radical change and personal awakening. Jonathan has coached people of all walks o
w to make your life more manageable, healthier, less stressful, and more enjoyable. Diane's energy boostin
actical strategies to break the cycle of stress and overwhelm and restore a sense of wellbeing in under 10 n
actical strategies to break the cycle of stress and overwhelm and restore a sense of wellbeing in under 10 n
he root of the issue, and empower you with effective tools and habits for lifelong benefits. Learn how to spo
s class will contain new material and information not in the "Shift Your Story" class.)

ing abilities -Enhance working relationships with key people in your life

to effective stress transformation. You will learn how to identify real stress in your life, the difference betwee

unately, stress management is a learnable skill. This teleseminar explores the importance of good stress m

asures.

eds, along with suggestions for safely adjusting intake amounts for safe weight loss or weight gain.

ou are

rally, Carolyn will show you how to save money and stress by using your hotel room as your own private he
t weight loss and weight maintenance - a new integrative approach: the W.I.S.E. Weight method

for dropping by to participate, you'll learn 5 natural ways to boost your metabolism! Plus, learn 3 sure fire w
ognize and support each other, make a commitment to a community that supports our commitment to ourse
/ on fat". That fat is a protector and a insulator and is on your body for specific reasons. This means that l
that are all-natural or chemical-free, marketers have us fooled. Attendees will learn: - The three areas whe

gram for creating healthier habits in your life.

rum.

III!

ationships can affect your "healthy" diet.

erstand the cycle to make it work in your favor.

l. There's just so much temptation abound and your time is super limited. To help you get through the rest o
person. That your vital life energy can expand. And you can be transformed from the inside out. Dr Pam wi
on with breath. The feminine grace is flowing and natural and in each one of these classes you will have th
iate connection to self love and feminine expression.

r the leader of a team for a major corporation, you almost surely struggle daily with core problems being ge
and burnout, helping to create a healthy work environment for both yourself and those around you.

and happiness . . .

ying easier and more fun - Show them how to use, organise and implement a study system that works for tl

choice; a simple awareness exercise that actually "changes time".

choice; a simple awareness exercise that actually "changes time".

silence and practical tools. A short period for questions and dialogue will be included at the end of the pres
vay to make fitness happen. This attitude and these ideas are a game-changer. Compliment: Free access t

take over -The inspiration to take the next step in your business often collides with your partner's beliefs -You
us have faced, are facing or will face up the road. We'll also discuss how powerful Gratitude can be when c

you're grateful for. Finally, you'll learn how to be grateful in tough situations and when you think you've run o

reased lymphatic flow, more energy, enhanced digestion, joint health, circulation, respiration, and endocrine

vement. The root "va" means "that which flows" - and so a vayu is a vehicle for activities and experiences w
studio and online for many years and knows how to lead all levels through an accessible and effective prac
iate modifications will be given, although this class is not recommended for someone who is on bed rest fol
ith your outer body with joy and radiance flowing through you in a creatively linked series of yoga asanas a

:d on your Ayurvedic body type, you can not only improve your health, but manage your emotions more effe

of calories) -Get a short & sweet yoga, meditation + breathing practice going to enhance your body + mind'
olism. This class is dedicated to supporting you and your body through movement and knowledge. Katie wil

ance-allow us to function at our best and enjoy life to the fullest.

-defined, learn-able behaviors that when practiced, leads to higher levels of employee engagement and per
-defined, learn-able behaviors that when practiced, leads to higher levels of employee engagement and per

I this two-session webinar series, participants will learn to: - Streamline the writing process from inception to

covered his own entrepreneurial spark and started his own training and professional development business. ,
s need frequent and regular feedback to be fully engaged and this might explain why the percentage of eng

le encouraging collaboration, respect, and effective relationships with win-win communications. Bullies dare

ss to thrive and survive, but the bottom line is people - your people - are the ones that have to embrace and
pecial training is the most important towards career advancement. In this class, Elizabeth will show leaders

from being adequate to spectacular. Situations will arise in the office, but as a leader it's your responsibility

balanced with Lisa's own unique, fun and personal insight, participants will be: 1. Identify key elements of c
rticipants will be able to: 1) Identify barriers that limit good decision making 2) Describe two process system
balanced with Lisa's own unique, fun and personal insight, participants will be: 1. Identify key elements of

s. You will walk away empowered, with various resources like charts to guide your meal preparation and sev

about reverse engineering your favorite recipes so you can really use whole foods and feel great about it.

mers -How to create an internal customer service strategy for your own business -How to stop selling and
just occur for real change as well as simple strategies to balance your meals without cutting out your favorit

n still enjoy them, without sending your blood sugar skyrocketing. The long history of diabetes in my family i
xt level.

disease

under control, without the use of medicines.

and depression which often accompany--and increase--diabetic symptoms. Learn how through training and p

Contributing factors of diabetes burnout: Perception of diabetes, Value placed on Diabetes Self-Management, low glycemic load. You can make a huge difference in your health, and I can show you how to make it effort

coaster. It's not about perfectionism, this pursuit of health, and following all the 'rules' but about changing yo

to build better meals and snacks for blood sugar management.

Learn more.....

in the kitchen with ingredients that will make healthy meals and snacks simple to prepare. Learn how to use meal p

ST on learnitlive.com. Currently there are over 29 million people diagnosed with type 2 diabetes in the Unit

of 2012 without losing your healthy living mo-jö, we're hosting this free hour-long online class on Learn It Live

even to perform better in the office and on the go.

Exciting class on the Secrets of Mind Body Nutrition. Learn easy-to-practice tools and techniques that you

3 secrets of the 7 booster attributes that can improve your daily life.

to empowering yourself and energizing your metabolism. Drawing from the exciting new fields of Dynamic I

! fridge to start transforming your life! Pre-requisites No pre-requisites needed!
they affect your health and well-being 2. How your digestion health is contributing to the way you look and feel
can change your direction. She will also offer you techniques for overcoming eating challenges that occur.

in healthy directions.

act or a team player. My definition of a disability is, I believe very different to the conventional view. I believe

In this course is entitled, "Choosing mindfulness as access to optimal wellbeing when dealing with a sudden
we have today, and which approach is the best one to take, and when? Join optimal health expert Evita Oc

would like to volunteer, please be prepared to take some notes and to hydrate yourself (in preparation for e

solutions are right around the corner so make sure you're armed with the information that you need to succ

de delicious nutritious recipes that include snacks and meals you can bring to sustain you through a day of
medications that can hinder your digestion and how processed foods wreak havoc on your intestines ability to
can change your direction. She will also offer you techniques for overcoming eating challenges that occur.

back in balance and which ingredients and recipes will deliver your best immune defense .
inside out. In this online class you will: Learn how to nourish your skin with a healthy diet and lifestyle Learn

-fold process: we need to weaken the yeast (not kill it entirely) and strengthen the ileocecal valve during the
se same foods, herbs, and minerals to help prevent getting sick. We then finish with session three and bre

ake you more productive - A simple strategy that will make your health goals easier to achieve - Where to be

iginal group were told by their cardiologists they had less than a year to live. Within months on Dr. Esselsty

nessing your creative edge, birthing yourself as a powerful woman, reclaiming your sacred gifts, and birthing
ing techniques were featured in Consulting Magazine the flagship publication of the consulting profession.
ur. 3. Identify what is most important to your young client so you can get results quicker. 3. How to work with

making lifelong changes!

up for new habits!

rticipation, with a question-and-answer segment following the presentation.

ion (about 1 in 13) Americans. Symptomatic conventional treatments, such as drugs and surgery, character
r, surely you would want to look... What if you could figure out what to do now so you don't pay later? Well r
omplex that each cell produces to regulate its own function and replication. Discovered in the 1940s, proton

ial), Work/Life Balance, Personal Finance, Time Management and a lot more.

pert Evita Ochel as she presents the specific reasons for the increased lack of health and well-being during

: you all the tools you need to get what you (really) want.

efits of cleansing and detoxing ~ Sources of toxicity and how you may be at risk ~ Simple ways to detox you
n and cleanses the body of toxins. Learn safe ways to do the master cleanse including common sense prac
it has helped millions around the world regain their health through living holistic lifestyles. He is the author o

ue to their antioxidant, antimicrobial and anti-inflammatory properties they are used worldwide as healing aq

gh an intuitive process of an energy download to help you create new energy. Your life will change in dramæ

her bestselling book as a gift.

e able to download the first six chapters of her bestselling book as a gift.

ie mind!

urns and belief systems. The mind is the body and the body is the mind!

class. We will address the unconscious mind, change patterns and belief systems. The mind is the body ar

2 free introductory sessions before, in order to take full advantage of this class. We will address the unconscious mind, change patterns and belief systems. The mind is the body and the body is the mind! Make sure you watch the 2 free introductory sessions before, in order to take full advantage of this class. We will address the unconscious mind, change patterns and belief systems. The mind is the body and the body is the mind!

Due to their antioxidant, antimicrobial and anti-inflammatory properties they are used worldwide as healing agents.

where your organization is at and offers opportunities for employees to have productive conversations on how to automatically change your bottom line without taking anything away from anyone starting immediately!

s need frequent and regular feedback to be fully engaged and this might explain why the percentage of engaged employees is not worth. They then create and maintain the conditions for confidence, experience, skills and expertise to do the job. If the survey on employee engagement continues to show only 29-31% of employees being engaged. Accountants

One of the core reasons is the quality of the people within it and the way in which they inter-relate. This course will explore how to improve performance? Is this even possible in today's fast paced working environments? There are two types of problems: those that are solved by thinking and those that are solved by doing. Thinking is about solving problems and preventing them and you have a powerful combination for improvement. Six Thinking Hats is a simple tool that can be used by anyone. It is a powerful combination for improvement. Six Thinking Hats is a simple tool that can be used by anyone. Trust without high levels of trust is sorely mistaken. Trust is a cornerstone in the foundation for employee engagement.

only needed at the highest levels, but throughout our society - down to the smallest of companies, departments again with the team and each person shares how he/she likes to be treated in various areas.

colleagues and the boss. It will provide you with simple but effective tools which have the power to enhance the strategies that can make your home feel less like a war zone. Join TV star and author Sarah Newton as she shares some health coaching may be your path. Find out why health coaching has become the passion and professional perspective. -How to talk so that your teen will listen. -How to set boundaries so that everyone gets what they need. How do we find a healthy balance to ensure we raise the next generation effectively? Children of today are not fully engaged in the process of coaching 3. Really want to help young people but feel that you need more support for their teenagers on line 3. Discuss getting the balance right between online and offline time. Parents will learn steps to deal with friendship conflicts. Parents will leave with a clear sense of how to navigate the somewhat complex world of social media so that your child reaches their full potential. 3. How to motivate for your child's personality, so you always get the best from them so that your child reaches their full potential. 3. How to motivate for your child's personality, so you always get the best from them in your process. 3. Really want to help young people but feel that you need more useable and relevant tools for them. -Easy to use techniques to that will work with de-motivated employees. -How to help your child to pursue a vegetarian path. This class is specifically designed for any parent, guardian, teacher or child carer who is looking for ways to help their child reach their full potential.

inattainable romantic notion of love, and the reality that happens when restlessness, anger, or disappointment

next step - determining how to meet each need by asking the three love-metabolic questions: HOW OFTEN

way you show up in your womanhood. Pleasure is the pathway to all of your desires. Allow me to show you
teria for your future partner, and you'll create your own Action Plan with proactive strategies designed around

Marni is going to give you a long-term strategy to take your love life to the next level. This isn't just a once

ine. Gents, it's time to understand that powerful lady you are so attracted to. In this workshop, you'll learn e

and flirting class to help you rock out a fantastic dating look that will make you feel sexy, confident and energ
How to identify when you are heading there or already in it; - How to shift from the reactive reptile brain to yo

e.

ding to your beloved.

ciples of project management and how to implement them in your organization today.
rd the "Positive Advantage". If you want better outcomes there need to be a better quality of thinking. Persp
ying a range of tools & techniques to improve the performance of your people. The session includes: -How

proach to management and finally we will look at "Strategy & Tactics". By the end of this 1 hour session you
rd relax the body. There will be a 15-20 minute introduction and then the meditation and visualization portio

art, and also have time to be quiet and look inward in the direction the Focus Phrase aims your attention. Yo

ial journey. In Mindfulness of Your Emotions we will discuss a three part strategy for emotional healing calle
ion in your life.

ditions of love. And gain deeper understanding for why you are here on earth and how to attract abundanc
eel, and this affects the choices they make. You will learn The key concepts and core skills that are helpful
a include: *Complete relaxation of the mind and body *Relieves stress and anxiety to help maintain physica
a include: *Complete relaxation of the mind and body *Relieves stress and anxiety to help maintain physica
a include: *Complete relaxation of the mind and body *Relieves stress and anxiety to help maintain physica

a include: *Complete relaxation of the mind and body *Relieves stress and anxiety to help maintain physica

18.

offerings to the Divine, which is represented as Fire. Fire is a fantastic representation of the Divine as it holds everything. Please come and go as you need. We honor your presence. Namaste

Chakra cleansing and clearing removing any blocks or interference to your highest good.
Live meditations monthly at The Wellness Universe Lounge, free. Each live meditation will be recorded if you cannot attend.

Living. You have one life and it is up to you to make the most of it whatever your circumstances. I have recently developed the WizeWell Process for quickly and enjoyably quieting the flow of negative thoughts and more often and eventually not only strengthen our brains, but change the way we think before we think. This is about how to live "mindfully" how to make informed decisions on and off the job. As a leader, you'll learn how to reframe challenges as opportunities and to turn downturns into opportunities. A list of 70 negative emotions and their 70 POSITIVE antidotes; a model for being fully engaged in the process of coaching 3. Really want to help young people but feel that you need more tools.

1.0 See All

to come prepared to dive in!

It treats your health from a spiritual and biological perspective, treating illness in the body as an integrated whole with the foundation of your Soul, while healing your body at a cellular level from the inside out. Options are available.

Learn about it, and don't start again until the following January. You probably already experienced this in the past. We will be shown how to identify cues that trigger a subconscious habit loop and present specific mindful methods to change them.

15 minutes to do that every day you wouldn't have any teeth by the age of 30. Beneficial small habits over time can make a big difference.

Learn how so you can accomplish more with the time you have each day. Come join her for an interactive class where you can ask questions. The good news; changing your experience is always possible. Let Deborah Ivanoff, Master Life-Wellness Coach, show you what's holding you back - 3 common mental obstacles - How to overcome your mental obstacles.

Learn about emotions that trigger overeating. From my best selling Emotional Eating eBook will explore the 6 steps to overcome it. Likewise, lacking self-confidence, an athlete will consistently perform way below their potential. Learn why fur isn't the only harmful fabric, and how to shop for the best options.

Learn about cancer-fighting protection of any diet plan. The research from the American Institute for Cancer Research shows that a younger body: how you can do it - Alkaline-forming nutrition: How you can ensure what you eat will enhance your health.

Learn about stimulants - Enhance sleep quality (and therefore reduce amount of sleep needed to function at your best) - Enhance your way to your soul's health and well-being.

Learn about how to function at your best) - Alkaline-forming nutrition: How you can ensure what you eat will enhance your health and founder of Life Accelerated. With her thriving wellness practice and her expertise in nutrition, she is helping people overcome their symptoms. 3- How to consume enough nutrients to support your activity level. 4- The truth about processed foods and how they provide support for users of Thrive Forward's recent Sport Edition. Thrive Forward, my latest project, is a free resource.

Learn about providing a foundation about fats for attending learners. She will be explaining the differences between saturated and unsaturated fats, questioning if we are getting enough or the right type of protein. As vegan, vegetarian and plant-based diets become more popular, it's important to have a solid foundation.

ut what you learn into action, and to ensure you come away feeling confident about your next trip to the gro
suggested goals to get you to your ideal weight, help you to manage your weight, and live a healthier lifestyle
can apply to your life.

able to download the first six chapters of her bestselling book as a gift.

Toolkit of learning resources, recipes and interpretive roadmaps that allow you to start making your own best
fuel our life... In this webinar, learn how your cells extract energy and fuel your body so that you feel vibrant

sing in your body -Simple ways to incorporate them into a simple eating framework for cleansing or detox. -

mental and emotional considerations for lasting change and wellness.

you can prevent and heal simple common ailments to serious chronic conditions, while optimizing your weight

olitic rate and aid in digestion.

l puppet, marionette, mask, or even an oversized parade puppet. This is PART I of PART III in this series. In
n between the visiting puppeteers, the Center's Distance Learning Program Director will facilitate open Q &

African American travelers during the Jim Crow era.

company. -Learn the 3 most important questions that ignite creativity and innovation

nent. 2) Contrast mentoring and coaching methods and styles as performance management tools. 3) Desc

and develop a strategic mindset to move you forward in your leadership career

Environment for each employee. It begins with you and becomes contagious. Every BODY benefits.

the world!

Gatherings will vary in structure, content and therefore price.

you are asked to get the full experience and transformative effect of this remarkable introduction to your ne
rn how to harness the power of your soul, where your connection to Source lies: this is where all true, perm
o life, no magic pill that will resolve your issues or fulfill your dreams. Transformation requires an ongoing c
shift and integrate the new sensations that are bubbling up as the earth changes.

and the ACTIONS we take - there is nothing else that we can control. Our happiness is a direct result of wh
in every time and place on the Earth. They come in all backgrounds and flavours. Some serve humanity thr
e about to BREAK THROUGH AND BREAK OUT and enter into a greater dimension of power [real power].
stacles and get mentoring on the use of divine energy in a cohesive and integrated way, for our mutual sup
; will be run by Council of Light members. There are no prerequisites. Everyone Welcome.

ve will discover the benefits this mindset has provided and if we are willing to know if it is time to redefine o
ive activations for wealth creation, heal deep blocks to wealth and find an empowering way to use the mind
ou are that woman, wife, mother, partner and employee, this introductory class is for you. We will discuss w

are you home alone on a Friday night wondering what is wrong why you don't have a date? Or are you a yo
tening on your own time will bring you the benefits of Reiki. May this gathering bring you relief, inner-peace

tools and use them as tools in our lives - and, if so, tools for what? Can we likewise begin to understand this simple yet powerful because we bypass our conscious, linear mind and allow our heart to speak directly with

be more consistent and keep fear from overwhelming your need to blossom and thrive. She will also weave this

This is one of the simplest methods on the online Skill Ladder of Self-Connection. How to take it into an Energetic
In the live session you'll be able to ask questions of Don Miguel and Barbara about this book, the profound transformational

beautiful healing process. Join us to learn more.

clarity and pain *Learn how to set healthy boundaries *Connect with your Inner Self *Permanently release what

the inner awakening of each individual, leaving the dogma of religions behind and it supports an individual's

Discussion will include ways to assist those who have not yet joined the ancestors and how to approach an "opening outside the box". Imelda's book by the same title will be published in September 2016 and she will speak

to Sacred Activations and the first 3 Foundation Activations. 1.) The Lord Metatron activation enables you to

Join Michael Stone, teacher, author and shamanic practitioner for an introduction to reclaiming your power to the Being that plays out in our lives and relationships. As we learn to cherish and cultivate these aspects in our positive and happy life.

positive and happy life.

free from the process and a divine name ensures eternal memory because of its spiritual nature and not the name in alignment with the light of your soul.

ing with a newfound confidence and comfort.

18. This session is offered by heartfelt contribution and will be led by Dana Lakshmi (Lindsey Elliott).

alth problems vanishing, to meeting their soulmates and a lot more... don't miss out on your possible miracle of life, from the rich and famous, to daily heroes like mom's and dad's, nurses and teachers. More importantly ig techniques were featured in Consulting Magazine the flagship publication of the consulting profession. ninutes. These are strategies that you can start practicing during the seminar. So join Dr Eno during your lu ninutes. These are strategies that you can start practicing during the seminar. So join Dr Eno during your lu it the signs of chronic stress and how to take a more mindful approach to dealing with it in your life. Topics c

on real and perceived stress, how to work with limitations, put into action positive solutions and end up with anagement, and approaches the management of stress through specific actions, attitudes and emotional re

althy kitchen while away from home. It's time for you to get out and see the world without the chains of your ays to improve your sleep. elves. We offer this sequence of groups, lasting FIVE weeks, for 50 MINUTES A week. The first one and on osing weight is a process of connecting with your health and becoming health conscious in new ways, and I re you can eliminate toxins for better health - Where toxins lurk in your home and how to eliminate them - H

f 2012 without losing your healthy living mo-jo, we're hosting this free hour-long online class on Learn It Live! I'll talk about nutrients for the mind, the body and the emotions. Join her for an amazing revival of the female e opportunity to turn on your feminine power! Join me and create an abundant female community of love ar

nerated by the overwhelming force of change – stress-related health issues, reduced focus, innovation and

hem - Help them relieve stress and prepare themselves for the exams

resentation. Attendees will finish with 5 tools for daily or weekly use and the ability to evaluate and create a pe o Fitz's 5 Minute Workouts online.

ou have common business goals yet are often challenged when doubt and fear dominate your conversation
dealing with Grief.

ut of things to be grateful for.

: function.

within the body, or a "force" that moves throughout the system controlling functions such as digestion, respir
ctice. Join Kelly to feel more at ease with yourself and to keep your health on point.

lowing embryo transfer.

nd dances that ultimately culminate in bliss.

:ctively.

s ability to function that even crazy-busy working women can manage to do -Read the signs & symptoms sl
I share with you simple and effective nutrition and healthy tips for feeling the best you have in years.

formance. In this LearnItLive session you will discover: What research says about the drivers and impact of
formance. In this LearnItLive session you will discover: What research says about the drivers and impact of

document completion - Analyze the reader for appropriate messaging and tone - Write with clarity and con

As thought leader, he teaches individuals and organizations tips, tools, and techniques on how to be relevant
aged employees remains stagnant in the high 20's (Gallup 2012). Engaged employees are twice as produc

age performance and we must have a strategy to deflect and/or eliminate the inappropriate behaviors or ris

I implement your vision as a leader. This class will teach: -Understanding how change affects employees -H
how to develop their employees and why it's critical. Development isn't a task that should be saddled with f

to get the team headed in the right direction. Prepared yourself and challenge your leadership by attending

creating followership 2. Examine communication styles and behaviors that create barriers and impact trust
is to support good decision making 3) Create action steps to create your own standardize decision making
creating followership 2. Examine communication styles and behaviors that create barriers and impact trust

veral recipes to use in your kitchen, as well as lots of practical tips to get you started on your journey of prep

start connecting to your customers
e foods.

is what inspired me to become a dietitian. If you have type 2 diabetes or diabetes runs in your family too, yc

practice, you can be empowered to overcome adversity and discover the secrets to reducing the physical ar

, Perspective on Blood Glucose. Self-Care behaviors that can be used to reduce burnout will be discussed ;
less, fun, and delicious.
our mindset. We expect ourselves to be perfect and it's just not realistic. I will share with you how being easi

orep to eat better without spending a whole day cooking food in advance. See real life examples of what Su
ed States. What is even more concerning is that there are additional 86 million Americans diagnosed with b

3 to help give you tips and a practical plan for this holiday season. Join us!

I can use with yourself, your clients, and your loved ones to truly enhance your nutritional metabolism and p
Eating Psychology and Mind Body Nutrition, you'll come away with: · The best tools for working with emotio

feel 3. What foods you can incorporate into your life to improve your appearance and give you energy and \ Bring your friends, and have your questions ready! Objectives: 1. To help participants understand that attain

a lack of self belief, lack of confidence or other limiting beliefs can be just as challenging and limit the perso

n chronic illness" Dr. Eno will be outlining strategies to help us choose more powerfully how we embrace th
:hel as she takes you on a journey of understanding a selection of the most common natural and alternative

:energy healing)

:eed!

work. This session will also include simple movement exercises you can do sitting at your desk to improve |
do its job effectively. Delia will demonstrate simple accupressure techniques, stretching and breathing exer
Bring your friends, and have your questions ready! Objectives: 1. To help participants understand that attain

i about some natural ways to make your skin look great Receive great and easy home-made natural skin re

i process. Join my 1 hour cooking demo and lecture where you can learn to heal candida with foods, herbal
ak down how we can get through a cold or flu using just the items in our kitchens.

egin to become your best, most vital and engaging self. Can't wait? I know! Me neither! ;-)

n's program, their cholesterol levels, angina symptoms, and blood flow improved dramatically. Twelve years

g your vision for the world. What ignites your glow?

h teenagers to encourage more positive behaviour.

istically do nothing to address the underlying causes or root of the problem, and generally leave patients de
low you can, we are giving the gift of foresight.
morphogens have been used by thousands of clinicians for decades to assist people in promoting cellular he

the winter months. You will learn how to optimize your diet and exercise for the winter months, as well as y

ir body daily ~ Advanced cleansing options that will take your health to the next level ~ and more!

actices. If you like, sign up for the master cleanse support group happening as a way to usher in the Spring w

of the best selling, first holistic lifestyle manual "Survival in the 21st Century" and co-authored "Food Enzymes

gents.

atic ways initiating the power of miracles into your life. Class will include Breath Meditation Chakra Healing f

and the body is the mind!

conscious mind, change patterns and belief systems. The mind is the body and the body is the mind!
The mind is the body and the body is the mind!
The advantage of this class. We will address the unconscious mind, change patterns and belief systems. The mind
Make sure you watch the 2 free introductory sessions before, in order to take full advantage of this class.

agents.

How they can contribute to a successful culture.

Engaged employees remains stagnant in the high 20s (Gallup 2012). Engaged employees are twice as productive and grow. True magic happens when those who have been nurtured and empowered then shine a light. Ability is ability not a punishment. It is an ability to explain or justify actions for which we are responsible. It is

He offers a tried and tested 10 step approach to creating your "Dream Team"
Types of childish behavior. One has a very positive impact on the organization, the other damages productivity. The 7 Hats is a practical, fast paced, fun, interactive and remarkably effective tool that can be used by any leader. Management and leaders must be aware of its level and how their actions and decisions can impact it. There are

Home, offices, and even personal lives. This webinar provides basic leadership principles in order to build a successful

He or transform existing relationships and create successful new ones.
She shares with you the top three things that you need to know to make living with your teen easier. You are not alone for many people across the US.
You want. -Parents will leave this seminar with: -A set of guidelines that they can implement in their homes. -A plan to put in place in their home to prevent being subjected to many more influences than in the past - some good, some bad. This seminar seeks to provide useable and relevant tools. I have over 18 years working in this field and am one of the most experienced. I have with: -knowledge of the decisions they need to make in their home - A plan to put in place in their home to prevent hoppy waters of youth friendships, a clear system to support them in recognising who will and will not be a positive influence. 4.Critical success factors that parents need to be aware of and tools and techniques to use in your home. 4.Critical success factors that parents need to be aware of and tools and techniques to use in your home.

For the parent who is seeking answers, support or information on how to approach and help any children in their care.

Don't let fear threaten happiness and fulfillment. With warmth and insight, Arielle Ford examines: -What love really is

IS IT ENOUGH? HOW LONG IS GOOD? HOW MUCH IS NEEDED? Learning how to answer these questions

id your comfort level and personality.

è a day once a workshop approach.Â Really, at the core, this is a blueprint that will work because it doesn't

easy ways to implement this in your life and magically change the balance of Male/ Female energy in your re

gized so that you can attract the opposite sex. Let me just tell you: you are going to LOVE Kimberly. She he
our responsive frontal lobe; - How to Soothe yourself and the other through the power of empathy and unde

ective, motive, emotional intelligence, choice and responsibility are all major elements within our thinking. T
to give constructive feedback to raise performance issues. -How to conduct an in depth performance analy

u will be talking like a top executive!

n will be 15 minutes. We will have lots of time at the end for questions about yoga methodology, meditation

ou can return and watch this Focus Phrase class over and over, and go deeper every time. NOTE: the acco

d "riding the emotional wave." With this three step process you all be able to enter you your inner emotiona

ce.

in Mindful Communication.

il and emotional health *Improves sleep quality and helps manage insomnia *Stimulates weight and fat loss

il and emotional health *Improves sleep quality and helps manage insomnia

il and emotional health *Improves sleep quality and helps manage insomnia

il and emotional health *Improves sleep quality and helps manage insomnia

lds so many of the qualities we can relate to divinity, such as warmth, light, power, hope and life. As we ma

annot attend the live meditation. "Whether you are a beginner or a pro, guided meditations can offer a won

ts through your mind, so that you regain your inner center, recover from stress and fatigue, and wake up to
his session talks about how we can skillfully weave this into our daily lives to recognize unhealthy habits, pri
rmed choices which empower and create positive possibilities. How to own our lives and to take responsibi
ns into strategic progress. You'll learn how to turn your anxiety and worries into attitudes and actions that pr
or SEEING your moods from "20,000" feet elevation; and exercises you can begin TODAY that will empowe
iseable and relevant tools. I have over 18 years working in this field and am one of the most experienced yc

hole. In this classroom I will guide you to use your own senses to heal your life. Using the quiet space of gu
al: Visit my site www.pamdenton.com to purchase my book Be, Heal, Live which is the hand book for this cl

past years right? Pamela, the Confident Boomer Health Coach, will share 5 sure-fire ways to make your 20
ods to help us break free from our bad habits and open us up to possibilities and opportunities to develop n

are like a drop in the bucket that can lead to huge results in the long term.

e you'll have the opportunity to take these tools out for a test drive and tune them specifically to what your l
ork Coach and Certified Mediator, guide you through renegotiating your life so that you experience more of

that helps make change possible.

self-confidence can kill an athlete's enjoyment of the sport and turn him/her into a dropout statistic.

: clothes you want without causing harm to any other living thing. You don't have to sacrifice your look to live

that as much as 40% of cancer risk may be related to diet . The introductory class, Sonali translates scienti
ce your body's efficiency and conserve energy with every move - How to enhance mental clarity and improv

:t) - Reduce recovery time needed between workout and therefore improve athletic performance - Building a

: body's efficiency, conserve energy and reduce stress.

ocused on promoting wellness by guiding, teaching and inspiring people to live in good health.

ds, and why you should avoid them. 5- How to gain energy through nourishment, not stimulation. 6- High-n
ee, online guide to plant-based nutrition. The added lessons of the Sport Edition take the Thrive Forward pr

rated and unsaturated fats, omega-3 and omega-6 fats, as well as the difference between fats and oils. Also
ecome more common, it has perhaps never been more important to properly understand the nutrient know

cery store. Attendees Will Learn: - How to understand ingredient lists - How to read and evaluate nutrition facts.
e.

medicine.
and energetic. Learn which factors impede this intricate process and how you can remove these impediments.

Deep clean soups, grab-and-go salads, smoothies with a cleansing punch

light and wellness. You will learn the differences between various plant-based paths, including veganism and

In PART I (Drawing), Jason will demonstrate how to take a 2D thumbnail sketch and transform it into a 3D model.
A about current Distance Learning program offerings. Also, YOU will have the opportunity to provide feedback.

talent coaching methodology and its application and role in the talent

new reality.
instant healing happens. Learn how to systematically move new, high frequency and pure soul energy through
commitment to growth and greatness. Do you want to change your life? Start RIGHT NOW. Don't wait until tomorrow.

How we choose to be...and in this seminar we are going to dive into the basis for how we define ourselves - whether
through quiet lives of meditation and devotion; others have vast missions involving thousands of people. Share

your part and benefit.

your understanding of benefit. Are we ready for a new definition of benefit, one that reflects who we are now?
to attract the life you desire. We learn potent affirmations to change our reality, study the five dimensions of
ways to create a practical spiritual life that does not require you stand on your head or sit crossed legged chair.

Are you a young woman seeking employment, a spiritual home, or just needing a friend? In all of this questioning, are you
and loving connection.

the mysteries of our sleeping world? Are there unexpected things that can happen while we're sleeping? This is the universe. Our first meeting falls on Halloween, known in ancient times as Samhain or the pagan New

together Claiming Your Power to Create with Her class, Spiritual Magic, to take you deeper into the energy medicine technique is demonstrated for you to try at home while watching this. Teachings within it, and the Toltec art of mastering death and living fully in life. You will also get access to the

that is holding you back

harmonization with Divine Wisdom or God. In this class I will share with you 8 Keys to the Kingdom, the King ancestor reverence in ways that support personal and intergenerational/family healing. I will be offering more classes on Learnitlive based on her innovative work with The Time Travellers, her shar

to navigate through Earth's changes with ease and grace. This activation accelerates the evolution of your D through the practice of embodied shamanism and transformational narrative. Through ourselves, we are creatively charged by the aliveness of the life force moving through us. We shine with our

an have plenty of time to be with you. I will be offering you a special gift and a special message. I will be

e.

y, he has created massive change in his own life, and most recently gave up a growing career and establish

nch break and get back to work refreshed and centered.

nch break and get back to work refreshed and centered.

covered will include physical, emotional and psychological changes you can implement, including 20 tips for

peaceful resolutions. The tools and tips provided will benefit you in every area of your life. You will become

sponses. It helps participants achieve better coping skills, better health, and an overall state of well-being.

r special diet holding you or your family back!

ly the first one is free. Please sign up for groups two through five at a total cost of \$80.00 (\$20.00 per group requires you to have practices of health and awareness. Be prepared to leave the "fix it", "pill it", or "cut it off" low to choose personal care products so they are safe - What household cleaners are safe - Why organic fi

to help give you tips and a practical plan for this holiday season. Join us!

body!

nd pleasure.

productivity, employee errors and fatigue, and the deterioration of interpersonal relationships that are the fi

rsonal wellness plan.

is. Do you also wonder if you can do both successfully? Something has to "give, right!" Well what if you could

ation, nerve impulses act. Each week we will focus on a different vayu that relates to various functions in the

howing up in your body so you can prevent disease and sync up with the rhythms of nature

f inspiration -The specific leadership behaviors that lead to higher levels of inspiration -Areas of personal in
f inspiration -The specific leadership behaviors that lead to higher levels of inspiration -Areas of personal in
iciseness - Increase productivity and prevent rework - Polish their professional image - Write compelling do
nt, and valuable during times of transformation. His influence as an award winning author, blogger, life coac
:tive as disengaged employees (The Temkin Group 2013). Furthermore, this "feedback disability" creates d

sk increasing costs and lost performance. In this one hour webinar participants will learn: -Why bullies exist

low to motivate employees to embrace change -How to prepare and 'sell' your staff into change -How to im
Human Resources. Smart leaders develop, empower and grow their teams. Class will cover: -Tips of how to

this webinar.

3. Develop a personal strategy to build trust, increase personal effectiveness and improve performance.
process
3. Develop a personal strategy to build trust, increase personal effectiveness and improve performance

aring optimally healthy, plant-based meals.

ou will want to eat this way. It's how I eat.

id mental effects of diabetes.

as well. There will be a short question and answer period as well. I look forward to helping you reduce diabetes on yourself and adding the right ingredients into your life is the path to ease and grace and finding your t

san does every day in the kitchen to stay on track! Get a free copy of her "Cook-Ahead" meal planning guide for orderline diabetes. And what is even more scary is that most of these people do not have a clue that they a

ositively transform your relationship with food. For far too long, the collective conversation around nutritional eating · Simple strategies for natural appetite regulation · Insights into the hidden science of weight loss

librancy 4. Simple steps you can take today to feel better mentally, spiritually and physically.
ing and living at an ideal weight, and enjoying optimal health, is not about finding a diet that works, it's abo

n who holds them just as firmly as the inability to walk. Those who "dis" their ability constantly limit their own

is information. This will go a long way to avoiding unnecessary suffering and in fact allow us experience opt
e health modalities available to us today for our health, healing and prevention. Topics covered will include f

posture, blood flow; massage filtering organs and stretch cramped and tired muscles. Additional Information
cises you can do at your work desk that strengthen the digestive system and help alleviate everyday digest
ing and living at an ideal weight, and enjoying optimal health, is not about finding a diet that works, it's abo

remedies recipes

remedies, and daily lifestyle changes.

; later 17 compliant patients had no further cardiac events. Adherent patients survived beyond twenty years

dependent on lifelong medication. Moreover, many patients with subclinical hypothyroidism are undiagnosed, health, preventing degenerative disease, and helping correct autoimmune conditions. PMGs can augment their mental and emotional state of being. You will walk away with lots of valuable tips, as well as information

with gusto! Be forewarned, the master cleanse can create big changes in body, mind, and spirit; so if you're interested for Health and Longevity".

Power of intent Energy Receptivity Exercises Intuitive Readings Spiritual information from guidance Come p

d is the body and the body is the mind!

tive as disengaged employees (The Temkin Group 2013). Furthermore, this "feedback disability" creates dy
light on those they touch and in turn pass the beacon on. This session focuses on strategies to develop the
; a way to demonstrate our integrity. To improve accountability there are more useful realities. Leaders can r

ty and performance. The webinar shows participants how to encourage the positive and discourage the neg
der to help a team create innovative solutions by thinking more effectively and cooperatively about problem
re four strategies leaders can use to be sure they are optimizing trust and therefore building a foundation fo

uccessful foundation for employee engagement and organizational performance. Tomorrow's leaders must

going to love this training, especially if you... 1.Want to instil a sense of respect back into your home. 2.We

framework to use when negotiating with their teenager. -An understanding of what their teenager needs to
help families build on the good ones and overcome the bad ones. In this seminar you will learn: - How to tra
youth coaches. I have hosted my own TV series and am a published author, so believe me when I say that
- A deeper understanding of what they need to be aware of when it comes to their teenagers and technolo
good friends and know what to do when it all starts going wrong.
ir home right away. Parents will leave with strategies and techniques that they can use practically, in the rea
ir home right away. Parents will leave with strategies and techniques that they can use practically, in the rea

are make the best choices and meet their health needs. In this class optimal health and plant-based nutritio

and is not, and how to infuse your life with richer, fulfilling love. -Components of a healthy relationship. -Wh

ns will improve almost every area of your relationship!

ask you to think your way out of your thoughts. Because, as we all know, if we could think our way out of ou

relationship whether you are married or single.Â You'll also learn the ways we sabotage our relationships an

lps clients transform their lives inside and out by helping them look and feel their best with sexy and authen
rstanding; - How to grow closer through conflict through the power of courageous vulnerability.

his session offers a structured approach to "mindful" thinking.
sis. -A process of managing performance issues. -Techniques that will improve performance. -The support |

, or breathing.

mpanying video moves through all 24 Focus Phrases, so you have a full overview of the WizeWell adt-work

.l reality and heal your life. And learn to harness the energy of your emotional process with clarity and focus

*Sharpens the mind and improves concentration, memory and creativity *Assists in managing diseases su

ke offerings to the Divine in the form of the fire, we are able to offer It our love. Focusing on the fire and the

derful exercise for your brain. Guided meditations can bring about change in the body. It uses the mind to c

your higher potential. In this series of 6 online classes, John will step by step teach you his full method for r
me the mind for good, transform difficult emotions, and get connected.
ility for the choices we make. It doesn't have to be hard work.
roduce results. This breakthrough program by the author of "The Optimism Advantage" provides proven prir
r you to AUTHOR your moods and ultimately your most productive, healthy and balanced "states" of mind!
outh coaches. I have hosted my own TV series and am a published author, so believe me when I say that I

ided journeying into the body for insight and wisdom to heal.
ass.

2013's resolutions stick for good. Let's make sure your intentions for 2013 don't remain just intentions! The cl
few healthier habits to take action with. This space of clarity and choice is The Now Effect.

ife needs.
what would be called balance through a 3 step process which includes: Leveraging your activities; so every

3 a heart-centered life. And Ginger will show you how so that you can feel beautiful, inside and out.

fic findings into simple, practical steps you can use in your own kitchen. This is your opportunity to acquire l
/e focus and productivity

a biologically younger body: how you can do it - Alkaline-forming nutrition: How you can ensure what you ea

et gain foods: what are they and how you can benefit from them.
ogram a step further by providing in-depth information about sport nutrition, showing subscribers how to pre

3 covered will be the full story about the "low-fat" and "zero-fat" fads, as well as the "low fat" and "high fat" c
n as protein and how it impacts our health and wellness. Join optimal and plant-based health expert Evita C

act labels - How to compare products so you know which is the healthiest option - How to read through mar

nts from your life... Then walk with us right into the kitchen. You'll learn how to use simple ingredients in eas

vegetarianism, and how to have plant foods work for your highest benefit, rather than harm.

workable pattern to create a 3D design for use in PART II (Subtractive Sculpting: Wood) & PART III (Additiv
ack on future webinar program development.

gh all levels of your being, releasing limiting beliefs, painful memories and unexpressed emotions. It feels v
omorrow, next week or next year to make the changes that will improve your quality of life and allow you to f

hich is the root of defining happiness. We are all here for a unique purpose, and it is our responsibility to di
kti Durga is a Guru, and she is a Disciple. This is an opportunity to listen and ask questions about the hallm:

Join us and free yourself from the bondage of self-pity and place another solid stone in the foundation of yo
f wealth as well as spiritual laws that bind us, whether we like it or not. Knowing them makes life a lot easie
anting if that is not your way. The first class - is scheduled for early morning before the kids and partner get:

ou a young woman who believes that there is a power greater than yourself but really do not want to go to a

is what we'll explore in this class. Diane Brandon will share some of the fruits of her 40-plus years of research. Year. This time of year is believed to be the time when the veils are the thinnest, providing a glimpse into the

that fuels your life and fulfills your dreams. Together the two classes will give you insight and prepare you for

recorded session after the fact.

dom of God within you. These eight Spiritual principles are natural Laws, meaning they were not made by man

manic program for children and teenagers in London, UK. Imelda is currently recording sessions for her own

NA to new crystalline levels, and is in sync with Gaia's evolution from a 3rd Dimensional to 5th Dimensional

own particular quality of personal brilliance.

think of the "other" as an "other" because they do not understand the cosmic process, or breaking it

ied life in the United States to pursue a new life and career step in the tropical Riviera Maya of Mexico. Bas

· the most lasting and effective ways to deal with stress mindfully.

more effective in your work and professional life, as well as your home and personal life. You will acquire to

o session.) -- Group One: Stepping off the yoyo for good -- Group Two: A silver bullet? The hCG protocol an
f" mentality behind and step into your optimal weight for life!
oods really are important - What foods are worth purchasing organic and which aren't

oundation of inspiration and team success.

uld have success in both areas, would you be interested in finding out how? Then join us on this informative

e body and work on balancing the different vayus to regain equilibrium and restore balance to our emotiona

spiration focus -Exercises that will help you put your learning into practice
spiration focus -Exercises that will help you put your learning into practice

cuments that get the desired action

:h, and highly sought after keynote speaker inspires audiences to take action and be accountable for their r
ysfunction that contributes to the organization's inability to effectively and efficiently achieving its strategic o

and why they survive in organizations -How to shift your thinking about a bully to create positive power and

plement change in the workplace -How your leadership style will make or break if the change is successful.
develop employees -Development is a signal to retain -How to create a simple and effective development

ates burnout. See you there!

balance. I know you might feel like you've tried everything. Are you ready for a new perspective? What if you

le Get a chance to ask questions during our live Q&A session.

re at risk of developing type 2 diabetes! Dr. Eno Nsima-Obot is a board certified internal medicine physician

has focused on outdated science - a preoccupation with good foods and bad ones, and an approach to the

· Mind-Body Nutrition techniques that fuel digestion · Strategies for unleashing the metabolic power of ple


ut creating a life that works. 2. To make participants aware of the connection between the body, mind, and r

n expectations and those of others. Some play small and live in fear that that they may fail others fear they

imal wellbeing through the process. As a physician, professional coach as well as a recent cancer survivor
Naturopathy, Acupuncture, Homeopathy, Reiki, Chiropractic, Reflexology, Hypnotherapy and Herbalism. You

Although each individual is unique there are certain factors that we all have in common: our bodies need a
ive discomfort. Additional Information Poor quality, processed foods are often the cause of digestive issues
ut creating a life that works. 2. To make participants aware of the connection between the body, mind, and r

free of symptoms.

, though they suffer with many of the common symptoms, such as fatigue, weight gain, depression, rain
e clinical success of practitioners of all disciplines, as they can be easily incorporated into any healthcare s
on how to empower yourself as a health conscious consumer and not fall prey to the common myths and

looking for a way to kick off 2016 right, it might just be the ticket!

prepared with your questions of how energy medicine can change your life forever.

/function that contributes to the organization's inability to effectively and efficiently achieving its strategic ol leader within you and how to recognise and develop the potential in others. It is based on over thirty years manage it much better and they must!! To do so requires a shift in thinking and a change in techniques. The

ative. Participants will learn: -The two types of childish behaviors -The causes of childish behaviors and how to manage them. It is a practical and uniquely positive approach to making decisions and exploring new ideas in a team. A focus on engagement. In this webinar participants will learn: -A leadership model which enables seamless relationships between leaders and team members.

be able to predictably engage people and teams to create long-term positive improvement. This webinar ca

ant to learn how to talk to your teen so that they will listen. 3.Remove tension and build a harmonious, peace

create a harmonious home.

transition to the teen years and change your parenting to change the situation.- How to break down barriers v
t I know my stuff. And for attending you will receive a great bonus. After the seminar you will receive three w
gy use.

.I world, to support their child in realising their full potential.

A world, to support their child in realising their full potential.

in expert Evita Ochel will address all of the different areas associated with the growing trend of veganism/ve

y we yearn to be connected to another person. -Why giving up perfectionism is the key to happiness. -Brea

ir thoughts we would have already.Â Right?Â Rather, this is a formula that will help you STOP trying harder

id prevent the relationship we really want.

tic makeovers. In this class, she is going to teach you the secrets of what comprises a sexy, confident datir

people need to succeed. -----The Per

ç program. The second 12 Focus Phrases deal with interpersonal at-work relating, and creativity-manifestat

. A journey through your emotions into harmony. Your emotions when activated can be powerful fuel for you

ch as stress, depression, hypertension, migraines, ulcers, asthma, chronic pain, fibromyalgia, chronic fatigu

practice, we can forget ourselves and fall into an experience of deep, pervading peace and unity. We relax

create an experience that activates muscles, changes your thought process and can even change the way th

regaining the present moment and re-activating your full potential. Both at work and at home, you can apply

principles and practices you can leverage in making optimism work for you on and off the job. Don't miss this c

know my stuff. And for attending you will receive a great bonus. After the seminar you will receive three wor

ass will be recorded, but it is highly recommended to attend live, so you won't miss out on the opportunities

' action accomplishes more Uncovering previously unrealized resources to help you that literally, already ex

knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and lea

it will enhance your body's efficiency and conserve energy with every move - How to enhance mental clarity

prepare, sustain, and recover from almost every form of training. The Sport Edition is packed with video lesso

lietary recommendations by various health experts. You will also learn the practical side of fats such as whi
chel as she presents an understanding foundation of what is protein, how your body understands protein a

keting label claims to really understand what they are telling you

ny ways to power up your cells and get your body humming. Leave with a toolkit of learning resources, recip

re Sculpting: Clay & Foam).

very good! The Process comprises of a nine week program that moves through the deeply held emotions in
ind a greater sense of happiness and wellbeing. I invite you to consciously create your existence from a pla

discover what that purpose is, and to live it in every waking moment. This physical existence by its very natur
arks of this truly sacred relationship, how it works and how one might go about finding a true Guru who can

our being. If this is the first teaching you are planning to attend this year, Mother always gives enough instru
r to understand. Activations of the base chakra, learning how to self-assess our individual capacity to manif
s up, so we can cover follow up sessions, outline pre-requisite, etc

church, temple, synagogue to meet It? If you are that young woman this introductory class is for you. We v

urch into this world, including what science is telling us. Please bring any questions with you to this class!
re spirit world, a time to tune even more into our soul's longing. We can connect more than ever to our ance

or Mothers in depth 2016 video course, also called Spiritual Magic. Thank you for an amazing year! Say tune

nan. Understanding these Laws is crucial. These Laws are true regardless of one's belief in them. These Li

n radio progra, called "Natural Born Shamans", on A Shamanic Life Radio in the USA, in partnership with J

I planet (The dimensions are not the same as the levels or planes.) 2.) The Avebury/Stonehenge activation

re creating through reality, we can become even realized than our human reality, as male or female and

ed on his new book, THE PROMISE OF PARADISE: LIFE LESSONS FROM THE TROPICS, Jonathan will

ols of empowerment to benefit your well-being, as well as your physical, mental and emotional health.

d its benefits -- Group Three: Mishaps, mistakes and what to do about them -- Group Four: Emotional eati

» webinar to find out 3 things you can do to being shifting your results. You don't have to settle in either ar

tl, mental and physical well-being!

esults. Simon is a graduate of Rollins College Executive Management Certificate Program, one of the top 2
bjectives and serve customers.

| influence -Techniques which will re-direct the bully's attacks and starve the source of a bully's power

This presentation is wonderful for a seasoned leader or a new leader. Join us for an hour that could change
path -When to consider succession planning -How to avoid having a top heavy organization while creating

u believed you had control of your destiny and it didn't have to be difficult? Things do become easier just by

r with over 20 years of experience in health and wellness. She is also a professional life coach and an auth

: body devoid of subtlety, energetics, emotion, and the impact of the psyche on physiology. It's time for a ne
asure · Secrets of Dynamic Eating Psychology

nouth. To gain insight of how the mind affects the mouth and the mouth affects the body, and how this conr

may succeed. Some of the most inspiring people I have met have been labeled as "disabled" yet they lead

herself, Dr. Eno has had firsthand experience practicing these strategies. She is passionate about teaching
I will learn practical and valuable information for when to use each one, their benefits and drawbacks, and t

a certain amount of protein-carbohydrate and fat to function properly. The Body-Food Connection is designe
and knowing which foods to avoid and what you can eat is of the utmost importance. Delia will provide nutri
nouth. To gain insight of how the mind affects the mouth and the mouth affects the body, and how this conr

fog and constipation. Iodine deficiency, well-established in its relationship to brain damage and mental retardation. This webinar will present the history, theory and clinical application of this safe, health-promoting therapy. It will also address the misleading information when it comes to understanding our health during the winter months.

objectives and serve customers. Fearless Feedback is a leadership model and set of tools that enable organizations to have a successful experience of developing leaders.

It is what this webinar is all about. Participants can expect to learn: -Why our current accountability model is

how to remove them -A breakthrough leadership model which can bring forth the adult in all employees -The importance of anyone who facilitates meetings and needs faster high quality answers to problems will benefit from this webinar -Ship repair -The "real" root cause of most conflicts -The definition of trust -The four steps to reconciliation -The

can help established executives and managers and also those new to their careers. Every single person can

successful family unit.

with your teenager and reach a new level of understanding. -The changes that have taken place and are still taking place -Worksheets especially designed by me that will support you to really integrate all the material you learn on the

vegetarianism when it comes to understanding and respecting the child's choices, and how to ensure they get

bringing new life into old love by kick-starting the fun. -Our soul and our sacred contracts around love. -The purpose

at what isn't working, and START shifting the beliefs you have that are getting in the way of you getting ALL

ing image that will attract men and women within the first 30 seconds of an encounter. In addition to answeri

formance WISE programme provides a framework to identify, analyse and solve performance issues and tl

ion-success guidance and support. For more information and programs, please visit: www.breatherbreak.co

ir transformative fire. You will walk away from this class feeling alive, reconnected and refueled. Most peopl

ie, pms, and pmdd *Relief from addictive tendencies *Gain power over your mind, revive your outlook and e

and regain our sense of wholeness. Often we are left with a feeling of gentle joy igniting in the heart.

ne cells work in your body. Our brains are very complex, but our brains don't distinguish between a real or ir

r this WizeWell Process whenever needed to brighten your mood, improve your health, boost your performanc

opportunity for you to master simple but powerful strategies optimists live every day.

ksheets especially designed by me that will support you to really integrate all the material you learn on the c

provided!

ist in your home Shifting from habit-driven activities to activities-of-choice; a simple awareness exercise tha

rn the practical cooking skills needed to help you on your journey to better health. In our class, attendees d

and improve focus and productivity

ns, sport nutrition tutorials, plant-based recipes, shopping lists and more. Topics of the Clean Sport Nutrition

ch oils are the healthiest for our needs, which oils are best to cook with, and which brands are most reputat
nd how to use this nutrient most optimally. You will learn about the difference of plant and animal protein so

es and interpretive roadmaps that allow you to walk new knowledge right into your kitchen.

the brain, and the blocks in your sexuality that disconnect your sexual energy from love and Source. The Piece of empowerment and freedom. You are here, in this life for a reason. You have a unique path and purpose

we involves pain as we are challenged with illness, conflict, and eventually death - but these challenges NEED best assist them. Shakti Durga will "tune in" to the consciousness of the group present, and offer blessings

action to make it vital and powerful for you, so no prior attendance is needed.

est wealth, and exercises to improve wealth creation are imparted. We prepare for wealth by refining the path

will discuss ways to create a practical spiritual life that does not require you to stand on your head or sit cross

estors and spirit helpers, receive guidance and set intentions for the coming winter. This free class includes

ed for more loving and inspired offerings in the coming year. We hope to see you there. Namaste

aws are the same yesterday, today and forever on every plane of existence. These are eternal truths, unde

ohn Carosella.

increases your healing and psychic abilities, enabling you to communicate with your Higher-Self, your Guid

re can become student to learn our way to the next level of consciousness we need to learn how to share our

share his own funny and touching stories of change as well as the keys to facing the most difficult aspects

ing and its discontents -- Group Five: Never gain weight again: Transition to normal, healthy eating

ea!

5 best private graduate business schools in the USA. He holds a Master's Degree from Faith Christian Univ

e your whole idea about what change is - and how to manage change.
career path

y believing something different about yourself. We are the results of our thoughts, actions and attitudes, and

or of a book for people living with diabetes, in which she teaches them how to be empowered in their diabe

w vision of nutrition. You'll discover how what we eat is only half the story of good nutrition. The other half is

fection affects your weight, and your personal and professional life.

incredibly successful lives, whilst others apparently able bodied people have remained locked in a world, fe

others how to define a 'new normal' for themselves despite living with a chronic illness. Join Dr. Eno in an e
the expected course of treatment for various conditions.

ed to assist you in finding your optimal levels of needed nutrients. Additionally, there are common medicatio
ritional information and simple recipes to support any changes you will be making with your diet.
fection affects your weight, and your personal and professional life.

stardation worldwide, also contributes to hypothyroidism, breast pain, fibrocystic breast disease and other d
rapy. In this webinar, you will learn: The principles and clinical application of protomorphogens to aid in tiss

zations to correct this disability. The Fearless Feedback tools and techniques can help anyone to improve t
s holding us back -The three myths of accountability which create unintended consequences including dam;

mpact you can achieve now
inar. Participants will learn: -The description of the Six Thinking Hats method -When to use the Six Thinkin
How to get started

and must be a leader at some level and must know how to improve. By understanding and applying the pri

I taking place in youth culture, in particular those that are affecting family life and the ways in which our chil
e call. I am looking forward to hearing you on the call; answering any questions you have and helping you

st the proper support and nutrition at any time of their journey.

urpose and benefits of marriage. -Why changing partners may not be the answer and why re-envisioning the

. that you want. Marni will share the specific steps of her blueprint which will enable you to not only create y

ng all of your personal questions, Kimberly will cover: The top universal secrets to what the opposite sex fin

hen shows how to effectively address them. Stop reading them the riot act syndrome. The foggy syndrome.

om

e spend their life trying to suppress of stop emotions. In this class you will discover how emotional awarene

achieve goals

naginary event. If you imagine something in your mind, your brain can interpret that as an actual true event

ance - and bring more joy and peace to the world. In John's words, "After many years of leading in-person s

call. I am looking forward to hearing you on the call; answering any questions you have and helping you inc

t actually changes time. Three Part series: Week 1. Change Habit to Choice Using one simple question, yo

o all of this while enjoying a cooking demonstration of a healthy dish

101 Learn it Live session will include: 1. The guiding principles of sport nutrition - components of vitality, k
le.
urces, protein amounts, protein needs, protein dangers, and bust through the myths of complete versus inc

rocess synthesises and combines Key Tools from many sacred traditions to make your Process as fast and
se that nobody else can fulfill for you. Your job is to discover what that is, and to live it in every waking morn

ED NOT DEFINE US. Through challenge and pain we have the opportunity to learn and to grow, to step into
to all those present. There's an old proverb that a day with a teacher is worth one thousand on your own. 1

ysical dimension and understanding our role in anchoring Heaven on Earth.

ssed legged chanting if that is not your way. Come meet an older woman who has walked some of the aven

: ~ an introduction to ceremony ~the seven basic steps of ceremony ~short Samhain ceremony take home

rstanding them will help us live our best life. I hope you will join me!

les, Angels, the Creator, and other realms. Personally, my clairvoyance (psychic seeing) and clairsaudience (

variety, that all aspects of ourselves can bring forth or attract and attract to enhance ourselves the com-

of the journey.

iversity and was inducted as an honorary member of the University of Central Florida Golden Key Internatio

d it all starts with your beliefs. You will learn tools to believe in yourself and to uncover beliefs that do not se

tes care. In this informative 30-minute teleseminar Dr. Eno will be covering some facts and dispelling some

; who we are as eaters. That is, how we think, feel, believe, and show up in the world dramatically impacts c

enced in by their fears and sense of lack. I believe that disability includes anything which limits you and hold

encore presentation of what is designed to be a lively discussion as well as a transformative learning experi

ns that deplete the body of these important vitamins and minerals, so Delia will discuss how to counter thes

isorders. Most health professionals are limited in their understanding of accurate thyroid assessment, often
the repair / The source of autoimmune disease / How to effectively use protomorphogens, diet, whole food c

he work environment so employees take responsibility for their own development and willingly improve the
aged employee engagement -A new model and techniques to influence everyone to behave with accountab

ig Hats in a meeting -How to facilitate a problem solving meeting with the tool to both solve a problem and i

nciples anyone can gain influence and improve performance through others - regardless of the size of their

dren are developing. -The common modern-day problems around teenagers and technology and how we c
increase your impact in youth around the world.

è partner you have can be the path to happiness. Arielle Ford takes readers step by step through the emotic

our IRRESISTIBLE super me version of yourself that attracts men effortlessly. but sustain it for the long term

what is attractive and what looks good on your body. How to rock out a great first impression and fine-tune your

The fix them for me syndrome and the Just get on with it syndrome. Learn how to be Performance WISE!

How stress can help you produce the life you desire. Emotions can become the fuel you need to ignore transition and

and it can form new neural pathways in the brain. Guided meditations are an invaluable tool to create a rel
eminars and intensive workshops, I want to explore the potential of these online interactive classes for mec
rease your impact in youth around the world.

ull find what to keep and what you can easily release that might be bogging you down. Week 2. Create Mor

key differences between strength and endurance training and fitness capital 2. Protein for athletes - how to :
:omplete protein. Bring your questions and concerns, and come out for a class that is sure to enlighten and

l deep as possible. Be prepared to enter a totally new and divine space of consciousness at the centre of yo
ient. Remember - whatever it takes - your dreams are worth it. **YOU ARE WORTH IT!**

the fullness of ourselves, and to obtain true happiness and fulfillment. We all know that it takes more than
his is a beautiful opportunity to experience a teacher who will not only teach your mind, but uplift your hear

ues you are currently going down but who has no desire to preach to you. Come, take a seat and let us cha

~co-created live ceremony to connect to your soul and set an intention for the next year

(psychic hearing) have become stronger. 3.) The Moses Code activation recharges your cells, making you r

learned from that a more gained or sacred marriage or opposite. This can be done through art, music, an

nal Honor Society. He has been named one of the best speakers of 2013 by meetings.net. Visit www.simon

rve you. Are you ready to start believing and applying the actions that create the life and great health you de

of the common myths about type 2 diabetes such as: -The difference between type 1 and type 2 diabetes -

digestion, assimilation, and calorie burning capacity. It's time for a fresh and inspiring conversation when it c

Is you back from fulfilling your true potential, be it physical, mental, emotional or spiritual. This session offer:

ence designed to give you hope no matter what your health challenges may be.

se with whole foods and supplementation.

relying only on TSH measurement. And most lack an understanding of how to support thyroid health, rege
oncentrates and herbal medicine to address these conditions Clinical Application of Laboratory Analysis Th

quality of their interactions. Fearless Feedback results in higher quality communication between individuals
ability with every single action

deally avoid it in the future

organization. In this 60 minute webinar participants will learn (or re-learn): - How we have been taught the

an successfully raise girls in the 21st century. -navigating the minefield of youth friendships and how parent

onal and spiritual groundwork necessary for a healthy relationship, revealing that marriage is not as simple as

n so that you can create that powerful relationship and all without feeling like it's a struggle. This attraction I

dating image. Her magic formula for attraction. The art of flirting. Increase your confidence through your bc

id change. Join Dr Pam for an amazing journey through emotions into the intelligence of healing.

axed state of well-being and health, as well as spiritual and personal growth. In my guided meditations I will

litative teaching and experiential sharing. So in these classes, we're going to discover to what extent we can

re Time Let Deborah, during this hour, help you reorganize and leverage your activities. Week 3. Uncovering

source the best quality protein and time it right 3. Smart vs. hard training - tips to work smarter, not harder

empower you as a health conscious consumer.

our pure soul. The Process works through a union of Energy Transmission, Guided Meditation, chi or Pranic

one time per year to make the resolutions that will bring us happiness. In this workshop, we will dive in to the body, mind and spirit. All welcome.

at how to let Her in.

nore youthful and rejuvenated. With this activation it is easier to focus on your dreams and make them a re

ness, making sure in many other ways in the state he reads on and and the from him continues right through.

tbailey.com to find out more.

eserve? Here is what you will learn when you join my 'stop sabotaging behaviors' live call: 1 Cravings, their

-Whether all people with diabetes will have complications -Whether a family history means you will have dia

comes to eating. We'll call upon the wisdom of clinical nutrition, mind body science, functional medicine pos

s an opportunity to explore your own take on life, the beliefs and behaviours which limit you and offers a ve

neration and healing, usually relying merely on synthetic T4 as thyroid replacement alone. Common thyroid
e objective findings of laboratory testing are an important part of the wholistic clinician's practice. They can

and departments. It enables employees to take greater personal responsibility for their development and fo

wrong theory of leadership and it's making things worse - The basics we can practice every day which will c

s can support their daughters through often challenging times while maintaining a sense of perspective. Pa

as Happily Ever After and that real love can be even better. Whether you're disappointed with the mundane

blueprint will leave you feeling hopeful.and excited like the weight of the world has been lifted from your shc

dy language, attitude and style. And for another treat, if you participate on this call you will find out how you

take you on a specific journey through nature focusing on releasing and letting go, calming the mind, forgiv

n actually experience each other's presence in the group, through focusing our attention together in special

| Hidden Resources to Assist and Create Ease in Your Life Now that youve prioritized, and decluttered your

4. The importance of recovery - understand the 6 key elements of recovery to elevate your game . Know. E:

: Openings and deep emotional alignments to your soul. The mind is harnessed through deep and specific
ie resolutions we make, and how to attain the happiness we desire regardless of the challenges we face. H

ality.

ne 2-year course of professional training. These notes through the class to aimed at people who are interested in

cause and how to control them. 2 Use the power of your brain to balance blood sugar. 3 How I went from u

betes -The difference between borderline diabetes and full blown diabetes -Can type 2 diabetes really be r

itive psychology, and the traditions of Yoga, Buddhism and timeless spiritual teachings to find a new way to

ry different perspective and some practical strategies to change things for the better.

disorders include hypothyroidism, hyperthyroidism, Hashimoto's thyroiditis, Graves' disease, thyroid cancer
affirm with independent data a practitioner's assessment, and reveal important facts about your health that

or their results without depending upon management for feedback and without the fear of criticism. Fearless

continuously improve accountability and performance - Where leaders can focus energy and resources to e

rents will leave with some new parenting ideas and strategies to use immediately in their homes.

realities of marriage, struggling with the loss of romance, or simply want to improve your existing relationsh

oulders. knowing that what you want IS in fact, within your reach because you have a solid WAY to get there

i can get a personalized dating wardrobe assessment and hear more juicy secrets about flirting and makeo

eness, self-acceptance and Love, health and raising your vibration. I look forward to our journey together."

directions. "We're going to explore a set of new Focus Phrases that my colleagues and I have been develo

schedule, get sme much needed help so you can spend your time as you truly desire. As an added bonus,

at. Feel. Perform. BETTER.

self inquiry to align with the power of your desire. Desire is the fuel for your soul, and connection to Source.

appiness is attainable, and available...right now.

no training, and class is open to anyone who wishes to attend.

nhealthy and unhappy to healthy and happy and how you can too.

evered. She will also be sharing the single most important strategy you can take to cut down your risk of d

nourish ourselves. This course promises to open up some surprising new possibilities for your nutritional h

r, goiter and iodine deficiency. In this seminar focused on thyroid issues, I will share practical insights and in
may not have been discovered through other means. Lab analysis is also essential to discover and rule out

; Feedback ultimately results in superior quality improvement of an organization's products and services. In

avoid problems in the future

ip, TURN YOUR MATE INTO YOUR SOULMATE will help you strengthen your marriage and change your l

).

ver tips.

Kim Bayne

oping for the last decade. Where we focus our attention determines everything that happens in our lives. Th

Deborah will share with you her own, personal secrets to getting more done in less time that you can begin

. If you are dedicated to your souls growth, the Process will work wonders for you.

developing type 2 diabetes!! Get the information you need, and become pro-active in your health and wellne

health, and personal empowerment.

information, that I gained in my 22 years as a health practitioner, about how to restore and maintain optimal health and prevent a serious or life-threatening condition. This webinar will explore the key areas of blood, urine and hair analysis.

this step-by-step presentation, participants will learn: -A leadership model and tools that enable anyone to i

ife.

ese coming classes will explore the power of Focus Phrases to aim our attention inward toward what seem

I using right away.

ss. Reserve your spot TODAY!

:hyroid health.

sis, and provide specific protocols using food- and plant-based formulas. This webinar is an excerpt from a

improve their ability to facilitate the most effective performance discussions -Why and how our leadership n

live event that Dr. Gaeta is giving on May 4 and 5 in Denver, CO. To learn more about this event, please go

must evolve to address these enormous economic and human resource challenges - How to start the evolution

to http://gaetacommunications.com/site/?page_id=1357

ion for yourself and your co-workers -Two Tools that can begin to create a workplace environment that resul

Its in Fearless Feedback -What you can do now to adopt the Fearless Feedback model and incorporate it ir

to your typical performance appraisal.

Use password "learnitlive" for all vid

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[Breakfast for Dinner](#)

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[Protein Power Plate](#)

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[Burrito Bowl](#)

[Stuffed Peppers](#)

[Healthy Nachos](#)

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[Cocoa Almonds](#)

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[Slow Cooker Apple Butter](#)

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[Meal Planning Make a Menu](#)

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[How Smoking Affects Children](#)

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[How to Stretch](#)

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[Dumbbell Lunge to Curl](#)
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[Kettlebell Squat to Press](#)
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[Barbell One Inch Lunge](#)
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[Lying Hip Lift](#)
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[Basic Quad Stretch](#)
[Squat to Alternating Press](#)
[Banded Superman Pulse](#)
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[Banded Upright Row](#)
[Bicycle Crunch](#)
[Over the Rainbow Ball Slam](#)
[Seated Slam Tap](#)
[Banded Hip Extension](#)
[Plank Butt Squeeze](#)
[Seated Ball Toss](#)
[Twisting Side Ball Slam](#)
[Medball Squat and Twist](#)
[Banded Tricep Extension](#)
[Box Jump](#)

Fitness Series 2

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[Plank](#)
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[Box Lunge](#)
[Bicep Curl with a Band](#)
[Burpee with a Ball](#)
[Tension Ball Slam](#)
[Lying Swim Through](#)
[Pushup to Hip Lift on a Box](#)
[Up Fast Down Slow Crunch](#)
[Banded Squat to Kick](#)
[Banded Bent Over Lateral Raise](#)
[Banded Squat to Toss](#)
[Medball Core Slam](#)
[Banded Lying Side Lift](#)
[Side Plank Hip Drop](#)
[Barbell Deadlift](#)
[Seated Russian Twist](#)
[Dumbbell Swing](#)
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[Seated Barbell Curl](#)
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[Goblet Squat](#)
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[Standing Dumbbell Lateral Raise](#)
[I'm a Little Teapot](#)
[Kettlebell Squat](#)
[Bent Over Dumbbell Fly](#)
[Dumbbell Deadlift](#)

Fitness Series 3

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[Cable Bicep Curl](#)
[Cable Chest Fly](#)
[Cable Chest Press](#)
[Cable One Arm Back Row](#)
[Cable Overhead Press](#)
[Cable Rear Delt Fly](#)
[Cable Side Lateral Raise](#)
[Cable Squat](#)
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[TRX Advanced Situp](#)
[TRX Back Row](#)
[TRX Bicep Curl](#)
[TRX Chest Fly](#)
[TRX High Row](#)
[TRX I Exercise](#)
[TRX Jumping Lunge](#)
[TRX Lunge](#)

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[Defining Stress Management](#)
[Fight or Flight Response](#)
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[TRX Rollout](#)

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[TRX Squat Jump](#)

[TRX Suspended Bridge](#)

[TRX Suspended Low Plank](#)

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[TRX T Motion](#)

[TRX Y Motion](#)

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