



Corporate Wellness Program - Lunch & Learn Seminars

How to allow Positive Thinking & Optimism to Create your Life

- Motivational Speech
- Awareness of our Thoughts, Words, Actions & Perceptions
- How we Shape & Mold our Lives
- Your Perception is your Reality!
- Choose Love not Fear
- Whatever you can Visualize or Imagine and Believe; you can Achieve!
- Visualization/Meditation Exercise

Stress Management

- Why we suffer from Stress
- Stress symptoms (physical/emotional)
- Ways to Reduce Stress
- Ways in which to Release Stress
- How to Maintain a Stress Controlled Life

Increase Energy and Productivity through Proper Nutrition

- Foods that Provide us with Energy & Enthusiasm
- Foods that make us Sleepy & Sluggish
- Cultural or Business Foods and their effects
- Food is Nutritional; not pleasure or comfort (emotional attachment to foods)
- Principles of Holistic Nutrition (whole foods)
- How chemicals, body inefficiencies, allergies and metabolic issues deter weight loss
- Food Digestion
- Food Combining Rules



Natural Health Lifestyles Seminar

- Mind, Body & Spirit Connection
- Positive Thoughts, Words, Actions & Perceptions
- Holistic Nutrition
- Herbs, vitamins, minerals & enzymes (supplements)
- Exercise & Fitness
- Connecting with your Source & Meditation Session

Mind and Body Fitness

- Mind – what is it and how do we control it?
- Mind Exercises;
- Meditation
- Body Fitness
- Why do we exercise?
- Various different Fitness Programs

Holistic Nutrition

- Principles of Holistic Nutrition (whole foods)
- How chemicals, body inefficiencies, allergies and metabolic issues deter weight loss;
- Food Digestion
- Food Combining
- The Truth about Refined & Processed Foods
- Healthy Lifestyle Food Guide

Managing Addictions

- The addictive personality
- What are we addicted to
- Why are we addicted
- Releasing your addictions
- Replace addictions/habits with positive ones



Men's Health Issues

- Prostate Health
- Hair Loss
- Urinary Track Health
- Genital Vitality
- Men's Heart Health
- Emotional/Mental Wellbeing

Women's Health Issues

- Pre-menopause / Menopause
- Breast Health
- Reproductive Organs' Health
- Urinary Track Health
- Candida / Yeast
- Heart Health
- Emotional/Mental Wellbeing

Heart Health

- Heart Issues
- Heredity vs Nutrition or Environment
- Feed your Heart (Nutrition)
- Relaxation & Exercises

Glandular Health

- Glands
- Glandular Issues
- Thyroid Health
- Adrenal Health
- Feed your Glandular System
- Relaxation & Exercise



Living a Balanced Lifestyle

- What is a balanced life? Why is it important?
- Balancing matters of the Mind, Body & Spirit
- Balance Family, Career & Personal

Don't take things Personally

- Why do we Respond or React in a Negative, Abrupt, Nasty way?
- Shadow Work – the Dark Side
- Good/Bad Behavior
- We all have every Negative/Positive Trait Within Us
- How will you choose to Respond?

How to avoid the Pitfalls of Over-Indulging During the Holidays (Nov)

- Why do we overindulge?
- Examine your Emotional State (Anxiety/Depression/Unhappiness/Stress)
- Deal with your Emotions; don't take it out on food or drink
- How to Eat/Drink at Parties?

How to get back on track and follow your New Years' Resolution (Jan)

- Why do we set New Years' Resolutions / Goals?
- Why do we fail on most of them every year?
- Making Goals that we can Keep
- Dealing with emotional/physical addictions
- Following your new Lifestyle!

Angels and How to Communicate with Them

- Learn about Guardian Angels – Their Tasks & Responsibilities
- Other Angels and their Missions
- How to Listen and Speak to your Angels
- Connecting with Angels – Guided Meditation Experience

Group Meditation Experience



- Deep Breathing
- Relaxation Sequence
- Release emotional & physical blockages from your Chakras
- Fill your charkas with positive energy
- Receive a Healing from your Guardian Angel

Relaxation / Visualization Meditation

- Deep Breathing
- Relaxation Sequence
- Visualization Program (this can be designed specifically for each group)
- Positive Affirmations

Weekly Yoga, Pilates and Meditation

Yoga:

Yoga is an excellent exercise for your mind, body and spirit. It is also a very important healing modality because it works on all levels. It keeps your body strong by concentrating and stretching muscles, joints, ligaments and tendons. It works on your mind because it helps you to focus and become more centered through the movements and concentration. Yoga helps to unblock emotional issues blocked in your “chakras” through its various poses. Emotional blockages lead to disease. Yoga is a spiritual experience through the practice of meditation, where you connect with your inner/higher self. Yoga helps to oxygenate your whole body! All types and levels of yoga are available.

Pilates:

Pilates is a series of rhythmic exercises geared towards strengthening the core body. It will help strengthen abdominals, lengthen the spine and improve alignment. Pilates will also help those recovering from injury.



Meditation:

Ten million Americans say they now practice meditation regularly, which is twice as much as a decade ago. Studies show that meditation is boosting people's immune system, increasing their happiness and state of calmness as well as reducing stress. Some corporations, as well as schools are offering meditation to their students and employees for stress reduction and better focus and concentration. Scientists are now saying they have proof that meditation can actually rewire your brain.

Meditation as an excellent tool for relaxation and healing. We sleep because our bodies need to rest, cleanse and rebuild itself. A twenty minute meditation is worth 4 hours of sleep. In a meditative state the body is able to heal and rebuild itself. During meditation positive affirmations can be used to rewire your subconscious mind and achieve whatever it is that you want to achieve. It is an effective tool to use before a big meeting, presentation, conversation. All you have to do is visualize yourself being very effective and others receiving your message in the correct manner in which you wish them to and it will happen. Because whatever you can visualize or imagine, and believe, you can achieve.