

Hawaii Wellness Institute and Resolve of Hawaii Present **Mind/Body Women's Infertility Retreat**

Saturday, October 2, 2004

St. Anthony's Retreat Center in Kalihi Valley



8:30 a.m. Registration

9:00 a.m. Healing the Heart and Nourishing the Soul with Dr. Sunny Massad

While stress can be a factor in some infertility cases, and women are told to stay "mellow," women who struggle with infertility suffer high amounts of stress as the effects of infertility are experienced physically, mentally, spiritually, emotionally, and financially. Fears about the future percolate, personal dreams and values are re-evaluated, relationships are taxed, and because time is usually a factor, stress is ever present. This workshop will provide practical skills for calming an anxious mind, for turning fear into power, and for self-reflection so that you can begin to align your lifestyle with your highest values regardless of your present circumstances.

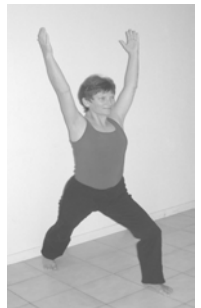
Sunny Massad, who has a Ph.D. in psychology, specializes in stress related conflict. She is widely known for the warmth, enthusiasm and humor that she brings to her work. Sunny investigates inner attitudes that promote self-destructiveness, isolation, and self-sabotage and offers an opportunity to be free of the painful patterns that result from feeling like "there's something wrong with me."



10:30 a.m. The Mind/Body Tune Up: Gentle Yoga and Relaxation for Self-Renewal with Charlotte Neussle

Through yoga we'll bring attention to the vital energy in the reproductive area. We'll explore the chakra model as a tool for engaging physically, mentally, emotionally, and energetically with the center of creativity within. Through gentle asana, breathing practices, intention and use of sound, we'll draw from ancient wisdom in a relevant way for us as women today, seeking greater balance in all aspects of life.

Charlotte Neussle is a professional Yoga teacher with over twenty years of experience. She has extensive training in both Kripalu and Viniyoga approaches and is a member of the Cancer Education and Wellness Retreat Faculty on Oahu.



12:45 p.m. Natural Medicine for Infertility: Traditional Chinese and Naturopathic Treatment with Dr. Laurie Steelsmith

In this presentation you will discover an alternative approach to assessing and treating infertility. You will learn how to nurture your body through lifestyle, diet, nutritional supplements, acupuncture, and herbal medicines. You will find that there is a lot you can do with natural medicine to create optimal health so that you can not only conceive but maintain a healthy pregnancy.

Laurie Steelsmith, N.D., is a Naturopathic Physician and Licensed Acupuncturist who has had a busy family practice in Honolulu since 1993. She received her training at Bastyr University, America's leading Naturopathic medical school, where she earned a B.S. in Natural Health Sciences and a Doctorate in Naturopathic Medicine, as well as a M.S. in Acupuncture.



Resolve Members discounted rate: \$60 per person & \$40 for an additional person
Regular Registration: \$75 per person & \$50 for an additional person
Fees after September 18, 2004: Resolve Member: \$70 & \$50 for an additional person
Regular Registration: \$85 & \$60 for an additional person

National Infertility Awareness Week

For more information call: 808-528-8559 or visit: www.resolveofhawaii.org

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REGISTRATION FORM

No refunds for Cancellations

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Name

Address

City/Zip

Email

Home Phone

Work Phone

Name

Address

City/Zip

Email

Home Phone

Work Phone

PAYMENT:
Visa/MC# _____ Exp: _____
Name Card: _____
Signature: _____

Total Amount Due: \$ _____
Check Made Payable to: Resolve of Hawaii
PO Box 29193
Hon. HI 96820

Print, fill out, and send with payment to Resolve of Hawaii

