

3:30-5:30 p.m. – Labyrinth: A Journey to the Heart with Nancy Rhodes retired RN, Labyrinth facilitator
Join in the labyrinth, an ancient tool for prayer and meditation/spiritual walk, located on the grounds of St Paul of the Cross Passionist Retreat and Conference Center.

6:00 p.m. – Dinner Buffet & Dessert

7:00 p.m. – Movement Meditation through Hula Hooping with Amanda Bloom – Fire Hooping and Mallory Mazur around the campfire
Edward R. Lakowski, M.D. from the Mayo Clinic writes: Weighted hula hoops can be a good addition to your exercise program, especially if you're able to hula hoop for at least 10 minutes at a time. In fact, any type of hula hooping, with a weighted hula hoop or a regular hula hoop, can help you meet your exercise goals and provide aerobic activity.

Sunday : May 21
Early prayer, walk, yoga, labyrinth

8:00 a.m. – Full Breakfast Buffet

9:30 – 11:30 a.m. – Sounds that Restore Well-Being with Merry Porter MSW, MDiv., LCMSW, ACSW
Use all of your senses to help balance the mind, body, and spirit. Experience the benefit of sound wellness during our morning workshop.

11:30 a.m. Closing – The Healing Promise of Qi with Mary Mazur RN, BSN, HNB-BC
It's a 10 step cultivation form of Qigong that is easy and powerfully renewing.

Be sure to complete the evaluations for nurses to obtain 10 CNE's

12:00 p.m. – Full Lunch Buffet (relax as desired-no special check out time)

Presented by:



"10 nursing contact hour will be provided for attendance at the entire program"
"St. John Providence is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)(OH-287,711/2018)"

Registration Spring Into Wellness

Use Paypal at unitedholisticassociation.com ([retreat tab](#)) or fill in below and mail to Renee (see bottom)

Name _____

Address _____

City/State/Zip _____

Phone _____

E-Mail _____

Please check the appropriate box(es) below:

Register before May 1st for a discount:

UHA Members Full Retreat----\$280.00

Non-Members Full Retreat-----\$340.00

Registration after May 1st:

UHA Members Full Retreat----\$330.00

Non-Members Full Retreat-----\$390.00

Register Vendor Table -----\$30.00

Discount for shorter stay – contact us at

bkap@aol.com

Register for specialty meals - no fee

Total enclosed= _____

Full weekend fee includes: all presentations, 5 meals, 2 nights lodging in a private room with private bathroom with linens, towels and soap provided.

Provide payment as quickly as possible. Space is limited and this event is expected to be sold out. Registrations canceled, unfortunately, will not be refunded.

Make check payable to Michigan Holistic Nurses Association. Send completed form with payment to:
Renee IZARD
212 McGaugh Ct
Gregory, MI 48317
libkap@aol.com

Visit:

unitedholisticassociation.com

Presented by: United Holistic Association and St John Providence



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ANNUAL CONFERENCE/RETREAT



May 19-21, 2017

Location:

St Paul of The Cross, Passionist Retreat and Conference Center

23333 Schoolcraft

Detroit, Michigan 48223-2405

Directions: (313) 535-9563

<https://www.stpaulretreat.org/>



Open to see program details inside

About The Program

Our purpose is to unite in spirit, healing truths and modalities To provide an opportunity for people to heal, grow, and look within. We will rest, center, and earn Continuing Education hours.

About Our Speakers

Cheryl Geraty

Owner of Cultured Lifestyles has worked in the health & wellness field for over 35 years. When she was diagnosed with cancer, she started researching nutrition and holistic ways to heal. She specializes in teaching the benefits of cultured foods and the importance of the microbiome in our bodies. She loves to teach others what she has learned and to encourage others on their journey to better health. She has raised 2 amazing sons and loves to spend as much time outdoors as possible.

Merry Porter MSW, MDiv, LCMSW, ACSW Clinical Social Worker/Therapist

A highly experienced therapist who comes from a holistic perspective. She says, "It is my intention that people I work with experience a sense of being understood and cared for. I am an ordained minister, a Kabbalist, and I have studied and trained in psychological, energy and spiritual healing methods and blends of same, for a long time, which include Holographic Memory Resolution (HMR) to deal with overwhelms and traumas from the present and past, EMDR (in process), Flowing Hands, Frequency Vibrational Shiatsu (FVS) that uses tuning forks, and D.O.V.E., a Kabbalistic psycho-spiritual and energy healing modality. I love to see people turn painful experiences into increased strength, or transform anxiousness into confidence."

Pam Sadler RN, BSN, CN, D.Hom, PBP

Along with her pharmacist husband have been learning about nutrition, herbs, homeopathy, and energy medicine for over 20 years. It has made a huge difference in their lives and in her private practice teaching people how to rebuild their health. She's been blessed with loving whatever she has done from obstetrical nursing to ICU/CCU, home health, teaching, and organic farming. She has a Diploma in Homeopathy, became a Certified Clinical Nutritionist and an Associate Instructor for Bowen Therapy.

Karla S Anderson RN, BSN, LDHS, LMT, CCT, CNC

Joins us with her registered nursing background which includes psychiatric nursing, hospice/palliative nursing, homecare nursing and holistic nursing/education. She carries other numerous certifications including licensed massage therapist, certified colon hydro-therapist,

digestive health specialist, nutritionist and more. Karla is currently finishing her master's program in family practice. Karla has 9 living children and a son who passed away at age 17. Her heart is with children and families and helping them to heal emotionally, nutritionally and mechanically. She believes "God is good all the time!"

Mary Mazur RN, BSN, HNB-BC – Tai Chi Easy Practice Leader

Mary is owner of Ignite and Heal Your Life LLC, Board Certified Holistic Nurse, PSYCH-K facilitator, Tai Chi Easy Practice Leader. Her holistic nursing background provides a solid foundation in re-igniting wellness within a person utilizing a mind-body-spirit approach. She graduated from Wayne State University in 1992 with a bachelor's degree in nursing.

Nancy Rhodes R.N., Certified Labyrinth Facilitator

Graduated from Grant Hospital School in 1973. After spending most of her Nursing career as an Operating Room Nurse at the University of Michigan, she retired in June, 2013. She was introduced to the Labyrinth as a walking meditation practice that helped her to deal with the stress of her job and just life in general. She was hooked from that first walk.

In 2011 she enrolled in the Veriditas Facilitator Training and became certified within six months. Nancy has led numerous walks for individuals and groups. She has participated in the World Wide Labyrinth Day Event for the past three years. Walking the Labyrinth is a journey from your head to your heart.

Amanda Bloom LMT

And an experienced hula hooper of 2 years. She is now incorporating fire hooping with the Detroit Fire Community.

Mallory Mazur

Is a pre-nursing student and has been passionately hula hooping for 2 years.

Program Schedule

Friday evening: May 19

6:00 ~ 7:30 p.m. – Registration. Kombucha Tea & Snacks. Self-guided tour of beautiful grounds and Vendors such as Beemer Mat and nutritional testing.

7:30 – 8:00 p.m. - Welcome and Introductions

8:00 – 9:00 p.m. – Benefits of Making Your Own Kombucha with Cheryl Geraty

Come learn how to make your own Kombucha. You will learn the benefits of this power drink and be able to go home with recipes and your own Scoby.

9:00 – 9:30 p.m. – Rejuvenation Meditation with Merry Porter LMSW

Leave the cares of the world behind as we become present in the moment of our weekend. We will prepare our body and mind to be ready to rejuvenate over the next 2 days.

Saturday morning: May 20

Early morning is your own. Prayer, walk the grounds, and/or the labyrinth for those that wish to rise early. <https://www.stpaulretreat.org/prayer-labyrinth/>

8:00 a.m. – Full Breakfast Buffet

9:00 – 10:00 a.m. – Removing Blocks to Wellness with Pam Sadler RN, BSN

Discusses removing blocks to healing as well as utilizing nutrients through energetic techniques rarely known, homeopathy, and more. Using real life illustrations prepare to be amazed what tools we all have at our fingertips.

10:30 – 12:00 p.m. – Wellness Through Nutrition with Karla S Anderson RN BSN LDHS CCT LMT CNC

Learn about holistic nutrition along with the role of pH and Enzymes. Nutritional testing is also available with one of the vendors providing the kits.

12:00-1:30 p.m. – Full Lunch Buffet followed by vendor and relaxation time

1:30-3:00 p.m. – Tai Chi Made Easy with Mary Mazur RN, BSN, HNB-BC, Tai Chi Made Easy Practice Leader

Learn the self-healing secrets of Tai Chi & Qigong by cultivating personal daily, & simple practices to regain self-care and create a vibrant well-being state over time. Activate your self-healing mechanisms within through posture alignment, breathe, gentle movement, & quieting your mind.

3:00-3:30 p.m. – Break and Vendor Time