



Catalyzing Change

United in Spirit - United in healing truths - Uniting Modalities



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May 19-21, 2017

Location: St Paul of The Cross, Passionist Retreat and Conference Center

- [Address: 23333 Schoolcraft Detroit, MI 48223-2405](https://www.stpaulretreat.org/)
- [Phone: \(313\) 535-9563](tel:(313)535-9563)
- <https://www.stpaulretreat.org/>

Provided with St John Providence

"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-287,7/1/2018)"

Friday:

6 PM to 7:30 Registration

Kombucha Tea & Snacks, self guided tour of beautiful grounds and Vendors such as Beemer Mat and nutritional testing!

7:30 to 8:00 PM **Welcome & Introductions**

8:00 PM **Benefits of Making Your Own Kombucha-** Cheryl Geraty from Cultured Lifestyles

Do you want to serve your family a healthy drink this summer? 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.

Kombucha is a bubbly brew bursting with nutritional benefits, including active enzymes, live probiotics, B vitamins & antioxidants. It also increases energy and boosts the immune system, strengthens the walls of the gut and helps keep joints healthy. Kombucha is high in Glucaric acid which helps the liver do it's job of detoxifying. What other drink can you serve your family that will help all that ?

9:00 to 9:30 Prepare for the weekend with **Rejuvenation Meditation** by Merry Porter LMSW

Leave the cares of your 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. Merry has a wealth of



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experience with meditation and healing of our minds and spirit. This will be a great way to prepare for a restful, rejuvenating weekend.

Saturday:

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 AM [Full Breakfast Buffet](#)

9 to 10:00 AM **Removing Blocks to Wellness**, Pam Sadler RN, BSN

In this lecture and hands on presentation Pam will discuss removing blocks to healing as well as utilizing nutrients. This course includes energetic healing techniques rarely known, homeopathy and more ways to encourage the body to take in and use nutrients.

10:30 to 12:00 **Wellness Through Nutrition**. Karla S Anderson RN BSN LDHS CCT LMT CNC

Karla will be describing holistic nutrition along with the role of pH and Enzymes as well as nutritional testing that is available. (One of our vendors will have test kits available.)

12 to 1:30 [Full Lunch Buffet](#) then vendor and relaxation time

1:30 to 3:00 **Tai Chi Made Easy**- Mary Mazur RN, BSN, HNB-BC, Tai Chi Made Easy Practice Leader

Learn the self-healing secrets of what the Chinese have known for thousands of years. Begin to cultivate personal, daily, & simple practices of Tai Chi & Qigong to regain your self-care and create a vibrant, well-being state over time. Learn posture alignment, breathe, gentle movement, & quieting of your mind to activate your self-healing mechanisms within.

3:00 3:30 Break and vendor time

3:30 to 5:30 **Labyrinth: A Journey to the Heart**. Nancy Rhodes retired RN, Labyrinth facilitator

A labyrinth is an ancient tool for prayer and meditation/spiritual walk. **There are labyrinths all over the world** and they are utilized in many different cultures. Many Catholic retreat centers have a labyrinth on their grounds as St Paul of the Cross Passionist Retreat and Conference Center does.

6 PM [Dinner Buffet](#) & [Dessert](#)

7 PM **Movement Meditation through Hula Hooping** - Amanda Bloom- Fire Hooping and Mallory Mazur around campfire

[Edward R. Laskowski, M.D.](#) from [MayoClinic](#) 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.



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Sunday:

Early prayer, walk, yoga, labyrinth

8AM [Full Breakfast Buffet](#), free time.

9:30 to 11:30 AM: **Sounds that Restore Well-Being-** Merry Porter MSW, MDiv., LCMSW, ACSW

Merry uses all your senses to help balance mind, body and spirit. She is a Holistic Clinical Social Worker with many tools in her tool belt. An ordained minister, a Kabbalist, and she has 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. Experience the benefit of sound wellness during our morning experience.

11:30 AM Closing: **The Healing Promise of Qi:** Mary Mazur RN, BSN, HNB-BC

It's a 10 step cultivation form of Qigong (TaiChi is a form of Qigong). It's easy and powerfully renewing .

Evaluations for nurses to obtain 10 CNE's

Noon [Full Lunch Buffet](#) (relax as desired-no special check out time)

Speaker Biographies

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 LMSW, Clinical Social Worker/Therapist is 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 especially enjoy my work when clients find inner resources to understand and resolve their difficulties. Clients are greatly relieved, sometimes amazed, when for the first time, through the application of Mindfulness CBT, they are able to manage their busy, distracted minds, seemingly overwhelming emotions, or the constant distraction of chronic pain.



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I love to see people turn painful experiences into increased strength, or transform anxiousness into confidence. As individuals and couples discover their capacity to successfully manage their life challenges, they feel empowered to love well in the world."

Pam Sadler RN, BSN, CN, D.Hom, PBP and her pharmacist husband have been learning about nutrition, herbs, homeopathy, and energy medicine for over 20 years. It has made a huge difference in our lives and in my 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. She has been the President of UHA/MHNA for 8 years.

Karla Anderson's Registered nursing background 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 in 2016. Board Certified Holistic Nurse since 2014. She became a basic PSYCH-K facilitator in 2010. 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 experience 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 hooping for 2 years.