

L.E.A.P. Schedule 2010

LIFE Enhancement Advance Program is for patients who have attended the LIFE Program

PRE-REGISTRATION REQUIRED

Please call us to register for **one** session of BODY, MIND, PASSION and SPIRIT

Phone lines are open Monday - Friday 9am - 4:30pm Tel: 604 734 7125 Ext. 221

MIND	BODY	SPIRIT	PASSION
06-Jan 9:30am - 11:30am	13-Jan 9:30am - 11:30am	20-Jan 9:30am - 11:30am	27-Jan 9:30am - 11:30am
10-Mar 9:30am - 11:30am	12-Mar 9:30am - 11:30am	17-Mar 9:30am - 11:30am	26-Mar 9:30am - 11:30am
07-Apr 9:30am - 11:30am	07-May 9:30am - 11:30am	21-Apr 10:00am - 12:00pm	21-May 9:30am - 11:30am
03-Jun 9:30am - 11:30am	04-Jun 9:30am - 11:30am		18-Jun 9:30am - 11:30am
11-Aug 9:30am - 11:30am	13-Aug 9:30am - 11:30am	25-Aug 9:30am - 11:30am	27-Aug 9:30am - 11:30am
06-Oct 9:30am - 11:30am	08-Oct 9:30am - 11:30am	21-Oct 9:30am - 11:30am	22-Oct 9:30am - 11:30am
01-Dec 9:30am - 11:30am	03-Dec 9:30am - 11:30am	15-Dec 9:30am - 11:30am	17-Dec 9:30am - 11:30am

Note: Some future dates may be cancelled due to availability of facilitators

“Take the LEAP” (Life Enhancing Advanced Program)

This series of two-hour workshops facilitated by InspireHealth medical doctors is offered free of charge to patients who have completed the LIFE Program. It expands and deepens patients’ understanding of the tools and concepts learned in the LIFE Program.

Participating in these group sessions fortifies and inspires greater willingness to commit to new levels of self-care and self-awareness. Leave these sessions refreshed, connected, and inspired: Mind, Body, Passion and Spirit!

Mind

Learn how to use your mind to promote health. Participants will explore barriers such as external and internal stressors and become aware of thoughts, beliefs and attitudes that restrict our ability to care for ourselves. Fears will be explored and participants will learn about the mind-body connection based on Chinese medicine theory and be introduced to Emotional Freedom Technique (tapping of acupuncture points) to resolve fears and other distressing emotions. The workshop ends with practicing relaxation techniques such as progressive muscle relaxation and additional tools to reduce anxiety, promote sleep and support healing.

Body

Come home to your body. Deepen your relationship with your body and let go of excess stress by practicing listening to, and acting upon, the body’s messages. Learn the art of deep, relaxed breathing and take home a breathing practice that settles the mind and body. Share your exercise and sleeping routine inspirations and challenges. Leave with a renewed sense of connection with your body and motivation to care for your body in new and more significant ways.

Passion

Passion is in all of us. We may experience being disconnected from our passion but it is always awake and alive within us. In a dynamic group setting, we explore passion: what it is (and what it isn’t), how to connect with this ‘spark’ inside all of us and how to express ourselves more fully and authentically. Discover how connecting with our passion expands our horizons and helps us to feel more awake and alive!

Spirit

Modern medicine has disconnected spirit from the physical body in its treatment approaches that are based on technological advances. Learn how the ancient medical systems of Ayurveda and Chinese medicine integrate spirit (the non-physical aspect of a human being) with the physical body in treatment approaches that treat both body and spirit. Participants will come to a deeper understanding of how spiritual connection supports health. Activities that strengthen and nurture our connection to spirit will be discussed and barriers to expression of spirit will be explored. We will practice a visualization technique that will help us tap into our own inner wisdom.