

URBAN ZEN

SPRING SELF-CARE RETREAT FOR NURSES AND OTHER HEALTHCARE PRACTITIONERS



FRIDAY, APRIL 16, 2010 - SUNDAY, APRIL 18, 2010
10AM - 3PM

URBAN ZEN CENTER
711 GREENWICH ST (AT CHARLES ST)
NEW YORK CITY

We are presenting a three day weekend experiential and educational retreat that will focus on healing touch, nutritional and environmental wellness, and the use of imagery and spirituality practices in healing. All presentations will be offered by these expert leaders in the practice and teaching of these integrative self-care modalities.

Polly Ricciuti, RN of Nurses Touch Therapy, Inc.
Robert M. Duggan, M.A., M.Ac. (UK), and Susan Duggan, B.S., M.Ac., L.Ac., of the Tai Sophia Institute
Susan Luck, RN, BS, MA, HNC, CCN of the Earthrose Institute and Integrative Nursing Institute
Judy Lane, RN, MS, NP of the Preventive Medical Center of Marin, in San Rafael, Ca
Bonney Gulino Schaub, R.N., M.S., and Richard Schaub, Ph.D. of the Huntington Meditation and Imagery Center

Co-sponsoring organizations include:
Tai Sophia Institute
Earthrose Institute
Huntington Meditation and Imagery Center

3-Day Retreat Pass: \$200
Individual Day Pass: \$75

TO REGISTER, PLEASE VISIT:
http://EVENTS/ITEM/288-NURSES_RETREAT

FOR MORE INFORMATION,
PLEASE EMAIL RSVP@URBANZEN.ORG OR CALL 212.414.8520

DAY 1 - HEALING TOUCH

Friday, April 16th

Speakers:

Polly Ricciuti, RN
Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCAOM)
Susan Duggan, B.S., M.Ac., L.Ac., Dipl. Ac. (NCCAOM)

Your every touch and every word actually changes the chemistry of your patients. Your every touch and every word are a medical treatment. You are a powerful healing presence. This workshop is designed to maximize you as the healer you are.

You will learn ways of speaking that motivate your patients and fulfill their deep longings. You will learn five distinct ways of touch each of which imparts a distinct natural healing message. You already know this in a general way and this workshop will enable you to be more precise and targeted with every word and touch. You will learn hand and neck massage techniques that can take a moment or 30 minutes.

You will learn from an experienced nurse. Hear Polly's personal story of how she has lived into her dream of being a healing presence in her hospital and built a business around it-providing training to her fellow nurses and healing to her patients. And at the same time delivering enhanced patient satisfaction reports for the hospital administration. She has built this into an emerging business. Hear how she did this and how she gets paid for sharing this with other nurses and patients.

Continuing Education Units information below.

www.tai.edu

DAY 2 - ECO NUTRITION: ENVIRONMENTAL AND NUTRITIONAL INFLUENCES ON WOMEN'S HEALTH FOR NURSES AND OTHER HEALTHCARE PRACTITIONERS

Saturday, April 17

Speakers:

Susan Luck, RN, BS, MA, HNC, CCN

Bonney Gulino Schaub, R.N., M.S.

Judy Lane RN, MS, NP

The Earthrose Institute presents a program on the environmental and nutritional influences on women's health throughout the lifecycle.

We will assess our nutrition and environmental exposures, and learn how to protect and fortify ourselves by implementing effective proven nutritional strategies for achieving hormonal balance, cellular energy, and healthy aging. We will explore the emerging science of epigenetics and nutrigenomics, and the principles of detoxification for staying healthy in a toxic world.

This program is for all practitioners interested in learn innovative protocols and strategies for self-care and to integrate into professional practice.

Continuing Education Units information below.

www.earthrose.org

DAY 3 - IMAGERY, HEALING AND SPIRITUALITY FOR NURSES AND OTHER HEALTHCARE PRACTITIONERS

Sunday, April 18

Speakers:

Bonney Gulino Schaub, R.N., M.S.

Richard Schaub, Ph.D.

The power of the imagination, recognized for centuries in the arts, is now having a renaissance in the healing fields of medicine, nursing, psychotherapy, and bodywork.

Come experience for yourself how your imagination can be utilized to enrich your mind, body, emotions and spirit. Led by master imagery teachers and practitioners, Bonney Gulino Schaub, R.N., M.S., and Richard Schaub, Ph.D., you will learn both the basic principles of imagery and directly explore the new awareness and new feeling that waits for you in the vast resource of your imagination.

Continuing Education Units information below.

www.huntingtonmeditation.com/

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CEU'S INFORMATION

Regarding Friday ONLY

FOR SOCIAL WORKERS:

Tai Sophia is an Authorized Sponsor through the Maryland Board of Social Work Examiners to provide Category One Continuing Education.

FOR DIETITIANS:

Tai Sophia coursework is accepted by the Commission on Dietetic Registration for Continuing Professional Education Units.

For Acupuncturists:

Tai Sophia has been recognized by the Maryland Acupuncture Board to provide Continuing Education Units for licensed acupuncturists.

FOR GENERAL USE:

We Provide a Record of Attendance / Participation. Please find enclosed a letter certifying attendance for (name) (date) (name of program). This program is sponsored by Tai Sophia Institute and taught by (name). Instructional time for this course totals (hours). The remainder of the letter is customized for each program.

Regarding Saturday and Sunday ONLY

Huntington Meditation and Imagery Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and a co-sponsor of this event/program. Huntington Meditation and Imagery Center may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event.

The Urban Zen Center is a new community center paradigm, focused on the advancement of well-being, empowerment of children and preservation of culture. Please check our website for event updates.

WWW.URBANZEN.ORG



EARTHROSE
INSTITUTE