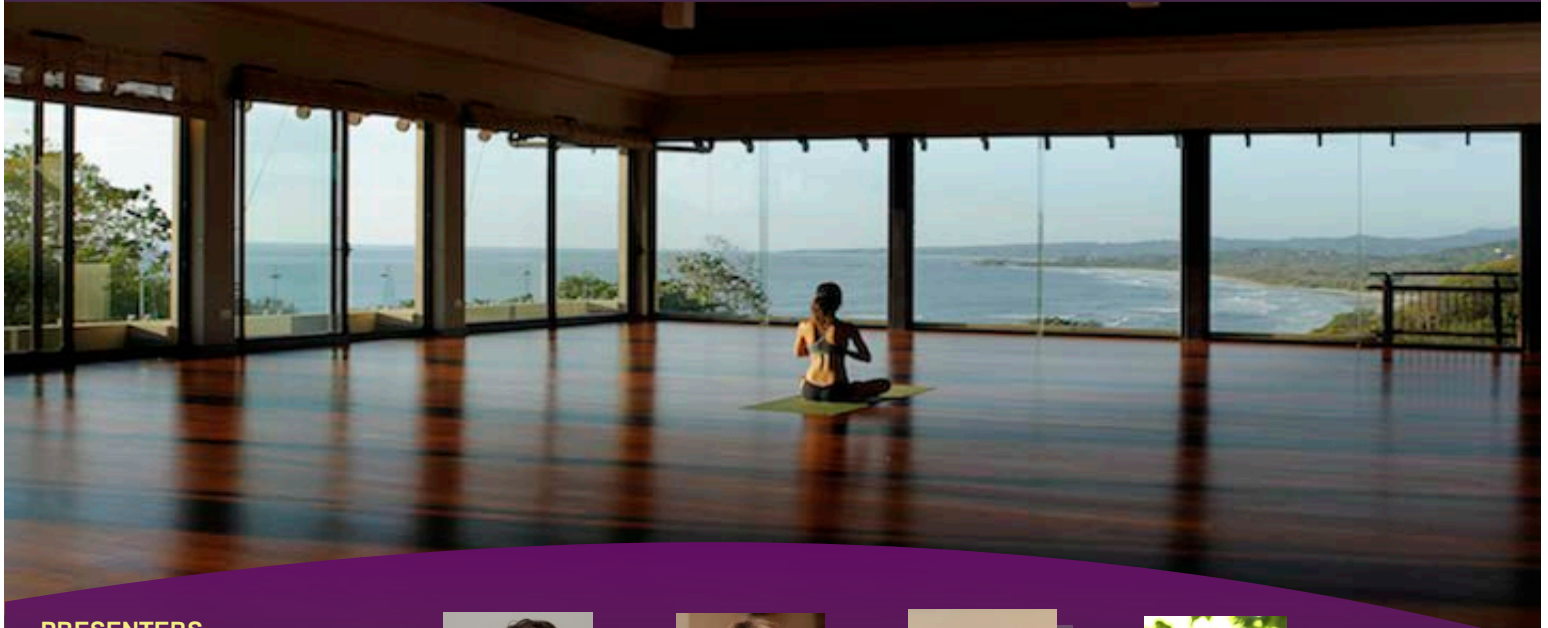


FIND YOUR ZEN: A Renewal and Learning Adventure in Costa Rica March 5-12, 2016



PRESENTERS

From Left to Right:

Veda Andrus, EdD, MSN, RN, HN-BC
Marie Shanahan, MA, BSN, RN, HN-BC
Yoly Harmuth, RN, BSN, CCAP
Linda Bark, PhD, RN, MCC, NC-BC



POWERFUL WORKSHOPS DESIGNED FOR HEALTHCARE PROFESSIONALS:

- Longevity based nutrition for body mind and soul
- Accessing your purpose and power: The Mindful Nurse
- Managing Stress: establishing a self-care practice for inner peace and healing.
- Coaching basics to help you identify your health and wellbeing vision. Take home holistic/integral exercises to use with clients and self.

CONTINUING EDUCATION:

15.6 CNE hours of live workshops with option of 6 self-paced hours.*

* Provider approved by the California Board of Registered Nursing, Provider Number 14276..

Spend 7 transformative days in Paradise nurturing Self, while learning valuable tools for Health and Wellbeing



This event will be hosted at [BLUE SPIRIT RETREAT](#) in Costa Rica, a haven perched on a hilltop that overlooks the Pacific Ocean and a three-mile long white sand beach. Enjoy gourmet, vegetarian cuisine, holistic spa with longevity services, salt-water infinity pool, and graceful, comfortable accommodations. Learn more at www.bluespiritcostarica.com

**HURRY! REGISTER BY JUNE 26
FOR EARLY BIRD RATE:**

[CLICK TO LEARN
MORE & REGISTER](#)

(413) 586-5551

**RENEW
REVIVE
CONNECT**

In this unique retreat setting, there will be extra focused time for:

- Self-care & Nurturing
- Embracing Nature
- Reflection & Dreaming
- Yoga/Qigong
- Massage & Bodywork
- Off-site Excursions

