

ADVENTURE SERIES FOR
HOLISTIC HEALTH PRACTITIONERS

HORSE POWER: CARRYING RESPONSIBILITY WITH BALANCE

Did you do for yourself as you did for your clients today? Do you have the resiliency to over come the obstacles that are in your way?

Professional Dynamics, LLC owner, Bette Jo Arnett, homeopath, educator and author of *Whole-istic Dentistry: Balancing Convention with Ancient Wisdom* has designed this course to assist the holistic practitioner to utilize self care tools in a creative way to enhance their business and promote self care by preventing burnout and maintaining resiliency for the art they practice.

Speakers help you recognize barriers to realizing the business you want and give you creative tools and a process to help your business stand out in the mainstream of holistic and conventional practitioners.

MAY 17, 2013...COMMUNICATION AND LEADERSHIP

8:30-9:30 The Essence of You...

Do you have the business you want??

By looking at your social style, quadra-plicity and emotional intelligence you will discover how you navigate the world. Discover what is natural for you when interacting with clients, family and colleagues and what will help you achieve balance in these relationships to attract the business you desire.

Bette Jo Arnett

9:45-11:15 Communication Workshop...

Do you make yourself perfectly clear?

We mean to turn a spouse, colleague or audience on but somehow we turn them off. We mean one thing and they hear something altogether different. Communication abuse also known as "foot-in-mouth disease" has subtle symptoms. In this fun and useful workshop we explore some of the causes and suggest some modest prescriptions.

Professor Fred Amram

11:20-11:40 Holistic Financial Planning - Plan for life

Sandra Brick, Strategic Alliance Builder

11:40- 12:00 Blue Green Organics

Laurie Fossen

Lunch Provided

1:00-1:45 How to be Human...Live like a Horse

Mankind and the horse have been best friends forever. Discover how to experience rebirth by exploring the culture and community of the horse and the medicine they have to offer us in our businesses and our personal lives.

Movie clip by Jackie Stevenson

2:00-4:00 Mandan Dreams: Leadership Thoughts...

Where are you going and who is your leader?

Mandan Turtle priest shares his role in keeping the oral history and traditions of the Mandan people. He relates how to find your purpose and what and who to listen to while you are walking the good Red Road. The author of *Mandan Dreams* tells of his struggle to overcome obstacles on his spiritual journey and how he came to terms with his birthright as a Mandan waxikena.

Cedric Red Feather

MAY 18, 2013... SELFCARE FOR THE HOLISTIC PRACTITIONER

8:30-9:00 Meditation...Srikari, Ishaya meditation teacher, facilitates accessing the stillness

9:00-9:30 Heart Math...Mary Persons, licensed instructor, assists clients with scientifically validated tools to renew energy, reduce stress and increase well being

9:30-10:00 Thermal Imagery... Cheryl Miller CT, discusses the benefits of this non-invasive infrared imaging as an adjunct to mammography

10:15-10:45 Integrated Medicine: No longer the Cart Before the Horse!...Kim Lane MD shares how an integrated medical practice works. Kim is a classical homeopath as well as a physician

10:45-11:15 Life Coach and Shaman...Rachel Wetzsteon PhD helps clients with natural solutions to create a healthy body by using intuitive means as a certified Life Force Coach

11:15-11:45 Energy medicine diagnosis...Bette Jo Arnett, homeopath and dental hygienist discusses the use of muscle testing, electro dermal screening and the indicators used in Chinese medicine for diagnosis and how they can be used to compliment conventional and holistic health care.

11:45-12:00 Our Spiritual Center...Rev Nancy Herrick shares Earnest Holmes philosophy and the services available to the holistic minded at OSC.

Lunch Provided

1:00-1:45 Egoscue...Jeff Tow-Arnett, professional athlete, demonstrates Peter Egoscue's method of spinal alignment and the benefits as an adjunct to all other holistic practices.

1:45-2:30 Wallace Method... Catherine Mora Cleary, practitioner, demonstrates this gentle rotational technique to release tension in the muscles, ligaments and tendons that pull the bones out of alignment

2:30-3:15 Neuro-developmental Movements...Mary Gazca, Ms in Holistic Health demonstrates Neuro-developmental movement which helps relax the nervous system at its core and is a benefit to all age groups.

3:15-3:45 Meditative Movements- Affirm your self, Move your body, Change your life...Ellie Peterson leads us through meditative movements, an exercise program showing how the synergy of combining affirmations with movement is life giving and life changing.

3:45-4:00 Meditation... Horse medicine: Teaching us how to ride into new directions to awaken and discover our own freedom and power. (Animal Speak)

REGISTRATION for Horse Power

DUE DATE	April 24, 2013	After April 24, 2013
Regular	\$ 125	\$150
Seniors 65 +	\$ 60	\$ 75
Students	\$ 60	\$ 75

**LOCATION: The Banks Building
615 First Ave NE
Minneapolis, Mn, 55413**

CONTACT: Bette Jo Arnett (bjohome7@hotmail.com or call 612-599-6288)

CONTINUING EDUCATION CERTIFICATE AVAILABLE (12 CREDITS)

