



## **SAMPLE PROGRAM SCHEDULE**

(subject to change)

### MORNING SESSION

#### **WAKING UP**

Introductions & Checking In

#### **OPENING THE BODY**

A sampling of stress reduction experiences that you can practice at work or at home.

#### **QUIETING THE MIND**

Discussion & experience of different meditation techniques and why it's so important to practice.

#### **DEEP LISTENING**

Communication skills that go Beyond Words

### AFTERNOON SESSION

#### **LUNCH TIME LECTURE :**

More Feng Shui for Realtors. Weather permitting we will go for a walk together and learn how to see the landscape with new eyes. You'll receive your personal local space map if birth information is provided.

#### **TIMESCAPING®**

Time Management from the ancient masters. Lecture and discussion. Provide birth information at registration for a more individualized understanding.

#### **INTEGRATION EXPERIENCE.**

Moving back to the body to learn more rejuvenation techniques.

Personal time for journaling. Live music provided.

#### **CLOSING MEDITATION**

### ABOUT THE PROGRAM

*Using lecture, discussion, extra-gentle hatha yoga (suitable for every body), music, movement, art, guided imagery, self-reflection and various interpersonal exercises participants will have many opportunities to have a deep, personal experience of relaxation and inspiration. Boundaries, clearly stated at the beginning will help establish trust and provide safety. **Dress in clothes you can move in, prepare to take your shoes off, eat very lightly, bring water , a journal, and an open mind!***

### ABOUT THE FACILITATOR



A twenty-year veteran of the real estate industry, Ida Cullen knows first-hand the demands of being a realtor. Her 20-year career in real estate includes sales, office management, training , development, and administration. Along with her extensive real estate knowledge & experience, Ida is certified in a number of holistic modalities, including Yoga, Yoga therapy, Feng Shui and Neurolinguistic Programming (NLP). Since 1999 she has worked fulltime as a teacher, consultant, facilitator and coach delivering wellness programs to different audiences nation-wide including: Lucent Tech., St. Barnabas Hospitals, Brookdale College, YMCA, North Carolina Bd. Of Realtors and the Kripalu Center for Yoga & Health. Complete resume and references available upon request.