

HEALTH AND PERSONAL GROWTH

ELIMINATING YOUR FEARS & PHOBIAS WITH EFT (Emotional Freedom Techniques) *NEW*

Why live with your fears and phobias when you don't have to? Why not live your life the way it was meant to be? Fears and phobias can totally disrupt your daily life and create all kinds of stress, including anxiety and panic attacks. It doesn't matter what fear or phobia you have, how severe you think it is, or what you may have done in the past to get over it, this can work for you. This technique is totally different from anything you've tried before and the bottom-line is, it gets results. You will learn a simple and powerful energy technique called EFT. You can get complete and permanent relief in a very short time and be free from it once and for all. By the end of this class, you will have learned detailed information on how to use the EFT process on yourself. You can go back home after class knowing that very soon you can be free from it, forever. As an added benefit, I am offering you a free one-on-one session should you need extra help in eliminating your fear or phobia.

Building: HS West Room 8
Instructor: Clay LaPorte, EFT Advanced Practitioner
Date: Wednesday October 7
Time: 7:00-9:00pm
Length: 1 night
Fee: \$12

INTRO TO BIOFEEDBACK & AWARENESS TRAINING FOR WEIGHTLOSS *NEW*

Often people suffer with health and emotional issues for years longer than they should, because they do not possess a fundamental knowledge of how the mind and body work. When You learn how to master your physiology (heart rate, blood pressure, muscle tension, pain threshold etc.) you simultaneously learn how to master yourself. Your body automatically becomes a feedback instrument that enables you to make healthier choices with ease. This course will give you a hands on opportunity to experience biofeedback and how it can be extremely helpful with weight loss. It will also discuss how we can utilize the wonderful wisdom of eastern medicine to feel more physically satisfied, content, and "full" of life. Bethany Gonyea, MS is the former Director of Biofeedback of the Albany Facial Pain Center, bgonyea@nycap.rr.com

Building: HS West Room 8
Instructor: Bethany Gonyea, MS
Date: Wednesday October 14
Time: 6:00-8:00pm
Length: 1 night
Fee: \$12

INTRO TO BIOFEEDBACK & ENERGY MEDICINE FOR ILLNESS & DEPRESSION *NEW*

Scientists continue to show us how our emotions affect our health, then why is it that so many of us are chronically unhealthy? If our minds are so strong, why can't we just wish our colds away? It is because we need to learn the skill of how to interface our mind with our bodies. This course will demonstrate what this means on a very practical level through the use of a biofeedback instrument, and discuss how current western biofeedback technology can facilitate understanding of ancient eastern medical. This course will also discuss, how in the words of Alexander Lowen, MD, "there can not be a depressed mind without a depressed body." Bethany Gonyea, MS is the former Director of Biofeedback of the Albany Facial Pain Center, bgonyea@nycap.rr.com

Building: HS West Room 8
Instructor: Bethany Gonyea, MS
Date: Wednesday October 28
Time: 6:00-8:00pm
Length: 1 night
Fee: \$12

DEEPER UNDERSTANDING OF OURSELVES & OTHERS *NEW*

Many people assume that others see the world the same way they do or think others would if only they would listen. By examining our own and others differing motivations and problem-solving styles, we can increase the likelihood of cooperation among family members, colleagues and individuals. The Enneagram (pronounced ANT-a-gram) is a system that identifies nine distinct personality types, as it differentiates each type by distinctive inner motivations, attitudes and behaviors. Students will learn the basic theory of the Enneagram and practical applications for both personal growth and interpersonal relations.

Building: HS West Room 70
Instructor: Lisa Jordan, Life Coach & Owner of *The Right Fit Coaching*
Date: Wednesday October 28
Time: 7:00-9:00pm
Length: 1 night
Fee: \$12

NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS

Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis and Crohn's Disease are just a few of the digestive disorders that affect over 61 million Americans each year. This presentation will educate you on how the digestive system works and natural, non-drug approaches you can take to improve the health of the digestive system.

Building: HS West Room 12-14
Instructor: Antonio Marotta, D.C.
Date: Tuesday September 29
Time: 6:00-7:30pm
Length: 1 night
Fee: \$12

BALANCING HORMONES NATURALLY *NEW*

This presentation will educate attendees about some of the mysteries surrounding the symptoms women experience with PMS and menopause and introduce them to alternative methods for addressing symptoms. Over 80 million women in the United States currently suffer with PMS and menopause symptoms. A very large percentage are confused as to what solution is right for them. Many women are not being served properly by HRT or other treatments. Now, more and more middle-aged women are looking towards alternative healthcare as a solution.

Building: HS West Room 12-14
Instructor: Antonio Marotta, D.C.
Date: Tuesday October 13
Time: 6:00-7:30pm
Length: 1 night
Fee: \$12

5 SECRETS TO PERMANENT WEIGHT LOSS *NEW*

More than 60% of all Americans over the age of 20 are either overweight or obese. Over \$30 million a year is spent on products and services to rectify this problem. Yet, despite all of the fad diets, calorie counting and diet pills, nothing seems to work. This presentation will educate you on the key secrets to permanent weight loss, looking and feeling younger, as well as preventing and improving Type 2 Diabetes.

Building: HS West Room 12-14
Instructor: Antonio Marotta, D.C.
Date: Tuesday January 5
Time: 6:00-7:30pm
Length: 1 night
Fee: \$12

NEW SOLUTIONS TO FIBROMYALGIA *NEW*

People who suffer with Fibromyalgia are desperate for relief from the constant nagging symptoms and pain associated with it. Many are stuck with medications for depression, muscle relaxers, etc.

which offer little help, if any. This presentation will educate you on the true symptoms of Fibromyalgia, causes, and natural, safe and effective treatment options.

Building: HS West Room 12-14
Instructor: Antonio Marotta, D.C.
Date: Tuesday February 9
Time: 6:00-7:30pm
Length: 1 night
Fee: \$12

THE ART OF BECOMING AN EXCELLENT CONVERSATIONALIST

This course teaches conversational skills from A-Z that will become a winsome social asset and a magnetic business tool. Instruction includes: how to initiate and maintain conversations with friends or strangers; how to be interesting so that others will enjoy your company; how to improve your listening skills; how to contribute to conversations outside of your area of expertise and much, much more. Blossom Woodrow, with her culturally diverse and international background, teaches conversational skills to individuals from all walks of life: doctors, attorneys, engineers, educators, students and entire families. Whether you're out to breakfast with a client, lunch with the boss, dinner with a date, at a job interview or a party, one-on-one or in a group, you'll learn how to conversationally engage with anyone, on any level and at ease in any setting. This course is taught in a fun and relaxed atmosphere—you may come as a stranger but will leave as a friend—or with a friend!

Building: Acadia Room 901
Instructor: Blossom Woodrow
Date: Wednesdays begins September 23
Time: 7:00-9:00pm
Length: 3 weeks
Fee: \$35

INTRODUCTION TO REIKI

Do you want to decrease stress and tension and increase harmony and balance in your life? Would you like an opportunity to feel deep relaxation and overall wellbeing? Experience the subtle energy known as REIKI! Reiki is an ancient hands on healing art in which the practitioner channels the energy from the universe and directs it, through her hands by placing them on or above the recipient. The recipient takes in as much energy as needed to balance the mind, body and spirit. When enough energy is received and the body is in balance, the body can then begin to heal itself. In this introductory class you will learn the basic history and principles of Reiki and be able to experience the flow of this life force energy first hand through the guidance of Reiki Master/ Teacher, Lynn Gelman. Lynn has been practicing Reiki for over five years and received her Master/ Teacher status in 2004. Lynn is trained in Usui Reiki and has authentic Usui lineage. Her goal is to empower others with the knowledge needed to rediscover their innate healing ability on their personal path to wellness.

Building: HS West Room 12-14
Instructor: Lynn Gelman
Date: Wednesday September 30
Time: 6:30-8:30pm
Length: 1 night
Fee: \$12

MEDITATION-AN INTRODUCTION FOR YOUR MIND, BODY AND SOUL

Do you need to de-stress? Do you want to experience a renewal of energy and have an opportunity to make better choices and reconnect with your inner being? Learn to meditate! Meditation is a technology that benefits mind, body and soul and is the antidote to stress. During meditation our minds become quiet, allowing our bodies to gain the deep rest necessary to release stress and fatigue. In this introductory class, you will learn the basic principles of meditation and practice a silent meditation designed to bring you inward to silence and spirit. Lynn Gelman is a Reiki Master/Teacher who has been practicing Reiki for over 5 years and has

studied meditation with Deepak Chopra. She is certified to teach meditation through the Chopra Center for Wellbeing and has dedicated herself to sharing her knowledge of Reiki and Meditation with those who desire to live a healthy, peaceful and Spirit-filled life.

Building: HS West Room 12-14

Instructor: Lynn Gelman

Date: Wednesday October 21

Time: 6:30-8:30pm

Length: 1 night

Fee: \$12

**PROMOTE HEALTH and HEALING BY BALANCING YOUR BODY'S ENERGY SYSTEM-
(Yes ...You Can!)**

Energy is the vital life force that activates every function and drives every process in the human body. Learn about your energy system and why it is so important to your physical, emotional and spiritual health. The instructor also will teach you a powerful and practical acupressure tapping technique that you can use to help you feel better by boosting your energy level and releasing the energy disruptions blocking good physical and emotional health. He will also demonstrate how energy testing can be used to assess the compatibility of foods and substances with a person's body. Jack Treiber is a Personal Energy Advisor and Certified Energy Practitioner in practice as "Energy for Health & Healing,LLC" in downtown Saratoga Springs and Clifton Park.

Building: HS West Room 10

Instructor: Jack Treiber, Certified Energy Practitioner & Personal Energy Advisor

Date: Wednesday September 30

Time: 6:30-9:00pm

Length: 1 night

Fee: \$12