



## Program and Teaching Topics

### **Day Spa/Retreat Topics - Five to eight hours**

***The Body OR Women's Wellness Weekend*** - This Spa explores the integration of body, soul and spirit. We discover the world's and our own deep-rooted *Body Beliefs™* that affect our ability to live a life of health, freedom, and rest.

***Slow Me Down, Lord!*** - This Spa explores how the world's demands of pace and perfectionism, coupled with our need for control, can get in the way of our spiritual, physical, and relational health. We get help and encouragement to find rest in the love of God.

***Lavish Heart*** – This Spa explores how lavish God's heart of love is for us. The more we understand this and receive it, the more we can love others lavishly. We discover the deep desire in our own hearts for closeness with our spouses, families and friends and learn how getting to know our Creator's heart opens the door for authentic, generous, and fulfilling emotional, spiritual, and physical relationships.

***Living Peace*** – This topic explores the gift of peace that cannot be found in the world, but only through Jesus. We discover how to receive the gift and then what we must do to be able to stand firm in peace regardless of our past or present circumstances. And, finally, we are encouraged to be a bearer of peace to the world.

***Relationship Driven Leadership*** - Primarily targeted to men and women who see themselves as business professionals, whether they are currently in the marketplace or off for a season to care for their family. This workshop explores the critical connection between healthy relationships and successful leadership; then explores our real relationships with our clients, firm, community, family & friends, our self and our God. It also includes tips and shared wisdom on prioritizing relationships, personal sustainability and work-life balance, finding the 'right' work, and stewarding gifts of wealth and influence. This program is appropriate for a business or church setting.

## **Mini Spa Topics – 2-3 hour workshop format**

Portions of the Day Spa/Retreat Topics shown on page one can also be offered as Mini-Spa's.

### ***The Problem with the Fig Leaf: Toxic Effects of Covering Guilt & Shame***

The first fashion was a fig leaf, used by Eve to cover herself when she felt ashamed over a choice in her life. This session will look at finding forgiveness and freedom from guilt, shame, and protective behaviors.

***Keeping the Faith ...Through Tears and Trials*** Why would a loving God allow us to hurt physically or emotionally? Come to this session and develop a whole new perspective on how to approach painful situations in our lives.

***Deep Conditioning: Body and Soul*** We'll get physical as we learn to appreciate Our Creator's design of our body and become more aware of some great ways to keep it healthy.

***Sex in the City OR Staying in Love: Creating Intimacy in Marriage*** The former for singles; latter for anyone. Did you know Our Creator designed sex and marriage?

Join us as we share God's vision for true intimacy – body, mind, soul, and heart.

***High Anxiety*** It has been estimated that the average person experiences fifty stress responses a day. For many, anxiety and fear cause stagnation in our lives. Yet, God tells us in the Bible, "fear not", over and over again. Come learn about the physiology of the stress response, its impact on our physical and emotional health, and how to redirect our minds from fear to faith.

***Fears -- The Good, The Bad & The Ugly*** Most of us have them. They creep around our minds, take root in our hearts, and drive our behaviors. How we handle fear will either lead us into the life we were created to live or it will keep us from abundant living. This Spa will strengthen us to handle fear in a way that gives life.

***Becoming a Woman of Wisdom, Power and Love*** Now that's something to aspire to. We think it beats being foolish, timid and mean, don't you? If you agree, join us and connect with other women who are on their way.

***State of the Heart*** Where is your heart? How is your heart? Many of us have become disconnected from our heart through deep disappointments, distractions from our true desires, or struggles with unforgiveness. The Bible tells us that the heart is "the wellspring of life". Attend this *Spa* to re-discover your own heart and learn to live life from the heart as our Creator intended.

***Surrender to Love*** Many single women desire a committed relationship, but end up disappointed over and over. This Spa takes a fresh look at the things we can do to open ourselves to receive love. This *Spa* is also relevant to women who want to improve the emotional intimacy in their marriage.

***Investing in Life*** Are you controlling your money or is your money controlling you? Our relationship with money can enrich our lives or steal our peace of mind. We can also learn a lot about ourselves by how we spend it. Attend this *Spa* to discover your belief systems about money and our Creator's design for finding peace and blessing in the area of finances.

***Creator's Design for Healthy Eating*** Our Creator provided food for the bodies He designed. Learn how to approach food with healthy thoughts and choose and prepare foods that will contribute to your whole life health.

***Slow Me Down for Mom's*** The life of a Mom can be physically exhausting, leave little time for spiritual input, and be emotionally draining as she deals with many new emotions, hormonal changes, and the haunting fears of falling short as a parent. Including our meditation, "He Loves You When...", this *Spa* reminds moms how much they are loved by their heavenly parent.

### **For Teens & 20-somethings**

***Hot Body, Healthy Body*** Originally designed for teen girls, this *Spa* incorporates a Quiz titled "Are You Hot?" The content can be adjusted to be appropriate for women of all ages. The session focuses on how God sees our worth as women and our own sense of self as it relates to our body image. We'll discuss our deep desires to be beautiful and how to take good care of ourselves, inside and out.

### ***Young Woman, You Were Created to Change the World***

A special event for women 16 to 29 that empowers them to boldly bring all they were created to be to our world and warns them of the potential distractions that can come against them fully living the life they were created to live.

### **Christmas Topics**

***Crazy Christmas*** A unique look at the craziness of Christmas and how a shift in our perspective on giving can make it crazy meaningful.

***Invite the Light OR Grateful for the Light*** Jesus' life was as light breaking through the darkness. At Christmas, it is a great time to be reminded that no matter what darkness is going on in the world, our lives, or our hearts, we can be grateful that the option is always before us to invite the light of Christ into the situation.