

TLC RESORT WELL-BEING PROGRAMS

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Integrating - "Body, Mind, & Spirit"

For Resort Guests and for Some TLC Clinic Patients/clients

OVERVIEW

Individual and Group Programs

Wholistic Physical Exam

Customized Wellness - Prevention, Rejuvenation, & Co-care Programs

Coaching Programs *Including Post Retreat Phone Support*

Specialized Health Programs Ideal Weight; Chronic Ailments: I.e. Arthritis, ...

Residential Co-care Centers: Multi-modality Programs for Treating Dependencies

Rejuvenation Spa: Youthfulness & Beauty

Health Club: *Individual & Customized Programs*

Recreation & Sports Center

Creative Arts Center: Creative Expression Programs

Chapel/temple: Spiritual Exploration

Kids Camp (Youth Programs)

Nutritional Care & Resort Food Services

Personal & Professional Training & Development Programs

INDIVIDUAL AND GROUP PROGRAMS

Customized Individual Programs

Group Participation Programs

Options for Participation - solo or in group

Pre-arrival Package Includes Video & Audio Tape, Questionnaire

WHOLISTIC PHYSICAL EXAM

Emotional Clearing & Body-Brain Integration

Exercise & Rest

Cleansing & Rejuvenation

Whole Nutrition

Body Work & Structural Correction

Electrical System & Meridian Balancing

Spiritual Alignment

CUSTOMIZED PREVENTION& REGENERATION PROGRAMS

Nutritional Program;

Emotional Support Program

Personality Testing & Life Purpose/Goals Programs;

Spiritual Counseling

1. Pre Arrival Tapes and Questionnaires.

2. Wholistic Physical upon arrival.
3. Customized Wellness - Prevention, Rejuvenation, & Co-Care Programs
 - A. Nutritional Testing & Program Design - arrival, re-testing during stay, home prog.
 - B. Structural Testing & Body Work Program Design -
 - C. Emotional Well-Being Testing & Program Design
 - D. Rest/Exercise Testing & Program Design (also Fitness Testing at Health Club)
 - E. Electrical Testing & Balancing Program Design
 - F. Specific Ailment Co-Care Therapeutic Program Design
 - G. ...

Additional Counseling Programs

- 1) Personality Testing, Vocational Testing, Life Purpose & Goals Clarification
 - 2) Spiritual Alignment & Empowerment Goals Counseling
 - 3) Creativity & Leadership Orientation Testing and Counseling
 - 4) Financial Fitness
4. Individualized Coaching (during and post retreat).

COACHING PROGRAMS

Including Post Retreat Phone Support

Nutrition, Personal Health & Well-Being Coaching
Life Purpose/Mission & Full-Potential Coaching
Leadership, (Project Develop) Entrepreneur Coaching

SPECIALIZED HEALTH PROGRAMS

Ideal Weight
Chronic Ailments: i.e. Arthritis, Diabetes...
Learning Difficulties - Dyslexia Integration
Rest, Rejuvenation & Stress Reduction

REJUVENATION SPA

Rest and Nurturing, Pampering, Youthfulness & Beauty

RESIDENTIAL CO-CARE CENTERS

multi-modality programs for treating
dependencies & compulsions

HEALTH CLUB

Individual & Customized Programs

The Periodic Check-Up - "Fitness Review"
Ideal Weight & Body Contouring
Optimum Fitness Program
Physical Conditioning
Peak Performance Training

RECREATION & SPORTS CENTER

Playful Sports
Swimming & Aqua-aerobics
Water Sports
Hiking & Exploration
Biking & Horseback riding
Court Sports
Shuffle-Board, Ping Pong
Aikido, Tai Chi
Body Movement

CREATIVE ARTS CENTER

Creative Expression Programs

Arts & Crafts,
Music & Dance
Transformational Theater

CHAPEL/TEMPLE

Spiritual Exploration

Meditation, Prayer,
Singing
"Sacred Dance"

KIDS CAMP (YOUTH PROGRAMS)

NUTRITIONAL CARE & RESORT FOOD SERVICES

Gourmet Vegetarian Faire
Cleansing & Juiced Diet Preparation
Live Foods Preparation
BUFFET & DINNING ROOMS
JUICE, SMOOTHIE & HEALTH SNACKS BAR
HOT HEALTH DRINKS CAFE HOUSE - Table Top Games

PERSONAL MISSION, VISIONS, CAREER, SERVICE SUPPORT

THE WISDOM CENTER

THE SOCIETY FOR THE ADVANCEMENT OF THE HUMAN SPIRIT RETREAT

PERSONAL & PROFESSIONAL TRAINING & DEVELOPMENT PROGRAMS

Single-minded success, uncapping creativity, full-potential and leadership actualization programs, career transitions, retooling professional skills for 21st century, economic trends & career market

Potential Titles for Naming the Business Educational Components at the Center are:

L.E.A.D Institute - Leaders Entrepreneurs And Developers; Synergy Symposium - *Where Vision Meets the Road*; S.D.C. -Strategic Development Colloquium; Vision Into Forum; Vision - Leadership - Strategy Forum; The IDEA Forum; The IDEA Institute - A Vision

