



**Turks & Caicos Sporting Club at Ambergris Cay
Event Series 2009**

Evocative, Fascinating, Insightful

**Session One: Our World of Wellness: Building Health and a Healing Environment
with Our Healing Team: Dr. Shane Hoffman, Kristin Reitter, and Tommy Zung**

January 22-25, 2009

Thursday, January 22

5:00-6:30pm ***Cocktail Reception at Calico Jack Pavilion***

6:15pm ***Welcome by Dr. Hoffman***
Creating Wellness with Dr. Shane Hoffman: A Holistic Horizon
We will define opportunities to create healing in each of our environments: body, mind, spirit, space, home, island, planet and universe. Through the weekend we'll learn how to facilitate healing and wellness by implementing simple techniques for balance with fun, joy and laughter.

6:30pm ***Dinner at Calico Jack Pavilion***

7:30pm ***Cabaret Performance by Kristin Reitter***

Friday, January 23

7:30-9:30am ***Breakfast at Calico Jack Pavilion***

9:30-10:30am ***Happy Body Technique Qi Gong Lesson***
Join us to learn a simple set of movements to cultivate wellbeing. Working with Qi energy of the body and the universe, you will leave with a practice you can use anytime you desire to build energy and feel well. We will also introduce the Happy Body facial rejuvenation technique.

Session One of a Series

- 11:00-11:30am ***Ancient Asian Health Insights***
An introduction to the roots and practice of Asian Medicine with tips on how to use secrets of the Orient to feel well.
- 12:00-2:00pm ***Lunch at Calico Jack Pavilion***
- 2:00-3:00pm ***Aesthetics Meets Ecology***
In designing LEED-certified projects around the world, architect Tommy Zung has scoured global culture for simple solutions to the complex problem of finding elegant form that meets green-conscious function. Spatial simplicity to comforting color and toxin-eating plants will be addressed.
- 4:00-6:00pm ***Private Sessions: Whole Health Healing, Intuitive Reading and Spatial Consultations***
Eastern Medical Assessment with Acupuncture Treatment by Dr. Hoffman
Intuitive Reading by Kristin Reitter
Spatial Consultation by eco-architect Tommy Zung
- 6:30pm ***Dinner at Calico Jack Pavilion with Featured Chef Mike Lada of the Award Winning FIG Restaurant in Charleston, SC***

Saturday, January 24

- 7:30-9:30am ***Breakfast at Calico Jack Pavilion***
- 9:30- 10:00am ***Happy Body Morning Group Qi Gong Review Practice***
- 10:30-11:30am ***Expressing Your Heart's Song***
Take a look at what truly makes your heart sing and let it rip with singer/intuitive healer Kristin Reitter. Come ready to play.
- 12:00-2:00pm ***Lunch at Calico Jack Pavilion***
- 2:00-6:00pm ***Island Enjoyment Time or Private Sessions***
Whole Health Healing, Intuitive Reading and Spatial Consultations
Eastern Medical Assessment with Acupuncture Treatment by Dr. Hoffman
Intuitive Reading by Kristin Reitter
Spatial Consultation by Tommy Zung
- 6:30pm ***Dinner at Calico Jack Pavilion with Featured Chef Mike Lada of the Award Winning FIG Restaurant in Charleston, SC***
Review of weekend's wellness teachings.

Session One of a Series

Sunday, January 25

7:30-9:30am

Breakfast at Calico Jack Pavilion

9:30-10:00am

Happy Body Morning Group Qi Gong Review Practice