

Stressbusters Holistic Health Conference 2014 Course Schedule and Bios

MORNING SESSIONS

10:30-11:20 Session 1

Session 1 A: Healing with Qigong, with Anthony Disen

Qigong (pronounced chee-gung) is one of the oldest forms of energy medicine and self-care known. It incorporates gentle movements of the body to move qi (vital energy) throughout our entire Mind-Body system. Regular practice of Qigong can improve immune function, reduce stress, improve balance and healing, and increase our longevity. Learn some foundational Qigong movements to bring this powerful method of healing into your daily life!

Session 1 B: No Worries with the gentle touch of Jin Shin Jyutsu, with Kerry Kay

The ancient art of Jin Shin Jyutsu (pronounced *Jit soo*) brings in a sense of calm and relaxation even in the most difficult times. Learn how you can use gentle touch to release your worries and anxieties in the moment, as well as on an ongoing basis, so that you can joyfully live your life.

Combined Morning Session 1 & 2 (10:30-12:20): Explore Your Purpose with Yoga, and Guided Visualization with a Frame Drum, with Brian Critchley and Cynthia Yoder—Combined, two-hour session

In this **combined workshop**, you will have the opportunity to reach new insights as you relax your body and mind. We all have an inner map. Take time to look at what it's saying to you! Together, we will explore your life purpose. Our tools are gentle yoga, breath work, contemplation and visualization with the sound of the frame drum. Get ready to see your life and purpose in a new way.

11:30-12:20 Session 2

Session 2A: Self-Acupressure and Do-In, with Anthony Disen

Acupressure, also known as needleless acupuncture, works by using gentle finger pressure on key energy points throughout the body. Do-In, sometimes called Japanese Yoga, is a series of very gentle stretches and movements that can be performed to open up our meridian network. Together, these two ancient practices can unlock incredible amounts of healing energy within the body. Discover a very simple series of Do-In movements along with an easy Self-Acupressure routine to assist you in your healing journey.

Session 2B: Improve Your Health with the gentle touch of Jin Shin Jyutsu, with Kerry Kay

Jin Shin Jyutsu is an ancient art of gentle touch from Japan used by people around the world to manage and improve numerous health symptoms and conditions. Come learn how to strengthen your body's responses to life's external and internal stresses, as well as techniques to reduce pain, muscle tension, fatigue and insomnia.



1:00-1:50: Experiential Keynote Workshop: “The Power of Mindfulness” with Corinne Zupko

Do you ever notice that you get lost in thinking about the past or future, or that you are constantly rushing to get to the “next thing” that needs to be done? We live in an age of distraction, and we can easily get lost in our endless list of things to do. Mindfulness meditation is the perfect antidote to our cultural need to keep busy. Through practicing being in the present moment, our lives can become more satisfying. In this experiential workshop, you will:

- learn about the basic principles of mindfulness meditation**
- get to know the incredible health benefits of mindfulness**
- leave with tools you can integrate immediately into your life.**

AFTERNOON SESSIONS

2:00-2:50 pm, Session 3

Session 3A: Healing Your Metabolism with Swimming Dragon Qigong, with Anthony Disen

The Swimming Dragon is a very specific form of Taoist Qigong well known for its ability to boost the metabolism and nourish our Kidney Qi. With regular practice, the Swimming Dragon can help with weight loss, fatigue, pain or discomfort in the joints and bones, and reduce tension in the low back. Come and ignite your metabolism with this beautiful piece of Qigong healing!

Session 3B: Reduce the effects of stress on your body with the gentle touch of Jin Shin Jyutsu, with Kerry Kay

When our body, mind and spirit are in harmony we are equipped to squarely face life’s challenges that leave their mark on our health and on our bodies. Jin Shin Jyutsu provides numerous tools that aid us in managing these effects and the potential to overcome them with regular practice.

Combined Afternoon Sessions 3 & 4 (2:00-3:50): Explore Your Purpose with Yoga, and Guided Visualization with a Frame Drum, with Brian Critchley and Cynthia Yoder—Combined, two-hour session

See description under morning sessions for this **combined workshop** of insight meditation and yoga.

3:00-3:50 pm, Session 4

Session 4A: Healing Mind & Body with the Five Elements, with Anthony Disen

In classical Macrobiotic healing theory, there are five main phases of energy (known as the Five Elements) that govern all aspects of our physical, emotional, mental, and spiritual health. By keeping these states of energy in balance, everything in our daily lives begins to work in harmony. Discover what the Five Elements can do for you, as well as simple self-care strategies to keep these energies strong and in balance for you each and every day.

Session 4B: Reduce the effects of stress on your body with the gentle touch of Jin Shin Jyutsu, with Kerry Kay

When our body, mind and spirit are in harmony we are equipped to squarely face life's challenges that leave their mark on our health and on our bodies. Jin Shin Jyutsu provides numerous tools that aid us in managing these effects and the potential to overcome them with regular practice.

OUR PRACTITIONERS AND CO-ORGANIZERS



Brian Critchley, owner of OM Central Jersey Massage & Yoga became inspired to heal others after suffering from lower back pain following a car accident in his mid-20s. Now he shares the same massage, yoga, breathwork, and meditation techniques that helped his recovery with others. He is a graduate both of the Cortiva Institute in Piscataway, NJ and Princeton University. Brian has maintained a private healing arts practice in Central New Jersey since 2004 specializing in therapeutic applications of massage and yoga. As an Experienced Registered Yoga Teacher he has developed a curriculum for new teachers which he has shared throughout central New Jersey.



Anthony Disen, MA, RD, has been a life-long student of holistic health and spirituality. The entire course of his life changed when he discovered Macrobiotics as a teenager, which completely changed the direction of his life and health. Anthony is a Registered Dietitian and a Certified Macrobiotic Counselor, combining the wisdom of East and West. Anthony's work also includes Qi Energy Balancing, Hypnotherapy, Qigong, Meditation, and Tantric Yoga. Anthony holds Masters of Arts in Holistic Health Studies from Georgian Court University, and is an adjunct faculty member at The Richard Stockton College of New Jersey and Georgian Court University.



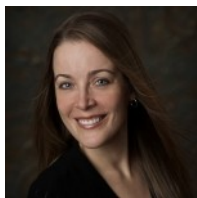
Kerry Kay is a healer and teacher of meditation and healing methods. Originally from Australia, she studied Biomathematics at Rutgers University, raised three children, created and managed a software company. Since retiring from the software industry, Kerry has devoted herself to healing work. She is trained in Non-Dual Kabbalistic Healing, Jin Shin Jyutsu, Reiki, and Hellinger's Family Constellations. Kerry also loves to dance Argentine Tango and riding her Honda CBR250R while pondering life's big questions.



Meg McQuarrie (registration director and co-organizer) is the founder and Executive Director of the Elixir Fund, an organization that supports cancer patients and caregivers by focusing on improving comfort and providing amenities that ease the cancer journey. Meg has worked with various wellness professionals and is the co-creator of the Elixir Fund's *Bridges to Wellness*, a program designed to introduce patients and caregivers to complementary therapies that reduce stress and help manage side effects.



Cynthia Yoder has taught meditation and intuitive development for ten years. She apprenticed for five years with Raja Yoga (meditation) teacher and intuitive, David LaChapelle and earned her Master in Fine Arts from Sarah Lawrence. Her books include the spiritual memoir, *Crazy Quilt: Pieces of a Mennonite Life* and the workbook, *Divine Purpose: Find the Passion Within*. She works as a business and writing consultant and has been featured in national media; please visit www.cynthiayoder.com.



Corinne Zupko has dedicated her career path to helping others bring more inner peace into their lives. Corinne is a keynote speaker, adjunct professor of Counselor Education at The College of New Jersey, Board Certified Coach, and mindfulness meditation teacher. She is also an avid student and teacher of "A Course in Miracles." Her CD, the "Take 5 Mindfulness Meditation Series" is available on CDBaby and Amazon. Find out more about Corinne's work at <http://www.fromanxietytolove.com>