



In today's current wellness revolution, both businesses and individuals understand the critical need for implementing health and wellness programmes. This 3-day seminar offers a total health and wellness solution, providing each participant with a complete collection of knowledge and applications to assess, manage, and maintain complete wellness. By defining what is most important to you, you connect with your personal motivation for lifestyle changes.

Organisations have a unique and vital role in improving the wellness, health and physical fitness of employees not only in the developed world but also around the globe, particularly in those countries where the rates of chronic diseases are on the increase. This 'Wellness for Life' seminar is full of sessions to inspire individuals to take significant preventative steps for their long term health and wellness. It is designed to be accessible to a wide range of people, offering useful information to the health conscious, as well as employees who have little prior knowledge of wellness. This 3 day-seminar addresses issues of: nutrition, exercise, mental health, stress management, and incorporating healthy lifestyle choices into already busy schedules.

Trainers in this seminar are highly interactive with the audience, incorporating exercises, visual aids and handouts. The aim of this seminar is to give employees the opportunity to look at multiple facets of wellness at once. The 'Wellness for Life' seminar gives employees the opportunity to take control of their health by deepening their knowledge of the effect of nutrition and lifestyle changes. Sessions in the workshop enable employees to make the best choices in order to sustain their vitality for years to come.

We invite organizations to urge their employees to attend this seminar, as it aims to provide participants with powerful and comprehensive tools in order to enhance their physical and mental fitness.

Celebrate the start of Winter with this 3-day seminar that will inspire and uplift you! It is a retreat from the busyness of life to take some time for YOU! "Each session promises to be

interactive, informative and most importantly...fun! Bring your friends or family and enjoy your "Thee-Day Getaway!"

**Certificate of attendance will be given to participants.**

**Choose from a vast range of special treats for you to indulge in and enjoy during your stay! Escape to a world of harmony and total relaxation!**

**Aroma hydrotherapy bath:** A combination of essential oils that offer the specific effect of your choice: soothing, revitalizing, and healing. Water's ability to heal and rejuvenate is almost magical. Can be done individual or couple. Sharing a hydro stimulating session with a loved one creates an unforgettable experience. At the same time you will also benefit from the aroma and jet massage, aiding you in relaxation and stimulation.

**Back massage:** A relaxing pressure point massage working on your shoulders, neck, face and scalp to relieve tension, headaches and stress. Designed to relieve tension of the back and shoulders. Excellent treatment for people with bad posture and aching sore muscles.

**Light stress buster massage:** A light full body massage that stimulates blood circulation, improves skin and muscle tone whilst soothing tense and tired muscles.

**Package A - €20 – approx. (20 min)**  
Hydrotherapy tub with essential oils (20 min)

**Package B - €25 – approx. 1 hr**  
Hydrotherapy tub with essential oils (20 min) and a back massage (20 min)

**Package C - €30 – approx. 1 hr**  
Hydrotherapy tub with essential oils (20 min) and a light full body massage (25 min)

**Fees:**

1. **Standard rate: €200 per person for 2 nights stay in a Twin/Triple room (country view). This include stay at Hotel on a full board basis:**
  - **Dinner on the 4th November 2010.**
  - **Breakfast, lunch and dinner on the 5th November 2010,**
  - **Breakfast and lunch on the 6th November 2010.**
  - **Use of indoor and outdoor pool, gym and jacuzzi.**
  - **Seminar sessions.**
2. **Single room supplement to add: €65.00 for 2 nights.**
3. **Sea view supplement to add: €50.00 per room for 2 nights.**
4. **Spa package: ACCORDING TO PACKAGE CHOSEN**
5. **Other expenses will be paid by the participants (extra lunches/drinks/mini-bar and treatments at the Spa etc.)**

## **Time Schedule:**

### **4th November 2010:**

9.00am-2.00pm: Use of facilities at the Elysium Spa at the Riviera Resort, where an emphasis on wellness, fitness and relaxation are blended to achieve a more finely tuned balance between mind and body.

***Those who book for the Luxury package at the Spa (extra cost) will be given appointment time on booking.***

2.00pm-3.00pm: Check-in and free time.

3.00pm-3.30pm: We meet, discuss the seminar programme, and participate in a **“Breaking the ice” exercise.**

3.30-3.45pm: ***Break***

3.30-4.45pm: ***Balancing your life through fitness and nutrition (Carmen Micallef – Nutritionist and Personal trainer).***

- Join us as we discuss the basics of a well-rounded exercise program, healthy nutrition, and tips on how to balance it all. We will also cover the benefits of a healthy lifestyle, the dangers of improper exercise and nutrition, and how to stay healthy while traveling.

4.45pm –5.00pm: ***Break***

5.00pm- 6.00pm: ***The importance of self massage (Crystal Tanti - Elysium Spa, Beauty Therapist).***

- ***A fun and flowing class to end your day, leaving you feel uplifted and inspired. Please wear comfortable clothing (swimsuit underneath) and get a beach towel with you.***

6.00pm-7.00pm: ***Free time***

7.00pm- ***Dinner***

9.00pm – ***after dinner walk or guided imagery (optional).***

**5th November 2010:**

7.00am-7.30am: *early walk (optional) – we meet at the Hotel reception*

7.30am-9.00am: *Breakfast*

9.00am-9.15am: *Feedback on previous day*

9.15am – 10.15am: *The importance of our Mental health (Mrs. Therese Saliba, SRN, Bsc (Hons) Mental Nursing)*

10.15am-10.30am: *Break*

10.30am-11.30am: *Morning yoga class with a yoga instructor (Claire Caprio Mangion, Yoga Teacher)*

- *A gentle class to warm up your body and wake your mind! Please wear comfortable clothing and get a beach towel with you.*

11.30am-1.00pm: *Free time*

1.00pm – 2.30pm: *Lunch*

2.30pm-3.30pm: *Get fit while you sit (Marisa Debattista, Physiotherapist).*

- *On deadline? Don't have time to get to the gym? Learn a 30-minute full-body express workout that can be done right at your desk/home! This workshop includes exercises for the legs, arms, back, chest and shoulders. Warm up and cool down techniques are also included. (wear comfortable clothing). Information will also be given on how to avoid back pain.*

3.00pm -3.30pm: *Break*

3.30-5.30pm: *Being more sensitive and aware of your energy (Daniel Wright, Holistic Therapist and Reiki Master).*

6.00pm-7.00pm: *Free time*

7.00pm- *Dinner*

9.00pm – *after dinner walk or guided imagery (optional).*

## **Time Schedule:**

### **6th November 2010:**

7.00am-7.30am: *early walk (optional) – we meet at the Hotel reception*

7.30am-9.00am: *Breakfast*

9.15am–10.30am: *Stress Management (Maria Cutajar)*

10.30am-11.00am: *Seminar evaluation*

11.00am: *Check out*

12.00pm- 1.30pm: *Lunch*

1.30pm: Use of facilities at the Elysium Spa at the Riviera Resort, where an emphasis on wellness, fitness and relaxation are blended to achieve a more finely tuned balance between mind and body.

**Those who book for the Luxury package at the Spa (extra cost) will be given time of treatments on confirmation of booking.**

**Working towards wellness workshop follows a simple philosophy to help individuals and their communities work toward health and peace through Yoga and other wellness practices.**



**Wellness for Life: A three-day seminar  
4-6th November 2010 at the 'Riviera Resort & Spa', Marfa**

**REGISTRATION FORM**

Mr.  Ms.  Mrs.  Dr. Job Title \_\_\_\_\_

**Name & Surname** \_\_\_\_\_

**Work Address** \_\_\_\_\_

City \_\_\_\_\_ Post code \_\_\_\_\_

**Work Phone** \_\_\_\_\_

**Home address** \_\_\_\_\_

City \_\_\_\_\_ Post code \_\_\_\_\_

**Home phone or Mobile number** \_\_\_\_\_

**E-mail address (required for confirmation\*)** \_\_\_\_\_

*\*Registration confirmation will be sent to you via e-mail. - Fiscal Receipt will be in the workshop folder.*

**Standard rate: €200 per person for 2 nights stay in a Twin/triple room (country view). This fee include stay at Hotel on a full board basis: Dinner on the 4th November 2010, Breakfast, lunch and dinner on the 5th November 2010, Breakfast and lunch on the 6th November 2010. Use of indoor and outdoor pool and jacuzzi.**

**Single room supplement to add: €65.00 for 2 nights, with the standard rate.**

**Sea view supplement to add: €50.00 per room for 2 night, with the standard rate**

**Spa Package to add: €20.00 for package A, €25.00 for package B and €30.00 for package C**  
4/11/10 or  6/11/10  (tick were applicable) **PACKAGE:** \_\_\_\_\_

**Early bird rate: If booking will be done by 5th September 2010 the standard rate will be €180 instead of €200. Other rates applies.**

**Double/twin/triple room sharing with** \_\_\_\_\_

**REGISTRATION CLOSING DATE: 5th October 2010.**

*There will be no refunds for cancellations.*

**Please enclose registration form with cheque, payable to: "D-Blaze", and forward to: D-Blaze, P.O. Box 7, Qormi, Malta.**

**For further information contact Mrs. J. Muscat: 99243850 or Mrs. M. Cutajar: 79730575**

**Email: [dblaze07@gmail.com](mailto:dblaze07@gmail.com) or visit our website: [www.d-blaze.com](http://www.d-blaze.com)**

**Data Protection: The data on this form will be used for administration of this event and retained for future marketing.**

**Tick the box if you do NOT wish to receive further information.**

D.B. BLAZE