



Mind Body Beautiful

- Be Your Best Self -

Jan 22, 2011
10 am - 5 pm

Morning (10am - 12pm)

Stretch Your Boundaries - Saphira

A gentle stretch class and introduction to the day. *In order to reach beyond our current situation, we need to stretch a little.*

Core Values - Luci

Exercises to help you to find your core and strengthen it. *When we take action from our core, we're stronger and more balanced.*

Noon (12pm)

Fuel your Fire - Luci

Lunch and Nutrition Discussion. *To be our optimal self, we require the highest quality fuel.*

After- Noon (1 - 2 pm)

Make it Happen - Robin

A workshop on taking goal-setting to the next level by leveraging passion and your true desires. *Take your goals off the page and bring them to vivid and vibrant life.*

Midday (2 - 3pm)

Your Choice - one of Three

- **Be patient and Persistent** - Saphira

An introduction to belly dancing. *Regardless of skill, intelligence or education, persistence often determines our success.*

- **Practice Mindfulness** - Chris

Learn and practice playful ways of being mindful and completely present in life. *By being present in the moment we can release self judgment, deepen our sense of awareness and have fun with life's surprises.*

- **Explore and Discover** - An Ensemble of Practitioners

One-on-One time with a host of mind/body practitioners from massage therapists, to skin care professionals and body workers. *In being adventuresome, we expand our boundaries and discover new ways to accomplish our aspirations.*

Finale (until close)

Meditate and Reflect - All

Meditation and relaxation exercises to complete the day. *Only through reflection, can lessons from the past guide us to the future we desire. Through rest and meditation, our mind and body re-charge for our next grand performance.*

Times are approximate and may shift slightly during the day in order to provide for the most comfortable and pleasurable experience of our guests

Your Course Leaders:

Luci Gabel - Luci is the owner of Luci Gabel Fitness. She conducts corporate workshops, wellness programs, and educational lectures around the country. Luci is a fitness and nutrition consultant for clients in the greater Washington, DC area, and clients worldwide via e-mail, phone, Skype, and her online program, Mind Body Blast. Luci specializes in effective workouts for the busy individual - her unique style combines strength and functional training with hints of Pilates and yoga. She has an MA in Exercise Physiology, is certified by the American College of Sports Medicine (ACSM) as a Health and Fitness Specialist and the American Council on Exercise (ACE) Personal Trainer and Lifestyle and Weight Management Consultant.



Robin Tucker - Robin is a Leadership and Life Coach based in Washington, DC whose practice focuses on leadership development, team building, whole life balance and relationship skills. Her proven coaching process focuses on goal articulation, positive action, and supporting clients in discovering their own unique style and path for growth. Her bold approach helps clients to identify critical areas for development quickly – opening the door to powerful and lasting positive change. A graduate of the Coaches Training Institute, Robin earned her Coach designation through the International Coach Federation. She is also a student of the Sedona Method, a world-renowned program that leverages emotional intelligence to maximize personal growth.



Saphira Galoob - Saphira is the owner of Saffron Dance and an esteemed teacher in Middle Eastern Dance around the globe. Saphira has taught thousands of students how to develop the mind, body, and musical awareness and has an outstanding reputation for breaking down movement for all levels of dancers. Her teaching style has been greatly influenced by an extensive background and training in classical jazz and modern dance, and her classes emphasize how to direct movement efficiently and intentionally. She understands each person comes to class with a unique goal, whether it is to master technique, support fitness, improve one's self-image and body awareness, escape from life's daily stresses, explore feminine movement, or simply have fun.



Chris Ulrich - Chris is a communications specialist who uses a mixture of Body language, improvisation, movement, and meditation training to help professionals improve awareness and performance. A senior Instructor at the Body Language Institute, he helps professionals to transform their executive presence, develop active listening skills, and break down personal limitations. He believes we are more creative in our work and play when coming from a place of awareness and ease rather than a place of tension and fear. Chris is certified as an American Council on Exercise (ACE) personal trainer and an American Academy of Sports Dietitians and Nutritionists (AASDN) Nutrition Specialist.

