

# 2017 SPRING FLING FOR WOMEN ANCHORAGE HEALTH & WELLNESS EXPO SEMINARS & PRESENTATIONS

**SATURDAY, APRIL 8TH**

**11:30 AM**

**STAGE: Healthy Living to 100:**

Concepts to enhance quality of life through health and wellness principles.

*Presented by Dr. John Lloyd-61 Degrees North Chiropractic & Massage*

**12:00 PM**

**STAGE: Ayurvedic Aromatherapy & Chakra Healing:**

Aromatherapy is the modern name for using the plant essential oils to improve physical and mental well being. Dhanvantri (deity of Ayurveda) has propagated three forms of medicine-the medicine in solid form as Churan, medicine in liquid form and medicine in gaseous form. **It is the medicine in gaseous form which forms the basis of today's aromatherapy, as essential oils evaporate as soon as exposed to air.** Essential oils are called as the PRANS of the plant, their vibrations can heal and balance CHAKRAS easily, when used according to the elements associated with the CHAKRAS. Dr. Ratan explains how combining the ancient Ayurvedic wisdom in using essential oils we can easily achieve the balance of mind, body and the spirit.

*Presented by Dr. Ravi Ratan, MSc, MBA, DSc-Aromatantra.com*-Dr. Ravi Ratan hails from the family of health practitioners in India. He is a clinical aromatherapist and healer, integrating Aromatherapy with Lymph Drainage & Chakra and emotional healing. He is the author of "HANDBOOK OF AROMATHERAPY" AND CO AUTHOR OF "JOURNEY THROUGH CHAKRAS".

**SEMINAR ROOM: Crystals & Gemstones Protect, Energize & Balance Personal Energies:**

Gemstones properly used can clear, protect, balance, strengthen or expand individuals' personal energies. Explore tips for selecting gemstones and using gemstones for your personal well being. Make sense of gemstones and their use, so you can determine which ones are right for you. We will demonstrate the advantages of wearing energetic gemstones jewelry and their impact of individuals' personal energy levels. The importance of compatible gemstone combinations to insure they enhance one's personal energies will be demonstrated to participants.

*Presented by Elizabeth Fernandez (Lyra)-Monroe Products/Subtle Energy Skills, LLC*

**1:00 PM**

**STAGE: Fitness Demonstration:**

Join us to watch the latest group fitness classes in action! The Alaska Club offers Zumba, Insanity, PiYo, Yoga, Group Cycle and more!

*Presented by The Highly Trained Instructors at The Alaska Club.*

**SEMINAR ROOM: Fly Fishing for Women in Alaska:**

Come and see a slide presentation of guided trips for women fly fishing around Alaska.

*Presented by Pudge Kleinkauf-Women's Flyfishing*

**2:00 PM**

**STAGE: Love, Life & Laughter:**

In this provocative and insightful lecture, Lali talks about the Indian Vedic system of divination.

*Presented by Lali Kakar-Indian Vedic Oracle*-Lali has trained with many Indian Masters in the Ancient Arts of Indian Vedic Divination. He has worked with many celebrities like: Dr. John Gray, Martin Luther King, Jr. III, Robert F. Kennedy Jr., Loretta Swit, Mariam Hemingway, Shiva Rea and Cher.

**SEMINAR ROOM: Be Your Own Hypnotist: Learn How it Works and What it Can Do for You:**

You have a powerful genie (your subconscious mind) just waiting to please you. Obtain what you deserve and desire for 2016 and every year with simple yet powerful self-hypnosis secrets.

*Presented by Deborah Faithrose, Certified Hypnotist & Instructor and Shelah Slade, Certified Hypnotist-Hypnosis Center of Anchorage*

**OUTSIDE-WEST END OF EGAN CENTER: Hands on Fly Casting for Women:**

Casting clinic held just outside the building on the west side. Be sure and bring your coat as you will be outside.

*Presented by Pudge Kleinkauf-Women's Flyfishing*

### **3:00 PM**

#### **STAGE: Seacret Agent-Anne Marie Sladek**

Presentation of The Seacret Original Dead Sea Skin Care & Nutrition.

*Presented by Anne Marie Sladek-Seacret*

#### **SEMINAR ROOM: EMOTIONAL RELEASE through LYMPH DRAINAGE:**

##### **Manual Lymph Drainage is the Key to Physical, Mental & Emotional Health**

Our lymphatic system regulates our health, immune system and eliminates toxins. In Chakra system our Sacral Chakra regulates not only the sexuality and emotional balance, it also regulates our lymphatic flow which affects the health of the organs associated with these Chakras. Common symptoms are menstrual imbalances, uterine fibroids, fibrocystic breast conditions, besides painful lower/upper back, neck, shoulders etc. Dr Ratan explains how manual lymph drainage can clear the emotional blockages and Chakra balancing besides relieving symptoms.

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**SEMINAR ROOM: Five Golden Tools for Better Health:**

Positively impact your wellness without spending a penny.

*Presented by Gabriella Parenzan, Holistic Health and Wellness Coach-Gabriella Wellness*

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