

35<sup>TH</sup> Annual National Wellness Conference  
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”  
University of Wisconsin-Stevens Point, July 17-22, 2010

## Online Proposals

### LEAD PRESENTER

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### Comprehensive List of Conference Presentations for LEAD Presenter:

August 21, 2009

Presenter Welcome Back Day for college faculty, administrators and staff  
"Your Health and Wellness"

July 20-23

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
Taught morning yoga class each morning of conference--open level

July 20, 2009

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
"Goddess Dancing: Connecting to the Feminine Divine"  
An experiential breakout session using yoga and dance.

July 18, 2009

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
Women's Wellness Wisdom Workshop: Women in Pursuit of Happiness from the Inside Out.  
Two movement sessions based on dance and yoga

July 14, 2008

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
“Your Hunger: Our Planet”  
A breakout session exploring how our food choices affect the planet

July 14, 2008

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
“The Goddess Within”  
An experiential breakout session using yoga and dance.

July 12, 2008

Presenter, Women's Wellness Wisdom Workshop  
National Wellness Conference—Stevens Point Wisconsin  
“Lessons from Mother Earth”  
Movement Improvisation based upon the five elements

May 16, 2008

Keynote Speaker—Honors Convocation 2008  
Antelope Valley College  
“Health—Your greatest resource”

May 14, 2008

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Emcee and speaker  
Women’s Tea Event  
Annual health education event for underserved populations of the Antelope Valley  
Antelope Valley Partners for Health  
Palmdale, CA

April 12, 2008  
Emcee and Director  
Spring Wellness Seminar: The Path to Wellness—Mind—Body—Spirit.  
An all day health education event  
Antelope Valley College

April 28, 2008  
“Creating a Wellness Culture”  
Scholar in Residence Presentation Spring 2008  
Antelope Valley College.  
A lecture exploring how our culture support or does not support our health and what we can do about it.

March 14, 2008  
Update on Women’s Health  
Antelope Valley College Flexible Calendar Lecture series (open to faculty, staff, students and community members.

October 15, 2007  
Just Breathe  
This is a lecture/demonstration on breathing exercises for health, healing and stress management.  
Antelope Valley College Flexible Calendar Lecture series.

March 16-17, 2007  
Narrator, The Vagina Monologues  
Antelope Valley College

April 6, 2006  
Key note speaker Women’s Tea Event  
Annual health education event for underserved populations of the Antelope Valley  
Topic: Stress Management  
Palmdale, California

January 2006  
Featured speaker on Women’s Health  
Prevention practices related to breast cancer and osteoporosis.  
American Association of University Women  
Antelope Valley Chapter

Presenter—National Wellness Conference—Stevens Point, Wisconsin  
February 2006  
Featured speaker on Women’s Health  
American Association of University Women  
West Los Angeles Chapter.

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September and October 2006

Health Education Lecture Series: Health: Our Greatest Resource

Weekly lecture on Health topics included smoking cessation, maintaining a healthy body weight, alternative therapies, stress management, and others.

Antelope Valley College Flexible Calendar Lecture series.

November 2006

Ecotourism

Antelope Valley College Flexible Calendar Lecture Series

December 6, 2006

Restorative Yoga

Antelope Valley College Flexible Calendar Lecture series.

April 2005

Spring Wellness Seminar/ Antelope Valley College

The Power of Prevention

April 2005

Kiwanis Club of the Antelope Valley

Monthly meeting/speaker

Yoga for wellness

March 2005

Annual Women's Conference

Lancaster, California

History of Women's Health

March 2005

Annual Women's Conference

Lancaster, California

Revealing the Goddess: an archetypical look at the feminine divine.

January 2005

I'm Hungry Now What? Cooking lecture and demonstration on quick healthy meatless meals.

**Presentation Title:**

Just Breathe

**Track:** Mind-Body Wellness

**Program Level:** beginner

**Target Audience:** Health Care Professionals

**Program Type:** Breakout Session

**Have you presented or are you planning to present this program at other wellness-related conferences?**

n/a

**Abstract:**

Breath is the link between mind and body and as such it is a powerful tool for health and well-being. Come and learn breathing techniques that can be used to create calm, increase energy, enhance clarity, instill a sense of balance, and promote healing. These potent techniques first described by yogis more than 2,000 years ago are especially valid and effective today. Now considered alternative therapy, these exercises affect body, mind and spirit. They can be practiced by everyone, and they are free, easy, and are literally right under your nose. Theory and practice will be interspersed throughout the session.

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**Measurable Objectives:**

Program participants will be able to:

Describe how breathing exercises can be used to promote healing and increase overall wellness with an understanding of the relationship between breath and the autonomic nervous system.

Practice seven different breathing exercises and explain their effects upon our physical, emotional and spiritual health.

Create a breathing practice that addresses individual needs.

**Program Outline:**

Introduce self and topic

Exercise #1—observe the breath

Origins of breathing exercises and relationship of breath and spirit described in ancient cultures

Description of benefits of breathwork on physical health

Exercise #2—Three part breathing (Dirgha Breath)

Breath and the autonomic nervous system/overstimulation of sympathetic nervous system and illness

Exercise #3—Ocean sounding breath (Ujayi breathing) alone and with breath retention

Explanation of effects of breathwork on mental functioning/description of subtle anatomy

Exercise #4—Combining breathing with affirmations

Exercise #5—Alternate nostril breathing (Nadi Shodhana)

Description of how breathing exercises invite spiritual development

Exercise #6—Breath of Fire (Kapalabhati breathing)

Suggestions for how to design and begin a breathing practice.

Questions, discussion and feedback

**Program Bibliography:**

Lusk, J. T. 2005. Yoga Meditations: Timeless Mind-Body Practices for Awakening      Duluth, Minnesota: Whole  
Persons Associates

Weil, A. 1999 Breathing: The Master Key to Self Healing. Boulder Colorado: Sounds True

**Program Relevance to Conference Theme:**

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These ancient breathing techniques once practiced only by yogis are now being taught in schools of integrative medicine and are being used by wellness practitioners all over the world. They are free and require no special equipment and are accessible to anyone to improve health and wellbeing. They affect our physical, mental and spiritual bodies.