



**2012 Business Focus**  
**Eagle Ridge Mall - Lake Wales, Florida**

# IHAW

## The Institute Of Integrated Health and Wellbeing

### Transformational Workshops

#### Interactive Workshops:

Each week IHAW will host interactive workshops with a focus on Convenient Healthy Living and Lifestyle Transformation. The following list of workshops is open to the public as follows:

- Creating Deep Healing Sleep Habits
- Creating A Body That Rejects Discomfort
- How To Slow Your Biological Aging Process
- Learn How Your Biorhythms Can Defeat Stress
- Feeding Your Body To Maintain Greater Health
- Quick, Easy and Tasty Healthy Cooking & Recipes
- Growing Your Own Organic Garden (Indoor/Outdoor)
- How Detoxification of Your Body Adds Years of Enjoyment



#### Fresh Market:

Every Monday and Wednesday IHAW will provide a selection of locally grown fresh vegetables, fruit and Gluten-Free, Low-Carb, Millet and Flax and other delicious and healthy products.

- Monday 9am - 11am (Class at 10am)
- Wednesday 9am - 11am (Class at 10am)



#### Natural Cooking Made Easy:

Join our fun-packed and exciting 30 minute Healthy Cooking Class demonstrating how easy it is to prepare fresh food in just minutes using Magnetic Induction Cooking that cooks twice as fast - but won't burn the kids' fingers. New recipes each week that you can prepare in just minutes.

- Monday Class at 10am - 10:30am
- Wednesday Class at 10am - 10:30am



#### Exercising Made Fun and Easy:

Join our fun and exciting fitness classes and learn how easy, fun, and exciting it is to exercise and make friends at the same time. Great for all ages.

- Zumba Dance and Fitness
  - Kangoo Dance Exercise
  - Yoga Classes
  - Black Belt Exercises
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- Tuesday Classes at 9am - 1:00pm - 5pm
  - Thursday Classes at 9am - 1:00pm - 5pm



## Healthy Scents:

Learn why aromatherapy is defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. It is an art and science which seeks to explore the physiological, psychological and spiritual realm of the individual's response to aromatic extracts as well as to observe and enhance the individual's innate healing process. As a holistic practice, Aromatherapy is both a preventive approach as well as an active method to employ during acute and chronic stages of illness or 'dis'-ease.

- Saturday Classes at 10:00pm - 6pm

## Healthy Products:

From magnetic therapeutic products to home exercising equipment or healthy home decorative products, our customers will enjoy a selection of healthy products that are second to none and made in the USA.

We offer a selection of Himalayan Bath Salts, Himalayan Salt Lamps, to a wide selection of aromatherapy candles and scent products. We offer a wide selection of styles to choose from, including tealights, votives, travel tins, and our signature glasses in a diverse array of alluring scents, like clean and invigorating Ginger Lemongrass or bold and sensuous Sandalwood Amber.

## Convenient Healthy Transformation:

Each week we help guide people to creating a foundation for greater health and wellbeing that is easy, convenient and fun. IHAW provides Members with a map for monitoring and promoting their health goals and slowing their aging process down through simple monitoring of the speed of their Biological Aging Process (BAP), charting their natural Biorhythms, pH Testing and blood pressure monitored.

- Weekly Biological Age Testing (2 minute Test).
- Weekly Biorhythms Charting (1 minute evaluation).
- Body pH Level Test (1 minute test).
- Blood Pressure Monitored.



## IHAW Life Transformation Membership:

IHAW Membership includes access to ALL IHAW workshops and special Member discounts for Sponsored Workshops throughout the month. Includes weekly Health Transformation Tests and tracking of personal health goals. Each member receives a personalized and developed health course based on their specific needs and goals.

Membership: \$29.95 a Month

## Health and IHAW Certification Courses

From Certification of Health Coaches and Planners to empowering individuals to take control of their health, The Institute of Integrated Health and Wellbeing continues to forge new discoveries and unearth hidden treasures for greater health and wellbeing.

After taking our "Secrets To Living Longer" Course and Graduating, you will be issued a IHAW Certification and you could launch your own Health Planning and Coaching Business.

A Certified Health Planner and Coach helps people identify goals in their personal health and wellbeing. By asking the right questions, we determine their goals and help our client make a plan to achieve them.



Weekly classes are forming each week. Ask about your future with IHAW as a Time To Stop The Pain Dealer.

## Program Development:

Developing daily interactive workshops featuring different topics with a focus on the simple steps for transforming one's lifestyle and health. The average time for a workshop is 30 minutes with a Q&A after the workshop.

## Program Schedule:

### Weekly Workshops

Saturday	10 am	2 pm	6 pm	Creating Deep Healing Sleep Habits
Sunday	1 pm	3 pm	5 pm	Creating A Body That Rejects Discomfort
Tuesday	10 am	2 pm	6 pm	How To Slow Your Biological Aging Process
Tuesday	11 am	3 pm	7 pm	Learn How Your Biorhythms Can Defeat Stress
Wednesday	10 am	2 pm	6 pm	Feeding Your Body To Maintain Greater Health
Wednesday	11 am	3 pm	7 pm	Quick, Easy and Tasty Healthy Cooking & Recipes
Thursday	11 am	2 pm	4 pm	Biological Age Testing & pH Balance Testing
Friday	10 am	2 pm	6 pm	Growing Your Own Organic Garden (In-Outdoor)
Friday	11 am	3 pm	7 pm	How Detoxification Can Add Years of Enjoyment

### Monthly Workshops

1st Monday	10 am	2 pm	6 pm	Jump Your Way To Better Health
2nd Monday	10 am	2 pm	6 pm	Jump Your Way To Better Health

For additional information, please contact us at: 1-813-418-1683