



~ clarity and simplicity ~

**November 4 – November 6, 2011**

In association with UVA Health System

## Friday, November 4

### Arrival Friday Morning

### 12:00 pm – Welcome Lunch

### 1 – 3 pm – Opening Session

#### “Clarity with the Vibrant Coach Nicole Greer”

Join Nicole Greer, founder of Vibrant Coaching for a engaging and lively discussion on how to lead a Vibrant life. With 15,969 thoughts a day, they can take us closer to or further from our mission in life. Create a plan to get in balance, gain productivity and live life on purpose.

### 3 – 6 pm – Afternoon Activities

#### • Treatments at The Spa

#### • Personal Coaching Sessions with Vibrant Coaches

### 4 pm – Yoga Session

(The Spa)

### 6 pm – Inspirations Welcome Reception

Evening reception including wine tasting with Afton Mountain vineyards.

### 7 pm – Evening Session

#### “The Simple Truth About My Life”

Nicole Greer will continue to lead the discussion about simplicity and its importance in our lives. We will take stock of where we are right now and understand our “Story of Right Work”. We will identify our gifts so that we can live our lives of our true calling. We will be able to engage your natural endowments today for the benefit of tomorrow.

## Saturday, November 5

### 7 am – Yoga Session (The Spa)

### 8:30 – 9:30 am – Breakfast Available

### 9:30 – 11:30 am – Morning Session

#### “Emotional Brain Training”

Cynthia Moore, Clinical Nutrition Mgr. with UVA Health Systems, will introduce a method that gives the power to create a profound and lasting improvement in our lives. She will help us better understand stress and how it impacts us every day, particularly with overeating. Instead of using drugs, medication and procedures to treat the symptoms of stress, we will learn how to rewire the stress response and go right to the root of the problem.

### 12.00 – 4 pm – Lunch and Afternoon Session

#### “Simplicity with Marietta McCarty”

Nautilus National Book Award Winner Marietta McCarty, author of *How Philosophy Can Save Your Life and Little Big Minds*, will discuss simplicity and its importance in our lives. She will present ideas and philosophies on how a fulfilling, contented life stems from vigor and clarity of mind. We will form Philosophy Circles, engage discussions and activities such as journaling, sketching and exploring the natural world around us. Our thinking about simplicity and its importance in our lives will expand as we participate in this enlightening afternoon.

### 4 – 6 pm – Afternoon Activities

- Treatments at The Spa
- Discussions with Marietta McCarty
- Personal Coaching Sessions with Vibrant Coaches and Marietta McCarty
- Time for Self

### 6 – 7:30 pm – Dinner

### 7:30 pm – Evening Session

#### “Simplicity and Ambition with Nicole Greer”

Ambition drives us and makes us feel fulfilled. We will learn about the 7 Core Ambitions and embrace how we are energized in the world. Harnessing our ambitions leads to a more vibrant life.

## Sunday, November 6

### 8 am – Yoga Session (The Spa)

### 9:30 am – Brunch

### 10:30 – Noon – Presentation 4

#### “The Four Elements – Earth, Water, Wind and Fire”

Presenter: Nicole Greer

The Four Elements of Creation are at the core of who we are. At this session, we will engage with the elements to determine our hardcore wiring. We will be able to create a genesis in our relationships, team dynamics, and self-understanding. We will begin to build on our personalities, y=our communication style, and the strengths that are unique to each one of us to reach our goals.

### Afternoon

For spa appointments, and exploration

### Departures

(Check-out time is 11 am; arrangements may be made to store luggage at the front desk)

