



# SERENITY

A Stress Management  
Retreat for Women

**SUNDAY**  
November 2, 2014

Presented by:  
**LIFE Psychotherapy**  
[www.lifepsy.com](http://www.lifepsy.com)

The Berkley  
Oceanfront Hotel  
1401 Ocean Avenue  
Asbury Park, NJ 07712



# About the Seminar





Unhealthy levels of STRESS are epidemic in today's fast paced world and these heightened levels often lead to negative health consequences, many of which are preventable. What is STRESS? Believe it or not Stress is a response of our body to any DEMAND. As women, we are much too familiar with the concept of DEMAND. However, we are much less familiar with the numerous stress management strategies / techniques that provide us with ways to manage our anxiety and maintain overall well-being.



Your day at *SERENITY* will be spent on learning about how stress affects your life, how to prevent unhealthy stress and provide you with tools for enhancing a healthy lifestyle. *SERENITY* is a one day retreat for the *MIND* and *BODY* of a *WOMAN*.

The cost of the seminar: \$249.

Early registration: \$199 - register by October 8<sup>th</sup>

Accepting all major Credit Cards    

For more information and to register please contact  
Goldie Rabaev at **937.964.5779** or  
email at **[Grabaev.lpc@gmail.com](mailto:Grabaev.lpc@gmail.com)**

# Schedule\*

9:00 Check In/Refreshments

9:30 How To Stay Sane in Your Insane Day

This class is focused on helping the audience understand the nature of stress and giving over different tools to be able to handle everyday stress more effectively

11:00 Yoga on the beach\*\*

Refresh and rejuvenate yourself with an energizing Beach Yoga appropriate for all levels. Class participants will attune themselves to nature while listening to the calming sounds of the ocean waves. Practicing Yoga in a natural environment is the ultimate way to connect with the environment and unite body, mind and spirit. Special strengthening poses, breathing exercises and short meditation will be included.

12:30 Lunch\*\*\*

1:30 You are what you eat

This lecture will help you take a closer look into the hidden ingredients in our food that are creating emotional issues. Learn how to be an informed shopper as well as get helpful tips to create positive lifestyle choices on top of a healthy & balanced diet. Leave this conversation with exciting tools to implement on your path towards wellness.

3:00 Practical Tools for your Stress Relief Tool Box

Q/A session focused on practical advice to apply to your life starting TODAY

4:00 The art of stretching

Like yoga or Pilates, stretching should leave you with a sense of harmony in your body. Once this session is over, you'll have a strong impression of completeness, or closure. It's a feeling of balance achieved throughout all of your muscles, leaving the participant with a kind of deep satisfaction.



\* The timing of the classes may be adjusted as necessary

\*\* Yoga will be held on the beach weather permitting, otherwise it will be held inside. Please wear/bring with you warm layered clothing

\*\*\*Lunch will be catered. Please notify us of any dietary restrictions

Goldie Rabaev is a Licensed Professional Counselor in NJ. In her private practice she works with individual, couples and groups using a cognitive behavioral approach with an underlying existential philosophy. She is especially connected with the idea that a person has responsibility and control over themselves. Although an individual may be suffering from a situation or a physical condition, which they are not in a position to change, they can certainly take control of their thoughts and feelings in regards to the situation. The ultimate goal in every therapy is to take responsibility for creating a life one wishes for themselves. Goldie is also certified in EMDR and uses this approach to treat people who have been affected by trauma.



Goldie truly believes and integrates the words of Irvin Yalom (her favorite therapist) to “invent” a unique approach for every patient she is honored to work with.

Marla Rottenstreich is an AFAA-certified Group Fitness Instructor, ACE-certified personal trainer, Kripalu Yoga teacher, licensed Health coach, licensed Zumba (Basic Zumba, Zumba Gold and Zumba Gold) instructor, DONA-certified birth doula, and licensed prenatal fitness instructor. She currently owns Mekor Fitness LLC, a Central NJ Women’s Fitness & Wellness company. Marla is a Physical Education & Dance instructor at many local schools and nursery schools and has offered programming at many camps, travel programs, hotels and schools for specialty events.

