

# ATTITUDE & PERSPECTIVE

MARCH-APRIL 2017

Complimentary for Wellness Collective Members.

## TUESDAY, MARCH 7

### The Impact of Attitude & Perspective on Health

6:00pm - 8:00pm | Terrace Room

Dr. Lee Rice, DO, FAAFP, FAOASM of the Lifewellness Institute

**RSVP to Veronica Pincoski at [vpincoski@ranchovalencia.com](mailto:vpincoski@ranchovalencia.com)**

## WEDNESDAY, MARCH 8

### Mindfulness in Nature Hike with Gloria Garrett

2:00pm - 3:30pm | Torrey Pines State Natural Reserve

Otherwise known as Forest Bathing (or Shinrin-yoku), mindfulness in nature is an invitation to unplug and connect with the very heart of nature. Studies have shown this practice to lower blood pressure, heart rate, and stress levels as well as boost immunity. Deepen yourself in the present moment while embracing our sacred connection with nature.

**RSVP to Veronica Pincoski at [vpincoski@ranchovalencia.com](mailto:vpincoski@ranchovalencia.com)**

### Manifesting with Mandalas with Nadia Horvath

7:00pm - 8:00pm | Yoga Pavilion

**RSVP to Veronica Pincoski at [vpincoski@ranchovalencia.com](mailto:vpincoski@ranchovalencia.com)**

## THURSDAY, MARCH 16

### Wine & Design with Darcy Kempton of Simply Stunning Spaces

6:00pm - 7:30pm | Wine Cave

Learn how a shift in our surroundings can create space for new possibilities in our lives.

**RSVP to Kristi Dickinson at [kdickinson@ranchovalencia.com](mailto:kdickinson@ranchovalencia.com)**

## **TUESDAY, MARCH 21**

### **Yoga Nidra for a Positive Mindset with May Onisko**

7:00pm - 8:00pm | Yoga Pavilion

**RSVP to Kristi Dickinson at [kdickinson@ranchovalencia.com](mailto:kdickinson@ranchovalencia.com)**

## **SATURDAY, APRIL 1**

### **Unlocking the Wisdom of the Secret Garden**

1:30pm - 4:30pm | English Tea Community Resource Center

By attending Community Resource Center's English Tea, we will help prevent and end domestic violence, hunger and homelessness in San Diego County. Tickets are a \$75 donation to the Community Resource Center. Includes delectable savory tea sandwiches, homemade scones & sweets and of course, tea!

**Reserve your spot at [CRCNCC.ORG/ENGLISHTEA](https://CRCNCC.ORG/ENGLISHTEA) or call (760) 230-6307.**

## **SUNDAY, APRIL 2**

### **Mindful Eating with Jenny Gadbois**

1:00pm - 2:00pm | Yoga Pavilion

This simple yet profound practice is centuries old and yet new to many of us who eat most of our meals in varying states of distraction. As members of a society that encourages multi-tasking, we rarely dedicate our full attention to any one thing. As everyone loves eating, what better task to tackle for mindfulness practice?

**RSVP to Kristi Dickinson at [kdickinson@ranchovalencia.com](mailto:kdickinson@ranchovalencia.com)**

## **SATURDAY, MAY 6**

### **The Answer to Everything with Dr. Amit Goswami**

12 - 2:30pm | Yoga Pavilion

Dr. Goswami is a world renowned Theoretical Quantum Physicist who has authored many books and been featured in such documentaries as *What the Bleep Do We Know!?* Dr. Goswami is an amazing speaker and brings deep understanding of reality through a synthesis of science and spirituality.

**RSVP to Kristi Dickinson at [kdickinson@ranchovalencia.com](mailto:kdickinson@ranchovalencia.com)**