

5th Annual Conference

Oregon Holistic Nurses Association



Breitenbush
Hot Springs
Resort
Oct 14-17,
2012

2012 CONFERENCE THEME: ALIGNING HEART AND VOICE

To exist in today's world, the average person is required to shift concepts a minimum of eight times per hour. Every interruption causes a concept shift, and for many people this is more than doubled. A large number of us feel as though time is speeding up and events are moving at a frenzied pace. What suffers in this collective, madly paced energy is the personal internal state of coherence, the seat of which resides in the heart.

For over twenty years, the Institute of HeartMath has studied the intelligence of the heart and its influence on body systems to bring about synchronous interactions within the human body, developing global order and uniform rhythms. The research, replicated in many different venues, shows that when our heart informs our brain of the appropriate 'sync-up', we operate at optimal performance levels with improved cognitive processing. Additionally, HeartMath studies have proven repeatedly that it is possible to reduce the symptoms and effects of stress by bringing body systems into coherence through the heart.^{1,2}

The theme of our 2012 5th Annual OHNA Conference, *Aligning Heart and Voice*, explores the power that is unleashed by connecting with our heart in multidimensional ways and giving voice to the encoded intelligence calling to be revealed. As we find our personal state of internal coherence, our Heart will speak with authority.

1. Childre, D. De-Stress Kit for the Changing Times. (2008) Institute of Heartmath; Boulder Creek
2. Hawkes, J. Resonance- Nine Practices for Harmonious Health and Vitality. (2012). Hay House: Carlsbad, CA



Conference Objectives

1. Develop an awareness of the caring needs appropriate to the element of the transiting Moon (Earth, Air, Fire, or Water) relative to self and patient/client.
2. Discover the mind-body connection through dance /movement therapy that integrates healing in the physical, emotional, mental and spiritual domains, with applications to patient populations.
3. Apply use of a gentle hand rub technique to establish a comforting nurse-patient relationship
4. Identify the core elements to keep the learner in alignment with the passion of his/her life in order to make the desired contribution in his/her personal and professional life.
5. Utilize breathing techniques for stress reduction in personal and professional settings



ACTIVITIES

Every Morning before Breakfast:

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|------------|------------|
| 7a – 7:45a | Yoga |
| 7:45a - 8a | Meditation |

Monday – Oct 15

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|------------|---|
| 2p - 3p | Fund Raiser Book Sale
(concluding at 8p) |
| 2p – 2:15p | Abhyanga (self-massage) |
| 2p – 3p | Tarot Counseling session |
| 7p - 8p | Ecstatic Dance |

Tuesday Oct 16

- | | |
|---------------|-------------------------------------|
| 2p – 2:30p | Silent Nature Walk |
| 2p – 4p | Tarot Counseling session |
| 5:30p – 5:45p | Five Minute Daily
Energy Routine |

Wednesday Oct 17

- | | |
|-------------|----------------------------|
| 8:30a – 10a | Fund Raiser Silent Auction |
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Concurrent sessions throughout:

Tarot Counseling Sessions – see sign-up sheet at Lodge reception desk.

Back by popular demand:
Music by Lynda Cole

Registration

Contact: Sierra at (541) 326-6559 or runnergrl76@yahoo.com

RATES: Member: \$185 Non-member: \$235

Begins: Sunday @ dinner Oct 14, 2012

Ends: Lunch on Oct 17, 2012

Lodging: Plumbed Cabin - \$270; Regular Cabin - \$222,
Dorm - \$162

Cancellation Policy:

Notification two weeks prior to conference:

Conference and lodging fees will be fully refunded.

Notification within two weeks of conference:

Participant will forfeit entire lodging fee. Conference fee will be fully refunded.

You may register online or download the form and mail to address on the form.





PROGRAM OF EVENTS

Sunday - October 14, 2012

Time	Topic
3:30p – 6p	Registration in the North Hall of the Lodge
6p – 7p	Supper
7p – 7:30p	Move to North Hall for Opening Ceremony preparations
7:30p – 8p	Breitenbush Orientation
8p – 9p	Welcome and Opening Ceremony

Monday - October 15, 2012

Time	Topic	CE
8a – 9a	Breakfast	
9:30a – 9:40a	Opening and Introduction	
9:40a – 11:10a	Astrology of the Moon – Seeing from the Heart Marina Ormes	1.8
11:10a – 11:30a	Stretch Break	
	Stretch & Breathe by Jane Golden	
	Music by Lynda Cole	
1130 – 1p	Understanding Legal Tools - Daniel McNeff	
1p – 2p	Lunch	
2p – 3p	Free Time: See Activities for Offerings at this time	
3p – 4:30p	Grace Through Movement – Moving from the Heart - Charlotte MacFarlane	1.8
4:30p - 4:45	Stretch Break	
4:45 – 5:45	Members' Meeting with OHNA Board	
6p – 7p	Supper	
7p	Free time: See Activities for Offerings during this time	

Tuesday – October 16, 2012

Time	Topic	CE
8a – 9a	Breakfast	
9:30a – 11:10a	Re-awakening Touch in Healthcare – Connecting from the Heart - Mary Malinski	1.8
11:10a – 11:20a	Stretch & Breathe with Jane Golden	
	Music by Lynda Cole	
11:20a – 12:50	Living in Integrity - Living from the Heart - Tamara Owen	1.8
1p – 2p	Lunch	
2p – 4p	Free Time: See Activities for Offerings at this time	
4p – 5:30p	Breathwork – Breathing from the Heart - Jane Golden	1.8
5:30p – 6p	Free Time: See Activities for Offerings at this time	
6p – 7p	Dinner	

Wednesday - October 17, 2012

Time	Topic
8a – 9a	Breakfast
8:30a – 10a	Fund Raiser Silent Auction
10a – 11:15a	Closing Ceremony – Heart & Voice Integration with Deonne Wright (music by Lynda Cole)
11:15a–11:45a	Turn in evaluations/receive CE Certificates
11:45 – 1p	Vacate cabins
1p – 2p	Lunch at Breitenbush



PRESENTERS



Marina Ormes RN, BA is an Evolutionary Astrologer and Holistic Nurse who helps clients align with their soul's intention and become their own self-healers. She has been a student and practitioner of astrology/spiritual/holistic healing since 1993, and has been a registered nurse since 2009. Through classes, workshops, and public talks she educates people about the role astrology (a holistic system of natural archetypal cycles plays in our understanding of the healing process.

Daniel J. McNeff, C.E.O., Legally Mine, INC. In addition to running his own businesses for the last 20 years he has served as The Senior Vice President of one of the Nations largest financial services company for 15 years. He is a published author with one book and many magazine and newspaper articles. Mr. McNeff has conducted hundreds of seminars and is responsible for helping thousands of people protect their assets, and reduce their tax liabilities

Charlotte MacFarlane, RN has many years of psych nursing experience. She also has a 35 year background of Middle Eastern dance expertise, and loves fusion and improvisation. With these skills, she is able to help the learner/client use movement/dance to integrate healing into multi-dimensional domains.

Mary Malinski, BA, RN, LMT, HN-BC is an RN licensed in the states of Oregon and Washington with over 30 years of clinical experience. She is also a licensed massage therapist and has a passion for teaching health care providers how to be present with patients, connect through touch, potentiating the healing effect. She has studied this technique through a research approach and is published.

Tamara Owen, RN, MS, PMHNP is a mental health nurse practitioner, health educator and coach in private practice in Portland, Oregon. She is dedicated to helping others be healthy in mind, body and spirit.

Jane Golden, RN with past experience in acute care, is now practicing in a wellness clinic as a yoga instructor, teaching many tools for self-healing and the healing of others, including self-massage, acupressure and breathwork.

Deonne Wright, RN, CRNI, RA has over 30 yrs nursing experience in various settings,, certification as an Infusion Nurse, and national registration in aromatherapy. She works in the acute care setting as a nurse educator. She is also a faculty member at the local Community College where she teaches aromatherapy courses for continuing education credit to massage therapists as well as the community. She also has training in Sound Therapy, Energy Psychology, and is a Reiki Level II practitioner.

Toni Gilbert, RN (ret), MA, HN is a retired holistic nurse in private practice as a transpersonal counselor, using Tarot and Interactive Imagery as her preferred modalities. She teaches workshop, writes a professional blog and is the author of two published books.

Dawn Garcia, RN, BSN, HNB-BC, D.Hom, RYT is a certified holistic nurse currently working in acute care. She has also received a degree in the study of homeopathy, and is a registered yoga teacher with a passion for the practice of yoga.

Tammy Conklin, RN, HN-BC is a certified holistic nurse currently working in acute care. She is a Reiki II practitioner and has completed Ayurveda training. She is committed to a personal yoga practice