

8TH ANNUAL

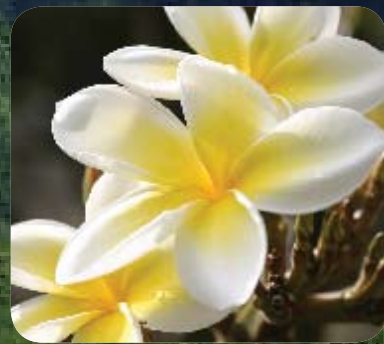
DESTINATION HEALTH:

Renewing Mind, Body and Soul

Sunday, October 12 through Friday, October 17, 2008

Kauai Marriott Resort & Beach Club
Garden Island of Kauai, Hawaii

This unique experience combines a luxury vacation with an opportunity for personal renewal. We believe there are many paths to healing and that health is a cohesive balance of mind, body and soul. In keeping with this mission, we invite you to join us for a week of education, relaxation, rejuvenation and inspiration.



“Yesterday is gone.
Tomorrow has not yet come.
We have only today.
Let us begin.”

Mother Teresa

 Scripps Center for
Integrative Medicine

 IN COLLABORATION WITH
calgary health region

Faculty

Mana Spirit

Course Directors

Mimi Guarneri, MD, FACC, ABIHM
Co-Founder and Medical Director
Scripps Center for Integrative Medicine
Cardiologist, Scripps Clinic
San Diego, California

Rauni Prittinen King, RN, BSN, HNC, CHTP/I
Co-Founder and
Director of Programs and Planning
Scripps Center for Integrative Medicine
San Diego, California

Faculty

Kevin D. Asbjörnson, MIM
Founder & Principle Performing Artist
Inspire! Imagine! Innovate!
Littleton, Colorado

Michelle "Kaulumahiehie" Amaral
Hula Soloist
Productions Po'okela
Kailua-Kona, Hawaii

Robert Alan Bonakdar, MD, DABFP, ABIHM
Director of Pain Management
Scripps Center for Integrative Medicine
San Diego, California

Puna Kalama Dawson
Kumu Hula
Ka Ipu Ha'a O Kekaulani-Na pua Hala O Kau'ai
Kauai, Hawaii

Anne Day, BSN, MA, CMT, HN-BC, CHTP/I
Director of Healing Journeys
Poway, California

Liz Fraser, BSN, CHTP
Healing Modalities Coordinator
Scripps Center for Integrative Medicine
San Diego, California

Cathy Garvey, RD
Registered Dietician
Scripps Center for Integrative Medicine
San Diego, California

Lorie Pulliam, BPE, MA Sports Science
Wellness Consultant/Kinesiologist
Calgary, Alberta, Canada

Chef Guy Higa
Executive Chef
Kauai Marriott Resort and Beach Club
Lihue-Kauai, Hawaii

Stephen Simon
Movie Director and Producer
Somewhere in Time, What Dreams May Come, Conversations with God
Author, *The Force is With You: Mystical Movie Messages That Inspire Our Lives*
Founder of The Spiritual Cinema Circle
Ashland, Oregon

Norman Ka'awa Solomon
Artist of Music, Songwriter
Ka'awa Music
Anahola, Hawaii

Tarane Sondoozi, PsyD
Employee Assistance Specialist
Adjunct Faculty, Center for Learning
Scripps Health
San Diego, California

Karen Sothers, MEd, RYT
Mindfulness Yoga and Meditation Teacher
Scripps Center for Integrative Medicine
San Diego, California



About Us

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Our health care providers at the Center take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The Center, located in San Diego, California, is the largest and most comprehensive hospital-based integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit www.scrippsintegrativemedicine.org.

Help Support this Retreat

This retreat has touched many lives and is truly a labor of love; however we need your support to continue our healing work. Most conferences rely on support from pharmaceutical companies, our Destination Health retreat is made possible through private and corporate donations. If our retreat touches your heart, please consider a gift of any size to support our work. Donations can be made through the Scripps Foundation for Integrative Medicine Education. Please contact Catherine Mateja at 858-554-3971 to make a donation. Many Blessings, Dr. Guarneri and Rauni Prittinen King

Save the Dates

9th Annual

The Science & Clinical Application
of Integrative Holistic Medicine

November 17-21, 2008

Paradise Point Resort • San Diego, California

6th Annual

Natural Supplements: An Evidence-Based Update
January 22-25, 2009

Paradise Point Resort • San Diego, California

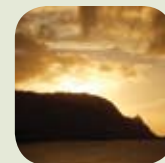
1st Annual

Integrative Holistic Nursing Conference:
Bringing Healing to You and Your Patients

May 15-16, 2009

Schaetzel Center

Scripps Memorial Hospital • La Jolla, California



**For more information on these
conferences please contact:**

Scripps Conference Services & CME
858-652-5400

med.edu@scrippshealth.org

www.scripps.org/conferenceservices

Agenda

Sunday, October 12

4:30 – 5 pm Pre-Registration

5 – 6:30 pm Welcome Blessings and Cocktail Reception
Music by Norman Solomon

Monday, October 13

7 -10 am Morning Renewal

10:30 am Welcome to a World of Healing

10:45 am Living from the Heart
Mimi Guarneri, MD

12 pm Lunch

1:30 – 2:45 pm **Workshops**
(choose one)

Foods that Harm, Foods that Heal

Cathy Garvey, RD

Hawaii: A Cultural Experience

Puna Kalama Dawson

Designing Your Healing Journey

Rauni Prittinen King, RN

3 – 4:15 pm **Workshops Repeat**
(choose one from above)



Daily Morning Renewal

Monday-Friday

7 – 10 am

Healthy & Light
Morning Refreshments

7:30 – 8:15 am &
8:45 – 9:30 am

Yoga & Meditation
Karen Sothers, Med, RYT

Water Experience
Lorie Pulliam, BPE, MA Sports Science

Tai-Chi / Qi Gong
Robert Bonakdar, MD

Journaling
Anne Day, RN

Tuesday, October 14

7 -10 am Morning Renewal

10:30 am Mahalo for Your Work
Dr. Pearsall: May Your Spirit Soar
Kevin Asbjörnson
and Kaulu Amaral

12 pm Lunch

1:30 – 2:45 pm **Workshops**
(choose one)

Connecting with Your Spirit through Music

Kevin Asbjörnson

Wonders of Wellness

Lorie Pulliam, BPE, MA

Guided Imagery for Self Healing

Karen Sothers, MEd, RYT

3 – 4:15 pm **Workshops Repeat**
(choose one from above)

Wednesday, October 15

7 -10 am Morning Renewal

10:30 am Vitamins and Supplements for Optimal Health
Robert Bonakdar, MD

12 pm Lunch

1:30 – 2:45 pm **Workshops**
(choose one)

Coffee, Chocolate & Tea: A Scientific Overview & Tasting Demonstration

Robert Bonakdar, MD

Rhythms that Heal: Using Creative Biofeedback Technology to Shift your Perception & Response to Stress

Mimi Guarneri, MD and Rauni Prittinen King, RN

Beyond the Golden Rule: Transforming the Stress of Interpersonal Interactions into Power

Tarane Sondoozi, PsyD

3 – 4:15 pm **Workshops Repeat**
(choose one from above)

Thursday, October 16

7 -10 am Morning Renewal

10:30 am Light in the Darkness: Sifting Consciousness through Cinema
Stephen Simon

12 pm Lunch

1:30 – 2:45 pm **Workshops**
(choose one)

Reclaiming Your Passion: Thinking Globally, Acting Locally

Stephen Simon

Me? NO Pause!

Tarane Sondoozi, PsyD

Natures Anti-Inflammatories: Cooking Demonstration

Cathy Garvey, RD and Chef Guy Higa

3 – 4:15 pm **Workshops Repeat**
(choose one from above)

7-9:30 pm **Sunset Dinner**

followed by:

One World, One People: Living Your Life's Dream

Musical Performance by

Kevin Asbjörnson

Friday, October 17

7 -10 am Morning Renewal

10 am **Closing Circle and Parting Thoughts**



Kevin D. Asbjörnson, MIM
Composer, Contemporary Pianist
& International Recording Artist

Kapu Sacred

E Komo Mai Welcome

Location & Hotel Information

Kauai Marriott Resort & Beach Club

The luxurious Kauai Marriott Resort & Beach Club combines the warmest island hospitality with the most idyllic destination. This Kauai beach resort fronting Kalapaki Bay offers a wide variety of recreational activities, a superior beach experience and 18 holes of Jack Nicklaus championship golf at the adjacent Kauai Lagoons Golf Club.

Your Hotel Room

The accommodations at the Kauai Marriott Resort & Beach Club are artfully decorated, spacious rooms with amenities to satisfy your every need and enhance your stay. All rooms include wonderful features, such as: private lanais, spectacular views, new luxury bedding, refrigerators, high-speed internet, and more!

Rates & Reservations

Please make your own hotel reservations and request one of the following reduced dates (excludes taxes):

\$195 Garden View	\$245 Ocean View
\$220 Pool View	\$405 King Suite

Be sure to mention Scripps when making your reservation to receive the reduced rate. Make your reservations early! A block of rooms is being held for us until **September 26, 2008**. After this date, reservations will be accepted on a space and rate available basis only.

Resort Amenities

- Complimentary shuttle to and from the Lihue Airport
- Rental car company onsite
- No Fitness Center fee for Scripps Retreat attendees
- No resort fee for Scripps Retreat attendees
- Concierge desk to help you plan site-seeing and recreation activities to complete your vacation experience.

Pool

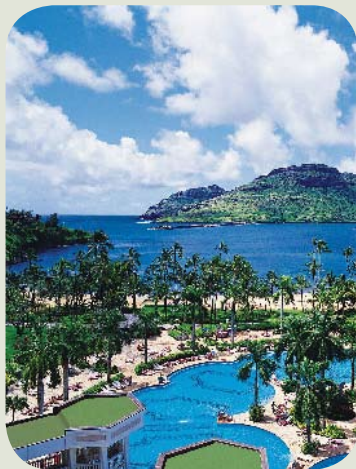
Guests will enjoy one of the largest family-friendly pools in Hawaii.

Kalapaki Beach

Its sandy bottom and gentle wave action make Kalapaki one of the better swimming beaches on the island.

Spa

From nails, make-up and hair to relaxing spa treatments and massages, Alexander Day Spa and Salon, located at the Kauai Marriott Resort & Beach Club, provides you with unmatched service and attention with the *Aloha Spirit*.



Kauai Marriott Resort & Beach Club

3610 Rice Street
Lihue – Kauai, HI 96766
Reservations: 800-228-9290
Hotel Direct: 808-245-5050
www.marriott.com



Resort Dining Options

Kukui's Restaurant & Bar

A fresh open-air atmosphere at the pool side, Kukui's is the place to enjoy a Pacific Rim inspired menu and buffets that reflect natural island offerings.

Kalapaki Grill

A "fun in the sun" spot to enjoy an array of sandwiches, salads, wraps and snacks on the beach of Kalapaki while relaxing with your favorite tropical beverage.

Aupaka

With a spectacular view of the island's largest swimming pool and beyond to Kalapaki Beach, Aupaka is the perfect place for an early Continental breakfast. Savor freshly prepared sashimi and sushi at the Sushi Bar in the evening while you relax and unwind with a martini or a specialty cocktail. Complimentary wireless internet access is available.



Duke's Canoe Club & Barefoot Bar

Duke's is located on the sands of Kalapaki Beach with dramatic views of the bay; it features local island fare, fresh fish, seafood, steaks and exotic drinks. It's open for cocktails and light fare during the day and dinner every evening.

Café Portofino

The most awarded Italian restaurant on the island serving classical northern Italian cuisine. Dine on a beautiful lanai overlooking Kalapaki Beach or inside in an air-conditioned, full-bar lounge.

Room service is available plus many more dining/shopping options within walking distance at Anchor Cove & Harbor Mall.

Registration

DESTINATION HEALTH: *Renewing Mind, Body and Soul*

October 12 – 17, 2008
Kauai Marriott Resort & Beach Club

Registration Fees

Please indicate number of guests per item

Before Sept 12	After Sept 12	
.....\$935\$985	Course Tuition
.....\$525\$575	Guest Meal Badge
.....\$125		Guest Closing Dinner
.....\$100		Healing Touch
.....\$100		Individual Nutrition Consultation

To Register

Online www.scripps.org/conferenceservices
 Fax (858) 652-5565
 Phone (858) 652-5400
 Mail Scripps Conference Services & CME
 Destination Health
 11025 N. Torrey Pines Rd
 Suite 200, Maildrop: SCRC 200
 La Jolla, CA 92037

Questions?

Phone (858) 652-5400
 Email med.edu@scrippshealth.org

Ofakino Health



Health Consultations

Healing Touch is a biofield therapy that is an energy-based approach to health and healing. It uses touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the energy flow

from the energy field to the physical body. This non-invasive technique utilizing the hands to clear, energize and balance the human energy fields affects the physical, emotional, mental and spiritual healing. The goal is to restore harmony and facilitate self-healing. Healing Touch complements conventional health.

Healing Touch is an international program that is very active at Scripps and in the Hawaiian islands including Kauai. Our practitioners are carefully selected to provide you this healing modality in an effort to further help you renew your body, mind and soul.

Individual Nutrition Consultation The typical American diet, high in saturated and trans fats and excessive in refined sugars and flour, is known to contribute to the rise of diet-related illnesses, such as heart disease, diabetes, hypertension, obesity and gastrointestinal disorders. Rather than a focus on counting calories and foods that you shouldn't eat, our dietitians will help you learn how to use food as medicine and how to make healthy eating a part of every delicious meal.



The course tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than October 3, 2008. Attendee substitutions are allowed, but notification must be made in writing by October 3, 2008. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows." Scripps reserves the right to cancel this retreat, in which case a full refund of your registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Scripps reserves exclusive rights to record (audio and video) and/or photograph all retreat proceedings for use in marketing materials, presentations and course content sales.

FIRST, MI, LAST NAME															DEGREE (MD, DO, PHD, etc)														
HOSPITAL / AFFILIATION																													
STREET ADDRESS																													
CITY										STATE / PROVINCE										ZIP CODE									
OFFICE TELEPHONE															FAX														
EMAIL																													

Payment Method **Check** Please make checks payable to Scripps (in U.S. Dollars only)
 **Visa** **MasterCard** **Amex** **Discover**
 If paying by credit card, please complete information below

NAME ON CARD															SIGNATURE														
CARD NUMBER															EXPIRATION DATE														
CREDIT CARD BILLING ADDRESS (IF DIFFERENT FROM ABOVE)																													



Special Needs including dietary restrictions:

Office use only:

DATE RECEIVED CHECK NO / APPROVAL CD AMOUNT CONFIRMATION SENT INITIALS



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Attendee Comments

From the 2007 program

- "This retreat provided a peaceful setting which allowed for profound personal growth and learning. It was an extraordinary experience delivered by exceptional faculty."
- "Faculty and course organizers were approachable, open and connected. I loved the morning renewals and workshops!"

DESTINATION HEALTH:

Renewing Mind, Body and Soul

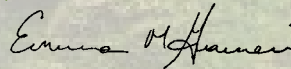
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New Retreat Location!

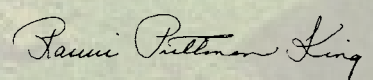
Dear Friends,

Join us for our eighth annual retreat and experience a luxury vacation combined with lectures, workshops and activities designed to empower you on your personal journey toward health and education. Whether your goal is wellness, enhanced medical knowledge or a renewed sense of spirituality, this week is for you. Whatever you choose as part of your healing journey in Kauai, you will have time to learn, experience, reflect and play.

Aloha,



Mimi Guarneri, MD
Course Co-Director



Rauni Prittinen King, RN
Course Co-Director