

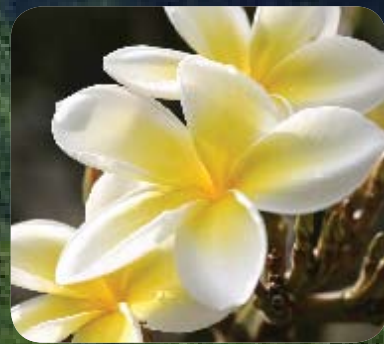
8TH ANNUAL

# 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](http://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](mailto:med.edu@scrippshealth.org)  
[www.scripps.org/conferenceservices](http://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**

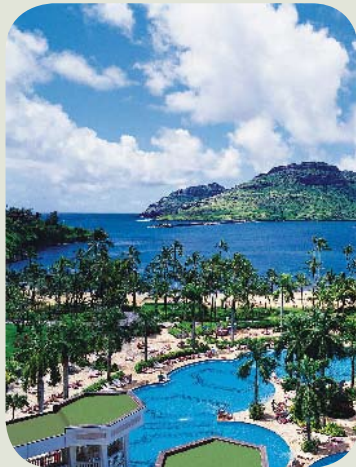
Guests will enjoy one of the largest family-friendly pools in Hawaii.

### **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*

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### 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](http://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](mailto: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)  
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CARD NUMBER															EXPIRATION DATE														
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**Special Needs including dietary restrictions:**

Office use only:

DATE RECEIVED CHECK NO / APPROVAL CD AMOUNT CONFIRMATION SENT INITIALS



8TH ANNUAL

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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*

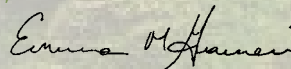
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New Retreat Location!

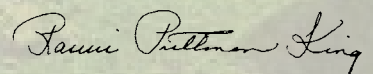
*Dear Friends,*

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