

RELAX + RECHARGE

A virtual wellness expo to nurture your body and mind

AUGUST 29, 2020

11AM-4PM

<https://bit.ly/hdrelaxrecharge>

Nourish your mind and body with wellness and positivity

Join us for a free health + wellness virtual event.

Embark on a journey of rich information with a one-day interactive workshop filled with valuable lessons that you, your loved ones, and caregivers can take while coping with Huntington's Disease.

Participate in any or all sessions - all in the comfort of your home.

Variety of sessions include meditation, yoga, Zumba, physical therapy guidance, nutrition, the path of resilience, and tips on coping stress & anxiety.

Schedule

11:00 - Guided Opening Meditation

11:15* - Laughter Yoga or Physical Therapy

12:00* - Zumba or Seated Yoga

1:00 - Colorful Foods and the 7 Systems of Health

1:45 - Simple Delicious Recipes

2:45* - The Path of Resilience or Coping with Stress & Anxiety

3:45 - Meditation

* Sessions/Topics/Workshops occurring simultaneously

The event will be live streamed on Zoom. You will be able to attend any or all sessions throughout the day.

Sign up for free:

<https://bit.ly/hdrelaxrecharge>

For more information, contact:

Kat Fillare at kfillare@gmail.com

RELAX + RECHARGE

Event Sessions & Speakers



11:00am - Guided Opening Meditation

Veronica La Barrie

Session Description

In this online session, Veronica La Barrie will share a live dialogue followed by a guided meditation to dive into the process of healing, re-discovering your purpose in life and honoring your unique gifts.

About Veronica

A pioneer in the study and teaching of A Course in Miracles, Veronica Gabrielle La Barrie is a published author, spiritual teacher and speaker. Born on the island of Trinidad in the West Indies, Veronica La Barrie has guided thousands of students down a path leading into a life of personal healing and empowered action. Her incandescent teaching style illuminates our spirits and opens windows into the awareness of what we truly are.

La Barrie Retreats, Inc. is a not-for-profit organization that is dedicated to the educational instruction for living based upon universal spiritual principles. This education is applied through books, audio-meditations, lectures, seminars, retreats and various yoga practices. Our purpose is to bring about transformation in human beings that is in accordance with one's True Nature.

More information: www.labarrieretreats.org

11:15am - Laughter Yoga

Betty Mendez

Session Description

Wellness exercises, short explanation of how laughter helps the mind-body-spirit, a lineup of laughter exercises with deep breathing interspersed, and a closing "smiling heart" gratitude visualization.

About Betty

Betty Mendez is an Integrative Energy Practitioner and Teacher in Bakersfield CA. Her road to wellbeing and joy began 13 years ago when stress-related heart palpitations and anxiety sent her searching for mind-body practices to compliment her traditional treatment plan. She learned about the human energy system and the field of energy healing practices.

The dramatic and positive effects of mind-body-spirit-energy practices changed the course of her life and led her to become a master practitioner and teacher. She remains dedicated to empowering and serving others on their journey to more freedom and joy in life. Betty's services include the following integrative energy practices: Biofield Energy Treatments, The Emotion Code™, The Body Code™, EFT (Emotional Freedom Technique), Group Empowerment HealthRHYTHMS Drumming, Laughter Yoga, Spiritual Healing with Soul Retrieval, Past Life and Ancestral Healing processes, Crystal and Gem Stone Treatment, Young Living Essential Oils, Breathwork, Applied Kinesiology, Guided Imagery and Creative Visualization, QOYA Movement, Ecstatic Dance, Sound Bowls and Toning.

More information: www.bettymendez.love



RELAX + RECHARGE

Event Sessions & Speakers



11:15am - Physical Therapy

Crissy Parrish / Schmidt Movement Disorders Fellow, Re+Active Physical Therapy & Wellness

About Chrissy

Crissy Parrish has been a physical therapist for 19 years. She has worked in a variety of settings including outpatient orthopedics, inpatient rehab, and acute care. She has completed a residency in PNF (Proprioceptive Neuromuscular Facilitation), as well as an orthopedic residency through the Institute for Physical Art after which she obtained a certification as a CFMT (Certified Functional Manual Therapist). She is also a certified PWR! Moves Therapist.

Her love for learning and her desire to be able to help people with movement disorders led her to Re+Active Physical Therapy and Wellness in Los Angeles, where she is currently completing a movement disorders fellowship. She is passionate about helping her clients with movement disorders tap into their full potential and work towards the goals that they have to be able to live life to the fullest.

More information: www.reactivept.com

12:00pm - Zumba

Khalia Frazier

Session Description

30 minute Zumba class. Be ready in comfortable workout clothes.

About Khalia

Khalia is a movement specialist and coach from New York City, now living in Los Angeles, CA. Khalia inspired by the human body, it's adaptability and how that translates into movement.

Having numerous certifications, Khalia specializes in blending various formats. These include: balance training, endurance training, weight training, yoga, guided meditation, dance, inversion therapy and more.

More information: www.khaliafrazierwellfit.com



12:00pm - Yin Yoga Blissed (Seated)

Justin Randolph

Session Description

Yin Yoga Bliss (Seated). This gentle yet powerful practice is meant to down-regulate your nervous system and give you a gentle full body stretch from head to toe. The class will be done in a chair and includes breathing practices with meditation. Have a blanket or two handy as well as a pillow or cushion.

About Justin

The Owner & Director of Yoga Loft, Justin stepped onto the mat for the first time 17 years ago and immediately felt that he had found his way home. Years of anxiety, depression, and feeling uncomfortable in his body he quickly experienced the transformation that the practice of yoga is capable of bringing to our lives. Justin is passionate about making the practice of yoga accessible to every BODY by offering soulful functional alignment based practices that are influenced by his trainings and experiences with: Katonah Yoga, Laughing Lotus, The World Spine Organization, Paul Grilley, and Bernie Clark. An E-RYT 500 (Three Sisters Yoga in NYC), Justin holds over 700 advanced training hours in various modalities including: Yin, Restorative, Hands On Assists, Ayurveda, Trauma Informed Yoga, and Yoga for the Spine. Justin is also a Reiki Master with over 10 years of healing experience.

More information: www.justinrandolphyoga.com

RELAX + RECHARGE

Event Sessions & Speakers



1:00pm - Colorful foods and the 7 Systems of Health

Dr. Deanna Minich

Session Description

Learn about the 7 Systems of Health, an approach that brings together a person's body, mind, emotions, foods, and lifestyle habits to help people live healthy, vibrant, and creative lives

About Dr. Minich

Dr. Deanna Minich (pronounced DEE-A-nuh MIN-ik) is a holistically-minded health educator and author with more than twenty years of experience in nutrition, mind-body-spirit health, medical science, and functional medicine. Dr. Minich holds master's and doctoral degrees in Nutrition and Medical Sciences and has lectured extensively throughout the world on health topics, teaching patients and health professionals. She is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, a Certified Functional Medicine Practitioner, and a registered yoga teacher. Currently, Dr. Minich teaches for the Institute for Functional Medicine and for the graduate program in functional medicine at the University of Western States. Her passion is bringing forth a colorful whole-self approach to nourishment and bridging the gaps between science, soul, and art in medicine. She has published six books on health and wellness, and over forty scientific publications.

Visit her at: www.deannaminich.com

1:45pm - Simple Delicious Recipes

Alyson Roux, MS, CNS, LDN, MFA with the Clinician's Incubator

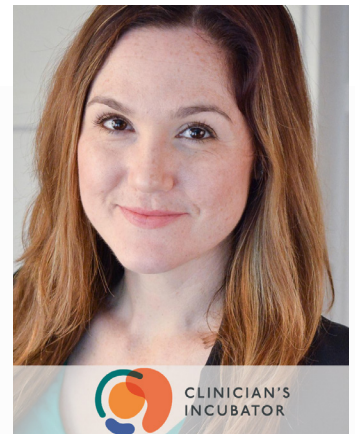
Session Description

Join clinical nutritionist Alyson Roux, MS, CNS, LDN, MFA of the Clinician's Incubator with a panel of current CNS candidates as they present delicious, nutritious recipes to support a healthy happy body. Learn from recent nutrition graduate students "in the wild" (aka their own kitchens) while they prepare and share fun, DIY recipes.

About Clinician's Incubator

Clinician's Incubator is a comprehensive clinical supervision program for recent nutrition graduates earning their experience hours towards their board certification. Program Supervisees typically hold masters degrees in nutrition science and are from all over the world. Join one of the program cofounders, Los Angeles resident, Alyson Roux, MS, CNS, LDN, MFA and some of our upcoming nutrition stars for this fun virtual food demo.

Learn more about our program: www.cliniciansincubator.com



2:45pm - The Path of Resilience

Jessica Corbin

Session Description

In this workshop you will learn how chronically "digging deep" and "pushing through" is creating an unhealthy body and mind; and simple techniques to help you recover from life's daily stressors with speed

About Jessica

Jessica Corbin is a holistic health + performance coach. She earned All-American honors, ran with the Olympic Torch in 1996 and graduated as a scholar athlete in Cross Country & Track from U.C.L.A., Jessica is a sought out keynote speaker and has appeared as a featured correspondent for mainstream TV networks and programs such as CNN, ABC's The View, E! Entertainment, TechTV, The Style Network and the Science Channel. Jessica serves as REVITA5's chief evangelist.

More information: www.jessicacorbin.com

RELAX + RECHARGE

Event Sessions & Speakers

2:45pm - Coping with Stress & Anxiety

Dr. Arik Johnson and Kipenzi Chidinma

About Dr. Johnson

Dr. Arik Johnson is the Staff Psychologist at the HDSA Center of Excellence at UCLA and the Fenton Family Coordinator of the Atypical Parkinsonian Disorders Clinic in the UCLA Department of Neurology, Movement Disorders Program. Dr. Johnson received his doctorate in Clinical Health Psychology from the California School of Professional Psychology. While completing an internship in the Behavioral Medicine Clinic at UCLA, he first joined the Department of Neurology doing research in Huntington's disease. Today, he provides clinical services to patients and families living with Huntington's disease, Parkinson's disease, and Atypical Parkinsonian disorders.



About Kipenzi

Kipenzi is an advocate for those affected, and touched by Huntington's Disease. As a board member for the HDSA LA Chapter her mission is to educate, empower and advocate for those affected by HD. Having lost her mama in December 2019 to complications related to Huntington's Disease, she's more steadfast than ever in finding a cure.

Kipenzi is a spirited entrepreneur, corporate executive and founder of LINĖIJ™. 100% of the profits from the sale of LINĖIJ™'s HDSA collection are donated to the Huntington's Disease Society of America (HDSA) - to help those like her Mama, others in her family and the HD community at large find a cure. Funds raised are used to help caregivers, as well as those living with HD enjoy life - not just survive. Kipenzi's goal is to inspire those she encounters to reach their full potential and leave the world better than she found it.

View the LINĖIJ HDSA Collection: www.lineij-atelier.com

3:45pm - Meditation

Dhaval Buch

Session Description

15 minute guided meditation

About Dhaval

Mr. Dhaval Buch has been a Physical Therapist providing Outpatient Physical Therapy since over 30 years. He has worked in various clinical settings including orthopedics, geriatrics etc. He has been practicing Yoga since over 20+ years & teaching since 1999.

As his understanding deepened, he began incorporating the age-old time-tested principles of Yoga in his therapeutic exercise programs for his patients with increasing & lasting success.

Realizing an imminent need for addressing the whole person, and not just treating one part of the body in pain, he ventured into his own private practice at AUM Physical Therapy & Yoga Center in June 2005.

More information: www.aumptyoga.com

