**Keoki Kikaha Pai Baclayon**

**Lāʻau Lapaʻau: A Traditional Metaphor for Healing in the 21st Century**  
Monday, 1:15 pm–2:15 pm

For thousands of years in Hawaiʻi, the practice of lāʻau lapaʻau (Hawaiian Herbal Medicine) assisted in the restoration of health to the sick. Its application and use today serve as a reminder of its ability to help people make pono lifestyle changes through the power of metaphors. This presentation focuses on introducing medicinal plants, how they are used and what they teach us.

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**Na Lomilomi O Papakōlea: Lomilomi**  
Monday, all day

Na Lomilomi O Papakōlea is group of traditional Hawaiian healers. They are a very knowledgeable group in Hawaiian therapeutic massage and other traditional healing practices.

***Ongoing sessions throughout Monday, April 29, 2013. Suggested donations of $30.00 for 45 minutes.***

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**Raj Kumar**

**Stress Management Through Pranayama (Breathing Exercise), Yoga, and Meditation**  
Tuesday, 9:45 am–10:45 am

Stress is the #1 cause of illness due to demands to meet deadlines at work, fast changes happening in technology, job loss, economic crisis, paying mortgages, auto and credit card bills, terrorism, work place violence, gun related violence in society, war, and global warming. According to the American Institute of Stress (AIS), seventy five percent to 90% of all doctor office visits are stress related to ailments and complaints,
Anger Management  
Monday, 10:45am-11:45am

Anger is one of the major causes of violence, destruction, death, and war. Anger is like electricity. If it is used improperly, you will regret it forever, but if it is used wisely, you will allow many good things to happen in your life.

Bio  
Raj Kumar has a doctorate degree in Clinical Psychology. He has been working for the Developmental Disabilities Division for the past 24 years. He is the author of "From Darkness to Light," "Pears of Wisdom for Everyday living," and "The Secrets of Health and Healing." He also has two new books: "Anger and Non-Violence" and "Cosmic Meditation" which will be released by the end of this year. He is a frequent guest on radio and TV. He also contributes articles on Health, healing, non-violence and Spirituality in the major local newspaper and wellness magazines. He serves as an advisory board member in the Interfaith Alliance of Hawaii. He is also the president of Gandhi International Institute for Peace and Indian-American Friendship Council. Contact info: cosmicyoga@yahoo.com

Mini Intuitive/ Feng Shui  
Monday, 9:00 am-10:30am

Mini Intuitive/Feng Shui Session about what 2013, the Year of the Water Snake, will bring you.

***Sessions only available for the first six people. First come, first serve.

Bio  
Lien Bal was born and raised in Cho Lon, Vietnam. Her interest in spirituality and metaphysics began in her youth through the teachings of her grandmother. Her passion in life has always been to help people improve their lives and to help make their dreams and goals become reality. This desire to help others led her to train with Helen and James Jay of Feng Shui Designs, where she became a certified Feng Shui Practitioner. She also participates with Katherine Metz's Affiliate Mentoring Program to further expand and enrich her Feng Shui knowledge and intuitive abilities. She has found the path that allows her to help those who are willing and ready for change. By combining her intuitive abilities and her knowledge in Feng Shui, she is able to provide a unique approach to help people empower themselves and improve different aspects of their lives that include health, success and happiness.
Morning Meditations  
Monday, 7:30 am – 8:15 am

Help start your day with some quiet "awakenings", some stretches for the mind and body, and a way to gently bring you into the spirit of Hawaii and the Pac Rim Conference! Open to all people regardless of experience or frame of mind!

Rosa McAllister

Taking Care of Yourself  
Monday, 8:30 am – 9:30 am

We get so busy with so many important things bombarding our senses, our calendars, and our to-do lists that often we are running on empty. How can we possibly be assisting others then?? Come join in for a break away.... a feel-good session where you can receive some mini-treatments while also learning some fun, easy, quick things to better take care of yourself even when still on-the-run!

Susan Mrazek

Yoga  
Tuesday, 7:30 am-8:15am

Susan will be leading a one hour session of yoga for any/all attendees who would like to join. Depending on attendees needs, the session will either be lead entirely from a chair (chair yoga) or will involve standing postures. Breathing exercises and a short meditation will also be included. Come ready to center yourself for the day!

Bio  
Susan Mrazek has been loving and practicing yoga for five years. She has attended workshops with Cathy Louise Broda, Mary Bastien, Rod Stryker and most recently, David Swenson. She hopes to be able to work on attaining her certification very soon, but in the meantime has lead several classes for CDS faculty and staff and believes yoga is a great way to center yourself and relieve stress. Susan is currently working as a Junior Specialist at the Center on Disability Studies, fostering positive engagement for preschoolers and adults.
Designs to Brighten Your Spirit by Skye All Day

Bring the sparkling light of the ocean to your hair with a Swarovski Crystal Hair Extension. Select a unique crystal strand that best reflects your spirit. Choose from an array of hand painted boxes adorned with shells from the beaches of Hawai’i to fill with your hopes, dreams, or memories of this time in the islands.

***By appointment ONLY. Please sign up at the ReCharge Desk near Registration $20.00 Donation

Brighter Tuesday, 11:00am-12:00pm

Everyone has a star in their heart. It doesn’t matter if you are a boy or a girl, or young or old. It doesn’t matter what shape your eyes are, what color your skin is, or where you live in the great big world. When you say nice words and treat other people with kindness, it makes their stars shine brighter! The same thing is true when someone says kind words and treats us with respect; it makes our star shine brighter! Immerse yourself in this delightful story and explore how your actions affect not only yourself, but others around you. Brighter, Brighter, Brighter! is not just a book, it is a shared experience. Readers co-create the story by choosing how the characters react in different situations. Intended to serve as a call to action for everyone who resonates with the concepts of connection, the power of our words and actions, personal responsibility, gratitude, and forgiveness, Brighter, Brighter, Brighter! is meant to educate and inspire.
Have you ever explored what the Creator and Angels want you to know? or is there a question you would like to ask? Angels are all around you guiding you and protecting you. Get this free reading and know that there is a wonderful life ahead of you if you only ask and listen to your inner self. I am a certified intuitive Angel Healer (Reiki) & Reader. Come join me. Colleen Souza (first come, first served)

**Angel Healings & Readings**
*Tuesday, 2:00 pm – 3:00 pm*

Take your life back and become the new you! This is a wonderful way of exercise that is so much fun! You don’t even realize you are exercising. Zumba tones your body and you will lose weight with this exercise including eating a healthier diet(Cut out the processed foods & sugar) It’s a latin dance, salsa, samba, rumba, cha-cha, and fitness all into one. Zumba toning with weights is an added bonus to get you that firm body. Join me in Zumba and have some fun!

**ZUMBA**
*Monday, 2:30 pm – 3:30 pm*

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**Chinese Healing Modalities**
*Tuesday, all Day*

**Introductory Sessions**
- *Tui Na- Chinese Medical Massage-
- *Gua Sha- Chinese Scraping Therapy*
- *Medical Qigong- Chinese Energy Work with a Practitioner*

**Advanced Sessions**
(When a school Supervisor is Present)
- *Ear Acupuncture/NADA Protocol (National Acupuncture Detox Association)- 3-7 Needles placed in the ear to treat addiction, emotional, and physical disorders*
- *Arm and Leg Acupuncture- Needles placed below the ankle and knee to treat various disorders of the body*

*The Tuesday Chinese Healing Modalities Day has been generously organized by Mar Ortaleza*