



and



Modern Mastery™ Institute

www.modernmastery.com

Present:

**Weekend Intensive Springboard to Wellness:
Radiant Living!**

Creating a Heart-Centered Healthy Life

Revitalize Your Body, Mind, and Spirit with a

True Holistic Wellness approach

When was the last time you took a weekend away and learned new ways to de-stress, realign and revitalize yourself? When was the last time you felt truly balanced, full of energy, and excited about what the future holds for you?

If you are ready to take full ownership of your life's direction and your health then join us in a ground-breaking weekend of discovery!

General Program Information

Date and Time: Friday October 11, 1 pm thru Sunday October 13, 2013 at noon

Reservations: Log-on to: www.sacredjourneyoftheheart.com/store

Sign up now to reserve your place in this Springboard to Wellness Weekend! Participants in the online event will receive a **\$500 discount** by using the coupon code received as a bonus gift. See below.

Location: Backstrom Chiropractic & Wellness, 496 Crescent Blvd, Glen Ellyn, IL 60137 (Glen Ellyn is a western suburb of Chicago, located 15 miles from O'Hare airport and 25 miles from downtown Chicago.) (see below for recommended hotel information.)

Dr. Donald Backstrom, chiropractic physician, nutritional expert and acupuncturist and **Ronna Prince**, founder of Modern Mastery, Intuitive Counselor, HeartMath Licensed Instructor and Radical

Forgiveness Coach, are your partners in guiding you through a “Springboard to Wellness”. Dr. Backstrom and Ronna will empower you to proactively take charge of your health from a truly integrative foundation. Lots of people “talk” about holistic wellness, but few are licensed and backed by 30+ years of combined experience that delivers! ***The unique aspect of this program is that you will receive physical, emotional, mental and spiritual insights, treatments and personal guidance.***

Dr. Backstrom and Ronna combine their skills to provide clients with physical, mental, emotional and spiritual healing experiences that will lead to powerful transformation.

Dr. Backstrom and Ronna will offer ***personalized and group sessions*** that will help you create a ***step-by-step action plan*** to live in a heart-centered and healthy way. Highlights of the program include a health assessment and hands-on treatment from Dr. Backstrom. And Ronna will provide you with personal instruction on the proven techniques from the Institute of HeartMath (De-stress and revitalize yourself for better sleep, focused concentration and deeper relaxation) and she will lead you through the experience of radical forgiveness that frees you emotionally, mentally and spiritually.

What is Unique about this hands-on weekend experience?

Dr. Backstrom and Ronna both use the latest, leading-edge tools, technologies and treatments that work with both speed and efficacy to facilitate a deep change in your well-being:

Dr. Backstrom’s primary treatment tools:

Quantum Scalar lasers: Cold Lasers (also known as soft & low level lasers) work like sunlight on a garden. The sunlight donates energy (photons) which nourishes the plants to grow healthy and strong. Cold lasers donate energy/photons to cells which stimulates the mitochondria to produce more ATP, the energy engine of our cells. More ATP energy means healthier cells to regenerate and help the body heal itself.

ASA Energetic Balancing System: This advanced laser balancing technology is a holistic alternative for eliminating stresses in the body, including allergies and sensitivities.

SmartSound Ultra Sound: The SmartSound is a state of the art medical treatment that has been highlighted on TVs "Entertainment Tonight" as a key anti-aging tool. It synergistically combines medical ultrasound, electrical stimulation, and photon therapy to initiate and accelerate natural repair mechanisms and regenerate your body at the cellular level.

Power Plate Vibrational Exercise: A revolutionary training technique that burns fat, enhances muscle tone, improves balance and increases strength. We will use the Power Plate during the weekend for unwinding knots in your muscles, gentle stretching and rebalancing.

Ronna’s primary techniques and tools:

The emWave2 and the Inner Balance devices: award-winning devices from the Institute of HeartMath: proven technology to reduce stress, improve sleep and enhance your energy

Radical Forgiveness Technology: a 13 step process developed by Colin Tipping that quickly breaks-up the repetitive emotional and mental patterns of the past

Aura-Soma, Color Therapy for Mind-Body and Soul: a gentle, yet powerful way to work with the healing properties of color, plant essences and aroma-therapy all combined into one system. The Aura-Soma system balances your energies, opens your heart and assists you in moving into empowered directions.

Ronna's Proprietary Heart-Shift Technique, designed to create a new magnetic heart-field to attract new opportunities and people into your life!

Detailed Program Information

(including advance preparation)**

Summary of Services:

Introduction and Group Orientation Topic: Creating a Heart-Centered Healthy Living.

Group presentation on what heart-centered living feels like, looks like and does for your vitality! Topics will include **adrenal function**, key must-have **nutritional foundations** and the essential, **easy steps to decrease daily stress**. We will cover the latest research and tools for harnessing your heart's amazing power!, the importance of physical alignment in freeing old emotional patterns , and activating new practices for effective emotional and mental balance for creating new life experiences.

4 Treatment Sessions with Dr. Backstrom: Including a Health evaluation and in-office-screening, chiropractic treatment, ASA, Quantum Scalar Laser and Smart Sound laser, and an All New Detoxing Protocol including Halogen pathogens (common toxins we are exposed to: Fluorine, Chlorine and Bromine for thyroid health). Please visit his website for more information: <http://backstromwellness.com>

**** Advance Preparation**: If appropriate send Medical Records. Upon registration, you will receive a Consent and Release form and a Health & Wellness Goals and Self-assessment form. **Optional but recommended prior to event**: Salivary Hormone Testing through Dr. Backstrom's office to measure adrenal function and hormonal health. Please contact the office for more information: 630-790-2440. For more information about this informative and easy-to-take test (take the test in your own home and mail it direct to the lab): <http://backstromwellness.com/diagnostic-testing.html>

4 Sessions with Ronna: Individual/small group sessions: Session 1: Individual HeartMath Instruction for stress management, better sleep, and increased vitality; Session 2: Emotional-Mental-Spiritual Balancing with multiple techniques (Radical Forgiveness, EFT – Emotional Freedom Technique or Tapping, Clearing Subconscious Beliefs and connecting with your inner guidance). Session 3: A 20 minute Heart-Shift process that literally creates a magnetic heart-field to attract new opportunities into your life quickly and easily . Session 4: Aura-Soma Therapy and Tools for energy balancing and emotional support.

2 Group Experiential Sessions: Group Session #1: 360 degree heart Review as presented in the film. Group Experience #2: Radical Forgiveness Circle or Satori Game, as seen in the film. Letting go of hidden resentments and moving into acceptance and peace.

Additional Benefit: Special "Weekend only" discounts offered on many self-empowering and life-changing products and technologies, all of which Dr. Backstrom and Ronna personally use and can attest to in terms of efficacy and result.

Detailed Registration Information

Cost of Program Treatments and Sessions

Friday afternoon, Saturday all day & Sunday morning: \$1,995. Participants in the online event, The Science and Art of Opening Your Heart from 9-9 to 9-13, 2013, will receive a **\$500 discount** by using the coupon code received as a bonus gift. Register here: <http://sacredjourneyoftheheart.com/telesummit/> or if already registered, please email us for your discount code at: ronna@modernmastery.com

Total value of services if purchased separately is \$3,645.00! A breakdown of costs if services are purchased separately is available upon request. No insurance filing is provided for this event.

Registration/Deposit: A credit card deposit of \$500.00 is required at registration. The deposit holds your spot and is non-refundable. The balance is due by October 1st, 2013. (Coupon for a \$500 discount can be applied at check on to the balance of your payment, or when paying in full.)

Cancellation Policy: If you cancel your reservation, you may apply your deposit to future Weekend Wellness event held by Backstrom Wellness Clinic and Ronna Prince.

Dinner: Group dinner Friday night at Glen Prairie (not included). Saturday night: on your own.

Schedule: Please plan to arrive at Backstrom Wellness Clinic on Friday at 1 pm.

Recommended Hotel: Crowne Plaza Glen Ellyn - Just off I-355. www.crowneplaza.com/GlenEllyn
Transportation to and from Crowne Plaza and Backstrom Chiropractic is included. No need for a rental car unless you choose to have one!