



Manifesting Miracles Retreat in Spiritual Tatev in Armenia

Short descriptions of workshop modalities

2023 23-28 June

Jon Gyumihyan

Transcendental Meditation: Is a simple, natural, and effortless mental technique. It is a great tool for self-knowledge and to be free from deep-rooted stresses. The coach will guide through deeper understanding of the method through practicing it daily.

Anush Hovhannisyan

“Bank of Miracles” is a series of practices and techniques for self-care and self-observation of personal growth. It nurtures abundance to reconnect participants with the *source* of wisdom at work and in everyday life.

Mikael Tadevosyan

Music therapy will engage participants in musical experiences that enable them to explore and enhance their quality of life. It may additionally help improve their communication skills, increase self-esteem and confidence, promote emotional and creative expression and contribute to personal growth.

Karine Arshakyan

NueroGrafika is a branch of art therapy, like a visual meditation, which develops skills to release emotions through drawing shapes and colors. It helps to discover the healing effects of embodiment as participants engage in thinking, feeling, and drawing simultaneously. It helps improve mental & physical health and develop positive mindset.

Breathwork helps remove old blockage, resistance, and negative patterns from our body. Breathwork brings clarity to the busy mind, and guides to our soul's intention & manifest our potential.

Karen Hakobian

“Conversations under the tree” – are conversations, attempts of mapping out the limits we carry, unlearning the fears we embody, and creating fearless zones for autonomous practices.

The conversations consist of drawing, moving, sounding, storytelling, playing and dreaming/meditating, exercises, and simulations. It explores the means of self-articulation through different tools of opposing, resisting, re-connecting as a social body, and experimenting with them within a group, unthinking together through collective situations.

Dr. Ani Kalayjian

The 7-step Integrative Healing Model: This integrative model incorporates various theories, including: psychodynamic (Freud, 1910), interpersonal (Sullivan, 1953); existential and humanistic (Frankl, 1962); Electromagnetic Field Balancing (EMF, Dubro & Lapierre, 2002); forgiveness and reconciliation (Kalayjian & Paloutzian, 2010); Learning Theory, flower essences, essential oils, physical release (van der Kolk, 1987); and mind-body-eco-spirit chakra balancing, prayers, and meditation. IDEAL: Identify, Describe, Express, Affirm, and Let-Go.

Emotional Intelligence: EQ refers to the ability to identify and manage one's own emotions, as well as the emotions of others. EQ includes identify & name one's emotion, ability to harness those emotions, and apply them to tasks like thinking & problem solving, ability to manage extreme negative emotions, anger management, regulating one's own emotions helping others to do the same.

Tapping Solution: Also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on combined principles of ancient Chinese acupressure and modern psychology. Tapping reduces cortisol (stress hormone) in our body. Stress is the health epidemic of the 21st century (WHO). Stress is linked with weight gain, depression, chronic pain, stomach issues, depression, skin disorders, infertility, and much more (Dr. Orinor).

Flower Essences: Flower remedies are infusions made from the flowering part of plant. It is a holistic treatment to address the mental, emotional, and even spiritual aspects of wellness. Flower essences are made of water and flowers in "sun method" preserved in vodka. The use of flower essences positive energy of a plant and flower can relive negative feelings (Dr. Bach).

Soul-Surfing: Yoga-like physical stretches, chakra balancing exercises for health, happiness, transforming trauma & negative emotions and nurture Emotional Intelligence. It is combined with deep diaphragmatic breathing, integrating color consciousness, positive affirmations, organ awareness in each chakra, visualization, and essential oils (Dr. Kalayjian).