



ENCOURAGING HEALTHY LIVING IN A FAST PACED WORLD

WELLNESS MENU

STRESS MANAGEMENT

ESSENTIAL OILS AND ACUPRESSURE FOR STRESS MANAGEMENT

\$2500

Great for groups of 12, in this three hour workshop we will explore how specific essential oils can be used to relieve stress, boost clarity and focus, strengthen the immune system and much more. It is helpful to have tools that support us through difficult times. Stress may be inevitable but how we deal with and relate to it is a choice each of us gets to make everyday. This simple self-care technique will have a profound effect on participants overall wellbeing and they can begin applying it to their lives as soon as they walk out the door.

MINDFULNESS

MEDITATION SERIES - 8WKS

\$5000

This 8-week series will be open to 25 participants, we will learn meditation and breath awareness techniques that can help to reduce stress, increase energy and boost the immune system. Each week we will meet for one hour. At the end of the 8 weeks participants will be equipped with mindfulness habits that improve overall wellness and productivity.

EMOTIONAL INTELLIGENCE IN THE WORKPLACE

\$2500

In this three-hour workshop for up to 25 people, we will explore and get to know how our own emotional terrain impacts the work we do and the relationships we have with our clients and peers. We will explore concepts like empathy, listening skills and presence. When we are able to take ownership of our emotional experience and communicate our truth with clarity and compassion not only do we create a positive working environment but also we increase our productivity.

NUTRITION, ACUPUNCTURE AND MORE!

SMOOTHIE WORKSHOP

\$2000

Perfect for 12 participants, this two-hour workshop will cover the basic tenets of good nutrition and show how a properly constructed smoothie can give you optimal nutrition on the go. The workshop is interactive and we will have fun creating and sampling smoothie recipes together.

Fruits and vegetables are an essential part of a healthy diet. For many, even those without high stress jobs and time demands, getting the daily recommended dose of 9-13 servings a day can feel overwhelming. However growing research has shown that a healthy diet rich in fruits and vegetables lowers risk of cardiovascular disease, diabetes, cancer, and boosts energy and immune function.

GROUP ACUPUNCTURE

\$250

Open to 10 participants at a time this 90 minute acupuncture session will help address issues like stress, addiction, pain, sleep, and digestive complaints.

INDIVIDUAL ACUPUNCTURE

\$250

In this two-hour session clients will be given a comprehensive wellness plan to begin making changes that support whole life balance. Nutrition, sleep, exercise and other self-care practices will be discussed. Clients will also receive an acupuncture treatment to address their particular healthcare needs.

AIDEN SERAPHIM L.A.C.

WWW.HEARTCENTERACU.COM



ABOUT AIDEN SERAPHIM L.A.c.



BACKGROUND

Aiden Seraphim learned early on that his deep desire to help others was a little different. From a young age, when he saw people suffering, he recognized that even the most heartbreaking circumstances could be transformed with a generous dose of hope and healing.

It was this desire to help people become whole that first drew him to study at Evergreen State College for a bachelor's degree in Multicultural Counseling. From there he worked with homeless youth struggling with a host of traumas and addictions, and while they responded well to his gentle and compassionate presence, he realized they needed more. They needed a modality that could bring healing to them as whole people, something that could help them mentally, physically, emotionally, and spiritually all at once.

Aiden chose Classical Chinese Medicine at The National University of Natural Medicine in Portland, Oregon, graduating with high honors and a Masters of Science in Oriental Medicine. He participated in internships all over the Portland area, working with clients who suffered every physical, emotional, mental, and spiritual challenge imaginable. What he found throughout all of this training is that the healing journey is deeply personal, and that the tools he'd learned through his Holistic Medicine training truly made a difference.

ACCOMPLISHMENTS

As one of Aiden's clients, you'll benefit from his love of learning. He participates in continuing education, so he's always on top of developments in the world of Holistic Medicine. He also has developed and implemented transformative workshops and retreats for individuals and corporations. His accomplishments include:

- * **Extensive Essential Oils Trainings including: Aroma Acupoint level 1 & 2, Essential Oils for Mental Emotional Challenges, Essential Oils for Teens and Pediatrics, A Year Long Master Healer Training using Essential Oils, and Other Modalities, and a Spiritual PhytoEssencing Intensive Training.**
- * **Two Hundred Hour Hatha Yoga Teacher Training**
- * **10-Day Vipassana Meditation Retreat and Three Year Resident of a Yoga and Meditation Community**
- * **Nutrition Response Testing and Morphogenic Field Testing Training**
- * **Continuing Education Classes on Working With Trauma * Leaders By Choice Participant at NUNM**
- * **Plan, Fill, and Profit Retreat Mastermind**
- * **Developed and Facilitated a Wellness Weekend on Nantucket**
 - * **Shan Ren Dao Emotional Healing 10 Day Retreat**
 - * **Clinical Supervisor at NUNM**
 - * **Volunteer Baby Coddler in the NICU at OHSU**

His thirst for understanding and passion for healing also spurs his commitment to being a practitioner. While not working with his clients, you might find him meditating, participating in a spiritual community, attending meditation retreats, traveling the world, enjoying nature, and cooking healthy food.