



## **The Eighth Annual Whole Woman Conference**

**August 9-11, 2019**

**Albuquerque New Mexico USA**

### ***Healthy Pelvis, Happy Woman***

What do prolapse, incontinence, and chronic hip and knee pain have in common?

These are all conditions resulting from loss of the natural alignment that supports the pelvic organs, hip and knee joints.

The Whole Woman Conference is focused on helping you understand the sacred nature of your innate female alignment, and inspiring you to stabilize and reverse not only prolapse, but a wide-range of related musculoskeletal disorders.

The Whole Woman body of knowledge is constantly expanding and nowhere else will you find this vital information!

- Would it be helpful to not feel alone and isolated with your condition?
- Would it help to be given step-by-step instructions in how to stabilize and reverse your symptoms?
- Would it be valuable to connect with other like-minded women who are also practicing self-care in the treatment of
  - pelvic organ prolapse
  - urinary incontinence
  - chronic hip pain
  - chronic knee pain
  - post-hysterectomy issues
  - post-menopausal issues?

- Would it be valuable to have a Certified Whole Woman Practitioner analyze your posture and gait?
- Would you benefit from honest and frank discussions about improving vaginal and bladder health?
- Do you want to feel empowered to no longer be dependent on an inadequate medical system, and stay healthy for the rest of your life?

### **In-Depth Learning**

There are two components to deep learning - intellectual understanding and practical experience.

At the Whole Woman Conference, Whole Woman Founder Christine Kent will share both the fundamentals that are so crucial to understand, as well as her latest research findings from the scientific literature.

### **Small Group Interaction**

Small group exercises create the practical experience to anchor your intellectual understanding.

Whole Woman will have nine or more certified Whole Woman Practitioners in attendance to provide individualized attention and support.

Every morning Christine will lead the group in Whole Woman Yoga® to stretch, fully awaken, and learn the simple and safe exercises to help support your Whole Woman posture.

Optional working lunches provide Q & A time with Christine and other Whole Woman Practitioners.

To register, visit <https://wholewoman.com/conference/>

## **The Whole Woman Conference Theme** ***Healthy Pelvis, Happy Woman***

The medical system wants women to passively accept what they are told about their conditions and the treatments that are offered. Women are expected to trust that the system knows what is best for them, even though medical treatments often do more harm than good.

Since 2003, Whole Woman founder Christine Kent has pulled the screen away from the inner workings of Big Medicine to show the callous blindness of a system that damages millions of women every year. With her wealth of accurate and practical knowledge, Christine will teach you how to successfully manage your own **self-care**.

## **Whole Woman Conference Schedule**

### **Friday August 9, 2019**

5:30PM - 6:00PM - Hotel Andaluz Majorca Room - Check-in

6:00PM - 6:15PM - Opening Ceremony

6:15PM - 6:45PM - Whole Woman Practitioner Graduation

6:45PM - 7:30 - Keynote by Christine Kent: Golden Proportion, Cranial Sacral Waves, and the Natural Axis of the Female Body

7:30PM - 10:00PM - Whole Woman Mixer - Valencia Room: drinks and hors d'oeuvres

### **Saturday August 10, 2019**

7:30AM - 8:15AM - Whole Woman Yoga® with Christine Kent - Barcelona Ballroom

8:15AM - 9:00AM - Breakfast (tea, coffee, muffins and fruit provided)

9:00AM - 10:30AM - Whole Woman Posture and Breathing Assessment: personalized assessment and instruction in a small group setting

10:30AM - 11:00AM - Break

11:00AM - 12:30PM - Whole Woman Solution to Pelvic Organ Prolapse: lecture, demonstration, and exercise stations

12:30PM - 2:00PM - Lunch: enjoy dining at a local restaurant, or bring lunch and join Christine and Practitioners for a “working lunch”

2:00PM - 3:30PM - Whole Woman Hip Health: lecture, demonstration, and exercise stations

3:30PM - 3:45PM - Break

3:45PM - 5:00PM - Whole Woman Gait Analysis™ How you walk on earth matters!

## **Sunday August 11, 2019**

7:30AM - 8:15AM - Whole Woman Yoga® with Christine Kent - Barcelona Ballroom

8:15AM - 9:00AM - Breakfast (tea, coffee, muffins and fruit provided)

9:00AM - 10:30AM - Whole Woman Bladder and Vaginal Health: lecture and group discussion

10:30AM - 11:00AM - Break 11:00AM - 12:30PM - Whole Woman Knee Health: lecture, demonstration, and exercise stations

12:30PM - 2:00PM - Lunch: enjoy dining at a local restaurant, or bring lunch and join Christine and Practitioners for a “working lunch”

2:00PM - 3:15PM - Question and Answer Circle: let’s make sure you thoroughly understand Whole Woman concepts and practices

3:15PM - 3:30PM - Closing Ceremony

Return home inspired, connected, committed, and empowered through knowledge, experience, and support.

## **Whole Woman Post-Conference Workshop August 12-13 2019**

### **Menopause and Beyond - the Whole Woman Way**

Our mothers called it *the change*. They struggled with real and troublesome symptoms, went to doctors for hormone replacement therapy, and many suffered with and even died from subsequent breast cancer, dementia, and stroke. Older women continue to be the most at-risk population of being seriously harmed by pharmaceutical drugs for hot flashes, osteoporosis and many other common conditions of menopause.

Drawing on the latest research, this Workshop is designed to empower women into self-care and natural ways of supporting the menopausal transition and beyond.

We will be working with with foods, herbs, light, and sound to directly experience the joy of self-care.

The Workshop will be held at the Whole Woman Center where Christine and her husband live and work. Come experience the Whole Woman Way even in the heart of the city! Organic, vegetarian lunches will be provided.

**Due to space limitations and personal attention, Workshop attendance will be limited to 12 attendees.**

**Menopause and Beyond - the Whole Woman Way**  
**August 12-13 2019**

**Post-Conference Workshop Schedule**

**Monday August 12**

7:30AM - 8:15AM - Whole Woman Yoga: with Christine Kent

9:00AM - 10:00AM - Restoring Your Microbiome: the art of fermentation and vegetarian cooking. Lecture, demonstration, participation.

10:00AM - 12:00PM - Strong Bones, No Drugs: know your phytoestrogens. Lecture, demonstration, participation

12:00PM - 1:00PM - Lunch provided

1:00PM - 3:00PM - Breast Health Awareness: Lecture and Discussion

3:00PM - 5:00PM - Revitalize Your Brain and Prevent Dementia: Lecture, demonstration, participation

**Tuesday August 13**

7:30AM - 8:15AM - Whole Woman Yoga: with Christine Kent

9:00AM - 10:00AM - Conquer Insomnia and Cool Hot Flashes: Lecture, demonstration, participation

10:00AM - 12:00PM - Skin Cancer Awareness: Lecture, demonstration, participation

12:00PM - 1:00PM - Lunch provided

3:00PM - 5:00PM - Soaring Spirit, Endless Becoming: Discussion and Q&A.

## **Whole Woman Conference Costs and Logistics**

**Conference Pricing - US\$ 497.00**

**NEW! - Conference Payment Plan** - Four payments of only **US\$ 125.00** Registration and first payment must be complete by April 30, 2019. Three additional payments will be charged automatically once every 30 days for a total of four payments. Payments must be completed by July 31, 2019.

To register, please visit -

<https://wholewoman.kartra.com/checkout/2019wwconf-workshop>

### **Refund Policy**

Plans Change. We understand that. US\$ 97 is non-refundable due to the financial commitments we have to make for the Conference venue. The balance is refundable prior to July 1, 2019, after which Conference fees will not be refunded. However, the payment may be applied towards future Conferences, Workshops, video courses or consultations.

**The Seventh Annual Whole Woman Conference** will be held at the historic and charming **Hotel Andaluz** in downtown Albuquerque, New Mexico, a ten minute Über ride from the airport.

We have negotiated a nice discount on the large, comfortable rooms. Reservation information and room discount codes will be available the first week in April. For more information on the hotel, please visit [www.hotelandaluz.com](http://www.hotelandaluz.com). Please reserve your room early to get the discounted rate.

## **Menopause and Beyond - the Whole Woman Way Workshop Costs and Logistics**

Workshop limited to 12 participants.

### **Whole Woman Conference *and* Post-Conference *Joy of Menopause* Workshop Bundle Pricing - US\$ 894.00**

**New - Early Bird Conference and Workshop Payment Plan** - Four payments of only **US\$ 224.00**. Registration and first payment must be complete by April 30, 2019. Three additional payments will be charged automatically once every 30 days for a total of four payments. Payments must be completed by July 31, 2019.

To register, please visit -

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### **Menopause and Beyond - the Whole Woman Way Post-Conference Workshop** will be held at the

#### **Whole Woman Center**

418 Central Ave SE  
Albuquerque NM. 87102

a ten minute walk from the Hotel Andaluz.

If you prefer to move your lodgings closer to the Whole Woman Center for the Workshop, there are two excellent options.

Alternative lodging accommodation for Sunday and Monday nights, four blocks from the Whole Woman Center is the **Albuquerque Historic Bed & Breakfast**, a charming collection of three early 20th century homes. Reach them at -

[www.albuquerquebedandbreakfasts.com](http://www.albuquerquebedandbreakfasts.com)

Be sure to mention Whole Woman for a nice discount.

If you prefer a business-class hotel over a B&B, the Parq Central Hotel is a four block walk from the Whole Woman Center with comfortable, spacious rooms. For more information, visit

[www.hotelparqcentral.com](http://www.hotelparqcentral.com)

Again, be sure to mention Whole Woman for a discounted room rate.

### **The Land of Enchantment**

New Mexico has earned this title from its beautiful and diverse geography, it's unique mix of cultures, its centuries-old character and architecture, and thriving arts community. The train to Santa Fe is a five minute walk from the Hotel Andaluz and the Santa Fe depot is just a few blocks from Santa Fe's famous plaza, Georgia O'Keefe museum and unique shops and restaurants. Take advantage of your travel to Albuquerque to experience some of New Mexico's delights!

### **Restaurants near the Whole Woman Center**

Immediately next door is the *Artichoke Cafe*, one of Albuquerque's best fine dining restaurants. Across the street, *Farina Pizza and Wine Bar* is one of the top rated pizzerias in the country! *Standard Diner*, 2 blocks away, features traditional American fare. Many others are only a short car or bus ride away.

For questions about the conference and workshop, please call +1 505-243-4010 or write [support@wholewoman.com](mailto:support@wholewoman.com). See you there!

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