



Pagoda Wellness Seminar Topics

Pagoda Wellness offers a wide range of health and wellness seminars, which can be tailored specifically to the needs of your group, organization, or business. You can schedule a one-time seminar on any of the following topics or customize your program to offer weekly or monthly seminars on a group of related topics. Pagoda Wellness will work with you to design a program that best meets your needs. Please see below for sample seminar topics.

Nutrition-Related Topics

Designing Your Diet for Healthy Living

The natural hygiene theory is covered in detail: background and philosophy, science, and testimonials. Learn about digestion time, food combination, and how to safely transition your diet into a healthier one.

Superfoods

Find out what “superfoods” are and how they can revolutionize your life. After a basic introduction to superfoods, participants will learn about the health benefits of select supplements and how they are commonly used. *Note: this topic can be presented in a multiple-seminar format.

Fermented Foods and Drinks

Join us for a “hands-on” workshop that will cover the history and background of fermentation, the health benefits of fermented foods and drinks, step-by-step instructions and demonstration, and guidelines for implementation that will prepare you to boost your health one delicious sip at a time!

*Note: Each workshop runs approximately 120 minutes. Fermented Foods (sauerkraut, kimchi, pickles) and Fermented Drinks (kombucha, water kefir, beet kvass) can be presented together or separately.

Food Choices Made Simple: Grocery Store Tour

Join us for a special "field trip" to ____ (local grocery store of your choice) for a comprehensive tour of the store. We will focus on sections of the store where healthier, nutrient-dense foods can be located, and we will also check out foods that have low nutritional value and are high in additives and preservatives. This tour will help you understand how to make better food purchases moving forward and how to use the grocery store layout to build your health.

Food Choices Made Simple: Label Reading

Reading a food label can be overwhelming and confusing, until you know what to look for. Then it's simple! We will cover all of the macronutrients, target amounts to shoot for in your daily diet, and how to spot "fillers" and additives. Understanding the ingredients in a product is essential to a healthy diet, and you will be empowered to make smarter food choices with your new knowledge. *Please note: This seminar can be combined with the Grocery Store Tour.

The Importance of Minerals

In order to create an optimal diet, we need to understand what role the major minerals play in the body's function and how to make sure that we are receiving adequate amounts. Learn about power foods that are packed with essential nutrients and can be easily incorporated into your existing diet.

Home Remedies

Your kitchen is filled with substances that can promote health and healing. Learn what ailments common products are often used for and the science that supports that. Sample remedies include items such as apple cider vinegar, honey, ginger, and charcoal.

Exercise and Relaxation Topics

Simple Solutions for Stress Relief

We are all familiar with stress and the havoc it can wreak on our lives. One of the best-kept secrets is that stress-relief and relaxation exercises can be simple, practical, and implemented anywhere at any time. Learn the basic science behind stress and relaxation as well as a variety of options for stress-relief, which include demonstrations on these easy-to-implement techniques.

Meditation Made Simple: Ten Minutes to Physical, Mental, and Emotional Balance

Relaxing the body and mind are integral components in wellness. Meditation is a key piece of living naturally, yet is often overlooked. Quieting the mind doesn't need to be difficult; the simple exercises covered will set you up for a successful, rewarding practice that can be integrated into the busiest of schedules. Growing studies support the benefits of meditation for a myriad of health problems. After exploring these exciting discoveries, we will put our new skills to the test with a ten-minute meditative practice that you will feel confident continuing independently.

Benefits of Mind-Body Exercise

Certain forms of exercise are designed to be therapeutic (healing) in nature. Qigong is therapeutic, easy to learn, and fun to do! In addition to thousands of years of practice, the benefits of qigong are strongly supported by medical research. This seminar includes a demonstration that anyone with medical clearance to exercise is welcome to participate in.

Balance Made Simple

Balance is a dynamic state: it is constantly improving or regressing. The secret to balance is that it can be retrained at any age. Our abilities often diminish over time not due solely to age but to unaddressed muscular and neuromuscular weaknesses. This seminar covers the basic science behind balance as well as simple exercises to get started on a program that is safe, structured, progressive, and sure to leave you with a better understanding of how to keep moving forward independently.

Improving Your Form for Walking and Running

Very few of us have received proper instruction on how to complete life's most simple tasks. With a little knowledge, let walking/jogging/running become easier and lighter, breathe more efficiently, and safeguard against falls. After covering the background of each topic, we will put our new skills to the test and prepare to safely continue these practices independently.

General Health Topics

Detox

Toxins accumulate in our body at an alarming rate. We are constantly bombarded with toxins through food and the environment. Learn why detox is an important component of wellness, how to safely implement a gentle program, and how to make more educated choices in the future to minimize toxic build-up.

Sleep

Sleep is one of the body's most important functions, yet is one of the areas where many of us suffer most. Learn how to improve both the quality and quantity of your sleep through a host of natural options targeted at common sleep barriers.

Hormonal Balance

Women's and men's health issues become more prevalent with age, but there are many natural health techniques to help restore balance. Learn a variety of options that are safe, easy to implement, cost-effective, and supported by scientific research.

Homeopathy

Homeopathy is an often misunderstood discipline. Learn about the history, basis, and modern use of homeopathy, including sample "cases" to experience its implementation.

Setting Goals that Stick

We all seek to enrich our lives but often fall short due to improper planning. Learn how to clarify, set, and monitor goals in all areas of your life: health and wellness, fitness, work, hobbies, relationships, and personal growth, using proven methods that set you up for success.

*Please think about and even list your goals prior to the seminar in order to get the most out of it!