

WHOLYFIT™



Devotional Exercise - Fitness for the Whole You!

B O D Y - S O U L - S P I R I T

Credibility



WholyFit was founded by multiply certified fitness expert and worship leader, Laura Monica, offering over 30 years of experience as a fitness professional and Christian leader.

Certification

Start certification online from your home! (Silver Certification)
Finish Certification in person at Retreat! (Gold Certification)



Effective

WholyFit Devotional Exercise is a powerfully healthful multi-level Christian mind-body exercise system appropriate for anyone from beginner to advanced exerciser, ideal for fitness program startup at churches as a ministry outreach / care-group.



Scripture Memorization, Worship & Prayer

Get trained to offer a true mind-body fitness system for body & soul.

Professional

WholyFit Silver & Gold Certification is high quality, professional training which will equip you to teach WholyFit. Training includes anatomy, kinesiology, technique, safety, spiritual leadership, how to teach group exercise. & more.

Eternal Value

WholyFit is a ministry raising up and equipping Christian Fitness Professionals in order to build up the Body of Christ; to heal, to enliven by pointing people to Jesus Christ the



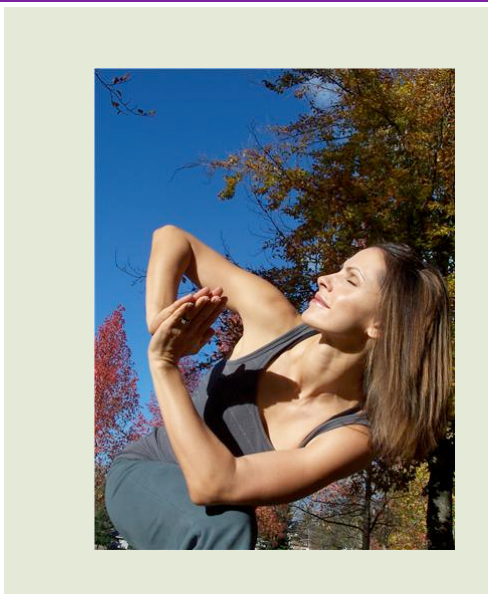
Healer.

Q U I E T H E A R T



WholyFit Devotional Exercise

WholyFit is a fun and meaningful fitness system incorporating Scripture memorization, prayer and worship for a truly biblical mind-body experience. WholyFit is gentle, multi-level, healthful, prevents injury and will give you more energy, stamina, endurance, strength and even has cardio benefits. This worshipful Christian mind-body fitness class teaches biblical meditation on Scripture for true fitness of body, soul and spirit. Wholeness, holiness and spiritual fitness is available only through the saving grace of Jesus, founded on the ultimate authority of the Word of God.



“I thank God just about daily for WholyFit. You can’t believe the ministry it’s been to me and how it keeps growing...”

— Crystal, WholyFit Mentor Instructor

How to Start

Register for WholyFit Silver Certification by mail using the registration form enclosed, or online. Need help? Contact Laura or Pam at wholyfit@live.com. Submit the instructor application which is your agreement to WholyFit unity values. Register for WholyFit Gold Certification at Retreat. Register for both Silver and Gold at the same time and \$AVE!

Join a Community

WholyFit is not just a certification organization; We are also a fellowship of like-minded Christ followers committed to supporting each other in the fitness ministry God has called each of us to. We help you with a pre-predesigned 6 month roll out program providing all marketing materials, and printing. We stay in community, pray together and encourage each other. We are ministering in the Last Days. The Harvest is ready and waiting.



SEPTEMBER 17-22, 2013

California

Channel Islands Harbor

For reservations call

Sandy Thompson

630-592-4430

2. Come to Retreat to get certified to teach WholyFit.

WholyFit offers the highest quality professional training at the lowest price because we are a ministry (not for profit). The certification workshops teach breakdown of bio-mechanics, safety, purposes, muscle groups, exercise technique and how to rollout a fitness program. WholyFit certification is a great alternative to classical yoga certification. Get certified through WholyFit and get the equipping you need to teach an effective Biblical Alternative to Yoga through professional training that is Biblically based. Gold Retreat is one half of certification offering in person training covering layers 2 and 3 of the Armor Workout and much more including modifying postures to the lowest common denominator, seniors, WholyFit Sit (on the chair) and pre-post natal modifications. Gold certification may be completed before Silver online certification or vice versa. The Quickstart on Wednesday is required for those who have not taken Silver and is highly recommended for everyone. You can do this! Anyone can teach WholyFit. No pre-requisite required. God always equips those He calls.

**3. Come to Retreat for continuing education**

Certified WholyFit instructors come to retreat FREE of tuition and get 25+ contact hours toward WholyFit Diamond Certification, plus practicum training new interns. Learn more every time! New classes are available at each retreat including demos of Fusion classes like WholyFit Adore. Take the seniors and pre/post natal classes and be sure to attend Quickstart.

4. Come to retreat for CECs.

Certified fitness professionals come to Retreat for continuing education credits. Fitness pros love WholyFit cutting edge techniques and original multi-layer client modification system!

WholyFit Gold Retreat

You are invited!

Come to Retreat for the benefit of your own personal WholyFit practice or to become certified to teach WholyFit. All welcome. No commitment to teach necessary. Come join us for renewal and breakthrough in your life!

1. Come to Retreat to take WholyFit classes

Try WholyFit by attending the morning classes where you will learn the technique behind WholyFit from Founder Laura Monica and the WholyFit Staff. Meet the instructors and experience the uplifting Biblical stress management of Devotional Exercise. Come join us for the "Yoga VS. the Bible" banquet on Friday night for a workshop and interactive discussion. We would love for you to participate!

R E G E N E R A T E D S P I R I T

WholyFit Channel Islands Retreat

At the Harbor

Hampton Inn
Channel Islands Harbor
3231 Peninsula Road,
Oxnard, California, 93035
USA TEL: 1-805-985-1100

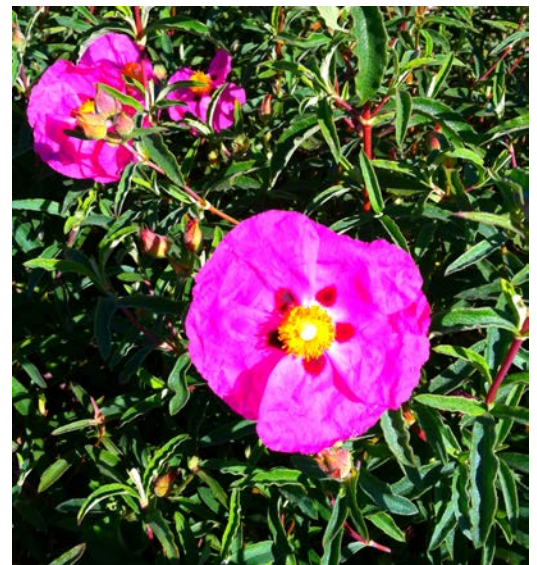
Stay onsite at the retreat venue and have the luxury of freshening up in your room in between workouts and hang out with other instructors. Walk with your prayer partner or lay out at the pool or beach during daily 3 hour devotional breaks. Stroll through the park next door, along the harbor or use the tennis courts. *Daily breakfast at hotel is included for hotel guests.* Lunch

& dinner are just a quick walk away, along the harbor. Eat at the salad bar at Toppers or the fresh fish outdoor market. The "Water Taxi" is a fun way to travel quickly across the harbor to the beach for your choice of dining: Italian, Brazilian, sushi, etc...! Grocery stores and restaurant areas are within 5-15 minute one way walking distance. The workout room features a sheltered outdoor patio and a kitchen where raw foodie snacks will be available during the workshops.

Recreation:

Contact Laura@wholyfit.org for water sports:

- WholyFit on the paddle board class
- WholyFit in the pool
- Kayaking





RETREAT AGENDA

WHOLYFIT

FITNESS FOR THE WHOLE YOU!



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arrival	6:30 Breakfast and 7am Prayer	6:30 Breakfast and 7am Prayer	6:30 Breakfast and 7am Prayer	7am Breakfast and 7:30 Prayer	Departure
	7:30am-8:00am Worship	7:30am-8:00am Worship	7:30am-8:00am Worship	7:30am-8:00am Worship	
	Demo: SloFlo	Demo: CA.D.E.nce	Demo: A.R.T.	Demo: KataFlo	
	8:00am - 9:45 am Gentle WholeFit Class Laura Monica	8:00am - 9:50am Multi-layer WholeFit Class Laura Monica	8:00am - 9:50am Multi-layer WholeFit Class Connie Haedener	8:00am-9:50am Multi-layer WholeFit Class Laura Monica and Mentor Instructors Team Teaching	
	10:00am-noon Quickstart Part I Technique and purposes Cycle I, Layer 1 Modifying to lowest common denominator.	10:00am - noon Training Workshop 1 Technique and purposes Cycle I, Layer 2 & 3	Plus: ADORE 10:00am - noon Training Workshop 3 Technique and purposes Cycle III & IV, Layers 2 &	Plus: Gatekeepers & Workups 10:25-12:15 Training Workshop 5 Team Practicum Cycles 1-4, Layers 2-3	
	Noon-1:30pm Lunch on your own. Photo session	Noon-1:30 Lunch on your own Photo session	Noon-1:30 Lunch on your own Video session	Noon-1:30pm Lunch on your own	
	1:30-3:00pm Quickstart Part II Technique and purposes Cycles 2-4, Layer 1 Modifying to lowest common denominator.	1:30-3:00pm Training Workshop 2 Technique and purposes Cycle II, Layer 2 & 3	1:30-3:00pm Training Workshop 4 Technique and purposes Pre/post Natal WholeFit Sit	1:30-3:00pm Training Workshop 5 Group Practical Test-out	
	6:00-8:30pm Appetizer Reception Welcome, Introductions, Orientation to: Soul to Sole Bible Study: "Your Identity in Christ," Connie Haedener	3:00-5:30 WholeFit Share Fair 3:30-6:30 Dinner on your own 6:30-8:30 Bible Study: "The Vessel, the Treasure and the Light," Laura Monica	3:30-5:30pm Team Practice WholeFit Share Fair 5:30-8:30 BANQUET "Yoga Vs. the Bible." Oliver and Connie Haedener Prayer Ministry	3:00-5:00 WholeFit Share Fair 3:00-6:00 Dinner on your own 6:00pm-8:30 Awards, How to Rollout, Your Class, How to Work as a Team, Staying in Community, Anointing, Sending out	

I LOOK FORWARD TO MEETING YOU!

I am so excited for those who are attending the Gold Certification Retreat! At retreat you will be trained by WholyFit Founder Laura Monica and the WholyFit professional fitness staff. Every evening you will listen to uplifting speakers, share and participate in group discussions. You will hang out with people who have the same passion about Christian fitness and make friends for life.

Retreats are different every time because God is always doing a new thing! (We ask You, Holy Spirit to do Your work in us! Amen) Laura and the WholyFit staff seek the Lord and pre-pray for the Retreat to understand the direction the Lord wants to take with each Retreat. God knows exactly who will be coming and what each person's needs are. We have seen Him do wonderful things in us and others at Retreat.



In Jesus,

Laura Monica

Laura Monica

May God Himself, the God who makes everything holy and whole, make you holy and whole and keep you fit for the return of our Master, Jesus Christ.

Quickstart

WholyFit Gentle Layer 1

Start the retreat on Wednesday with worship and then enjoy a Gentle WholyFit Class. Take a break then attend the Quickstart workshops 1 and 2. Make sure to fly in early on Tuesday and get some extra time at the beach!

Quickstart is required for anyone getting Gold certified who has not yet started WholyFit Silver certification. Quickstart is also highly recommended for everyone. Learn to modify WholyFit postures to be comfortable for YOUR body. This helpful information featuring "bread and butter safety" can be applied to any kind of exercise. Be sure to take the Quickstart if you are a beginner or have special issues. You will learn how to stay within your comfort zone for the remainder of the retreat, and be given personal coaching in how to make the rest of the conference accessible and comfortable for you



What to Wear

Wear stretchy pants and top that is not so loose it's in the way, but not so tight that it's constricting.

You will be moving in all positions: laying on your back, raising your feet, on hands and knees, etc... The weather at the Harbor is sunny and warm but there is often a breeze so bring a wind breaker and clothes to layer. Be sure to bring sun glasses and sunblock, as the sun is very bright. We will be in exercise clothes for most of the day, so choose natural fibers. Clothing for dinner is casual. Please try to bring a traction mat for exercise. Don't forget a beach towel!

Yoga Vs. Bible Banquet

Everyone is invited to attend!

This Banquet is open to the public for the benefit of anyone who wants to find out what the Bible says about yoga. This interactive, loving, non-judgmental, peaceful discussion is always a highlight of the retreat! All Christians need this information. Maybe a friend is considering yoga. Invite them to come!



Mentor Instructors Needed

Gold Certified instructors, we really need you. Help give personalized care and training to interns.

Certified instructors who teach new instructors receive practicum contact hours and continuing education credit toward Diamond Certification. Nothing will develop your skills better than training others! It will make you think of things you never thought of before, stretch you and make you a seasoned pro. Share your teaching experiences, funny stories and give creative tips that you have found to work in your classes.



Retreat Packages

Package 1



Silver + Gold Certification

Save \$100 on early bird special for September Retreat.

\$1148.00 (by May 31)

Includes Silver online certification.
Instructor application and pastoral reference will be required to finish Silver certification.

Also includes Gold Retreat:

- * Gold Certification
- * Quickstart workshop
- * Yoga Vs Bible Banquet
- * Gold certification materials
- * Personal Training & Individualized instruction
- * Contact Hours/ CECs
- * Gold Completion Certificate

Package 2



Gold Certification

Retreat only. You do not have to be silver certified to complete Gold Certification.

**Early Bird (by May 31)
\$699.00**

**Regular (by Aug. 16)
\$749.00**

**Late (by Sept. 6)
\$849.00**

Includes Gold Retreat:

- * Gold Certification
- * Quickstart workshop
- * Yoga Vs Bible Banquet
- * Gold certification materials
- * Personal Training & Individualized instruction
- Contact Hours/ CECs
- * Gold Completion Certificate

Package 3



Pre-certified Instructors

If you are a Gold Certified instructor and wish to come as a Day Guest.

**Early Bird (by May 31)
\$15/day**

**Regular (by Aug. 16)
\$17/day**

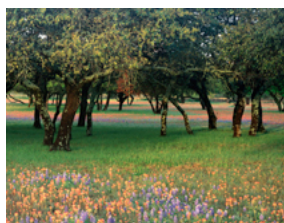
**Late (by Sept. 6)
\$20/day**

Space is very limited, so register early. Please come every day including the Quickstart. You are needed to help train interns.

Yoga vs Bible Banquet
(See description page 4.)

\$50.00

Package 4



Morning WholyFit Classes and Banquet

Anyone is welcome to attend the morning classes.

\$15 / class if pre-registered

\$20 / class drop in

Public WholyFit classes every morning 7:45 am to 9:15 am.

Wednesday class is WholyFit Gentle. Thursday -Saturday classes are multi-layer. You will be asked to sign two releases before attending class. Please come early to get your place.

Yoga vs Bible Banquet
(See description page 4.)

\$50.00

Travel / Lodging



Call Sandy Thompson to Book Hotel and Transportation.

630-592-4430

Your Hotel Room

You will need lodging Tuesday through Saturday nights. SAVE 50% on lodging by sharing a room with another instructor. Be sure to reserve your place soon as rooms sell out quickly! (Rooms are not guaranteed after August 31.)

Your Flight

Book your flight to fly in to LAX on Tuesday. Departure is on Sunday.

Your Transportation.

A shuttle is available by request.

R E N E W E D M I N D

NAME _____

First: _____

Last: _____

ADDRESS _____

City _____

State _____

Zip _____

Country _____

PHONE _____

EMAIL _____

(All information is required.)

REGISTRATION FORM

Choose ONLINE:

Click links below to register by paying online.

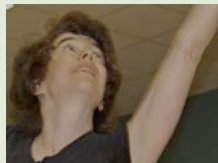
- [Silver & Gold together](#)
- [Silver Only](#)
- [Gold Only](#)

Choose EMAIL:

Register using this form. Scan & email completed form to wholyfit@live.com. You will be emailed a secure payment link.

Choose SNAIL MAIL:

Register by completing this form and sending it with a check to:
WholyFit, 395 Sawdust Road, Ste. 2155
Spring, TX 77381



WholyFit training supports a Christian Lifestyle including the spiritual disciplines of Prayer, Worship, Rest and Celebration.

Questions? Contact Pam at wholyfit@live.com or call 832-381-5408

Or fill out a contact form on www.wholyfit.com and we will contact you.

Please fill in your choices:

TUITION \$ _____

BANQUET \$ _____

DAY GUEST

Wed. \$ _____

Thurs. \$ _____

Fri. \$ _____

Sat. \$ _____

MORNING CLASSES

Wed. \$ _____

Thurs. \$ _____

Fri. \$ _____

Sat. \$ _____

TOTAL PAYMENT AMOUNT

\$ _____

WHOLYFIT INSTRUCTOR TRAINING

WholyFit Devotional Exercise

Professional mind-body fitness presented from a Biblically Christian worldview.

www.wholyfit.com



www.wholyfitclass.com



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FITNESS FOR THE WHOLE YOU!

WholyFit Retreat

395 Sawdust Road, Ste. 2155

The Woodlands, TX 77380