

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



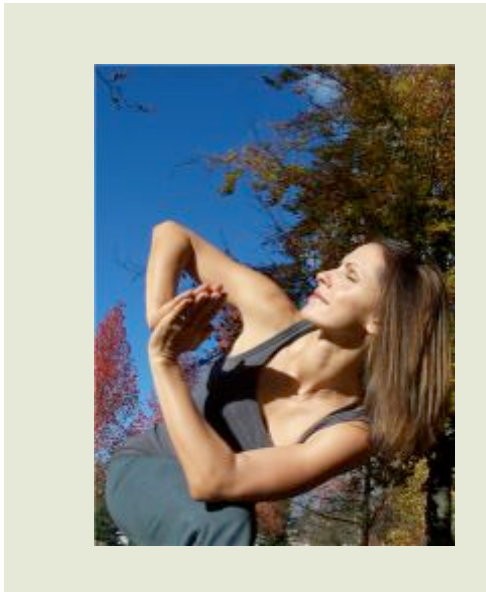
Healer.

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. Anyone can practice or teach WholyFit! No experience necessary.



"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 and/or Gold Certification using the links on the form below or by phone or email. Need help? Contact Laura or Pam at wholyfit@live.com. Submit the instructor application found on wholyfit.com, which is your agreement to WholyFit unity values. Register for both Silver and Gold at the same time and \$AVE! Get the Earlybird savings and register with plenty of time to make your travel plans!

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 roll out, marketing materials, and promotion of your classes on the internet and through social media. We stay in community, pray together and encourage each other. The Harvest is ready and waiting. All is done to lift up Christ Jesus as Lord.



JULY 8-11, 2014

California Channel Islands Harbor

CONTACT US:Email: wholyfit@live.comWeb: www.wholyfit.com

Phone: 832-381-5408

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! Why not come early and go to Disneyland or hang out at the beach? Bring your family! Kayaking, Surfing or Paddleboarding are FREE (by appointment with Laura.)

1. Come to Retreat to take WholyFit classes

You may opt to attend just the morning classes with WholyFit Founder Laura Monica and the WholyFit Staff for a small day fee alone. Meet the instructors and experience the uplifting Biblical stress management of Devotional Exercise. The "Yoga VS. the Bible" banquet on Friday night is also offered separately from certification and is open to the public. Bring a friend!

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

WholyFit offers the highest quality professional training. The training cost is low, but the certification is excellent: 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 offering professional equipping from a Biblical basis. Many fitness pros tell us they have learned more through WholyFit training than through larger, well known fitness organizations. Gold certification may be completed before Silver online certification or vice versa. At retreat you will receive personalized training covering layers 2 and 3 of the



Armor Workout, modifying exercises and much more. You will also be trained as a Bible study facilitator using the Discovery Bible Study method, a way to do Bible study that is easy for anyone, even if you're a beginner to the Bible! Anyone can teach WholyFit. No pre-requisite required. God always equips those He calls.

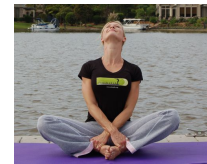
WholyFit keeps costs low because we are a "tentmaking" ministry: instead of relying on donations, we work to support the ministry (by selling fitness DVDs.)

3. Come to Retreat for continuing education

Certified WholyFit instructors come to retreat FREE of tuition, help train new instructors (practicum) and get contact hours toward WholyFit Diamond Certification. Retreat is different every time! New classes are available at each retreat including demos of Fusion classes like WholyFit Adore, Latin Dance or WholyFit FLY.

4. Come to retreat for CECs.

Certified fitness professionals come to Retreat for



Continuing Education Credits to renew previous certifications.

(Independent sub. forms provided.)

Fitness pros love WholyFit cutting edge techniques and original multi-layer client modification system!

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

WholyFit Channel Islands Retreat

Harbor Retreat

Hampton Inn
Channel Islands Harbor
3231 Peninsula Road
Oxnard, California 93035

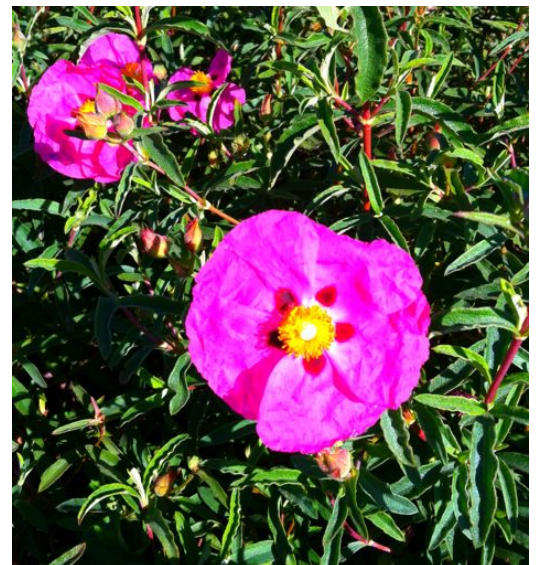
Retreat to a quiet Harbor and stay onsite at the retreat venue. Enjoy the luxury of freshening up in your room in between workouts and hang out with other instructors. Walk on the beach with your prayer partner or lay out at the pool during daily 3 hour devotional breaks. Stroll through the park next 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...! Kayaks are available! Grocery stores and restaurant areas are within 5-15 minute walking distance. Our workout room features a sheltered outdoor patio and kitchen where raw foodie snacks will be available during the workshops. A possible dinner cruise is available pending group decision.

Optional FREE Water Sports:

Contact Laura@wholyfit.org 2 weeks ahead.

- Kayaking
- Stand up Paddle Boarding or surfing








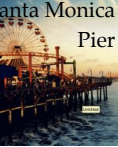







RETREAT

WHOLYFIT

FITNESS FOR THE WHOLE YOU!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Arrival or...	7:00 - 8:00 Prayer & Worship	7:00 - 8:00 Prayer & Worship	7:00 - 8:00 Prayer & Worship	7:00 - 8:00 Prayer & Worship	Departure	
   	8:00am - 9:30am Gentle WholeFit Class Plus: SloFlow Laura Monica	8:00am - 9:30am Multi-layer WholeFit Class Laura Monica	8:00am - 9:30am Multi-layer WholeFit Class Connie & Oliver Haedener with <i>ADORE</i>	8:00am - 9:00 am Group & Individual Photos / video	...or stay for more vacation fun!	
	9:30-10:00am DBS	9:30-10:00am DBS	9:30-10:00am DBS	9:00am - 10:30am Multi-layer WholeFit Class		
	10:15am-12:15 Quickstart Part I Technique and purposes Cycle 1, Layer 1 Modifying to lowest common denominator.	10:15am - 12:15 Training Workshop 1 Technique & purposes Cycle I, Layer 2 & 3	10:15am - 12:15 Training Workshop 3 Technique and purposes Cycle III, Layers 2 & 3	10:30 - 12:30 Training Workshop 5 Practical Test-out		
	3:00-5:30 Quickstart Part II Technique and purposes Cycles 2-4, Layer 1 Modifying to lowest common denominator.	 3:00-5:00 Training Workshop 2 Technique and purposes Cycle II, Layer 2 & 3	 3:00-5:00pm Training Workshop 4 Technique and purposes Cycle IV, Layers 2 & 3 Team Practicum	 3:00-5:00 Training Workshop 6 Gatekeepers & Workshops WholeFit FLY (optional)		
 6:00-8:30pm Appetizer Reception	6:00-8:30 (BYO Dinner) Share Fair - During dinner Fitness Pros I.T. Workshop	 5:30-8:30 BANQUET "Yoga Vs. the Bible." Oliver and Connie Haedener Prayer Ministry	 5:30-8:30 AWARDS Anointing & Sending out (Possible Sunset cruise)			

WholyFit Channel Islands Retreat

I LOOK FORWARD TO MEETING YOU!

I am so excited for those who are attending the Gold Certification Retreat! Every day we will offer our bodies to God a living sacrifice, because Jesus has made us acceptable to God. 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 and be renewed and uplifted. My goal is to help equip you for the ministry that the Lord has for you.

Retreats are different every time. The Holy Spirit is always doing a new thing! The Lord 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.



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

Make sure to fly in early on Monday and get some extra time at the beach! Start the retreat on Tuesday with a Gentle WholyFit Class, then attend the Quickstart workshops 1 and 2 where you will learn to modify WholyFit postures to be comfortable for YOUR body and for those with special considerations. Quickstart is required for anyone getting Gold certified and is also highly recommended for all certified WholyFit instructors. This helpful workshop features "bread and butter safety" which sets the groundwork for all following



sessions. Exercise safety can be applied to any kind of exercise. You will especially appreciate 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

Yoga Vs. Bible Banquet

Everyone is invited to attend!

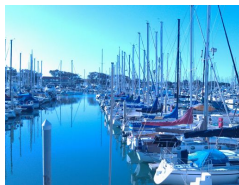
This Banquet is open to the public for the benefit of anyone who wants to find out what the Bible says about yoga. This interactive, loving, non-judgmental, peaceful discussion is always a highlight of the retreat! All Christians need this information. Maybe a friend is considering yoga. Invite them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



Mentor Instructors Needed

Gold Certified instructors help give personalized care and training to interns.

Certified instructors teach new instructors and receive practicum contact hours toward WholyFit re-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!



What to Wear

Wear stretchy clothes, with layers.

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 65-75 degrees but there is often a breeze so bring a wind breaker and layers in natural fibers, sun glasses and sunblock. Clothing for dinner is casual. Pack a traction mat but don't worry, we have extras to share. You can purchase WholyFit shirts at Retreat. For WholyFit FLY wear stretchy, fitted, high neck, extra long shirt, tucked in to high-waist tights that hug the ankle.



Retreat Packages

Premium Package



Silver + Gold Certification

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

\$1198.00 (by May 10, 2014)

Includes both Silver & Gold Certification and Fitness Pros for Christ Membership (an additional \$100 savings!)

Silver Online Certification: All online from the convenience of your home. Fast internet at home not necessary. Instructor application and pastoral reference will be required to finish Silver certification.

- * Silver Certification Online
- * Gold Certification Retreat >
- * **Fitness Pros Membership!**
- * Personal Webpage & email
- * Marketing Kit

Gold Package



Gold Certification

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

Early Bird (by April 10, 2014)
\$749.00

Regular (by May 10, 2014)
\$799.00

Late (by June 25, 2014)
\$899.00

Includes Gold Retreat and Fitness Pros for Christ Membership (\$100 savings!)

- * All Gold Certification Workshops
- * Morning classes
- * Yoga Vs Bible Banquet
- * **Fitness Pros Membership!**
- Personal Webpage & email
- * Marketing kit

Fitness Pros Package



Fitness Pros DISCOUNT

For Current Gold Certified instructors to attend all day sessions at retreat by the day.

Early Bird (by April 10, 2013)
\$15/day

Regular (by May 10, 2014)
\$17/day

Late (by June 25, 2014)
\$20/day

Continuing education is different at every retreat. Help train interns and share your knowledge with the WholyFit team!

Yoga vs Bible Banquet
\$50.00
Pay by May 10 for \$25 Rebate

Public Access



Morning WholyFit Classes and Banquet

Anyone is welcome to attend the morning classes.

\$20 / class at door

Public WholyFit classes every morning. Please arrive at least 30 min early to register or contact us beforehand to register.

Tuesday class is WholyFit Gentle. Other 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.)

Travel / Lodging



Call WHOLYFIT at 832-381-5408 to book hotel for Shared or Single Hotel Room

You will need lodging Monday through Saturday nights to attend the Wednesday - Friday Retreat.

SAVE 50% on lodging by sharing a room with another instructor. (Rooms are not guaranteed after Late Registration Deadline.)

Your Flight in to LAX

Book your flight to fly in to LAX on Monday Departure is on Saturday.

Your Shuttle from LAX airport

An airport shuttle is available by request. Call WholyFit to book the shuttle.

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:

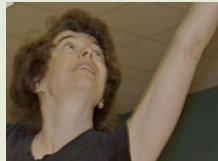
Register using this form. Scan & email completed form to

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 \$ _____

FITNESS PRO

Wed. \$ _____

Thurs. \$ _____

Fri. \$ _____

Sat. \$ _____

CLASSES: Drop in basis

TOTAL PAYMENT AMOUNT

\$ _____

Lodging, travel & food are the responsibility of the participant.

WHOLYFIT INSTRUCTOR TRAINING

WholyFit Devotional Exercise

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

www.wholyfit.com



www.wholyfitclass.com



WHOLYFIT

FITNESS FOR THE WHOLE YOU!

WholyFit Ministries

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The Woodlands, TX 77380