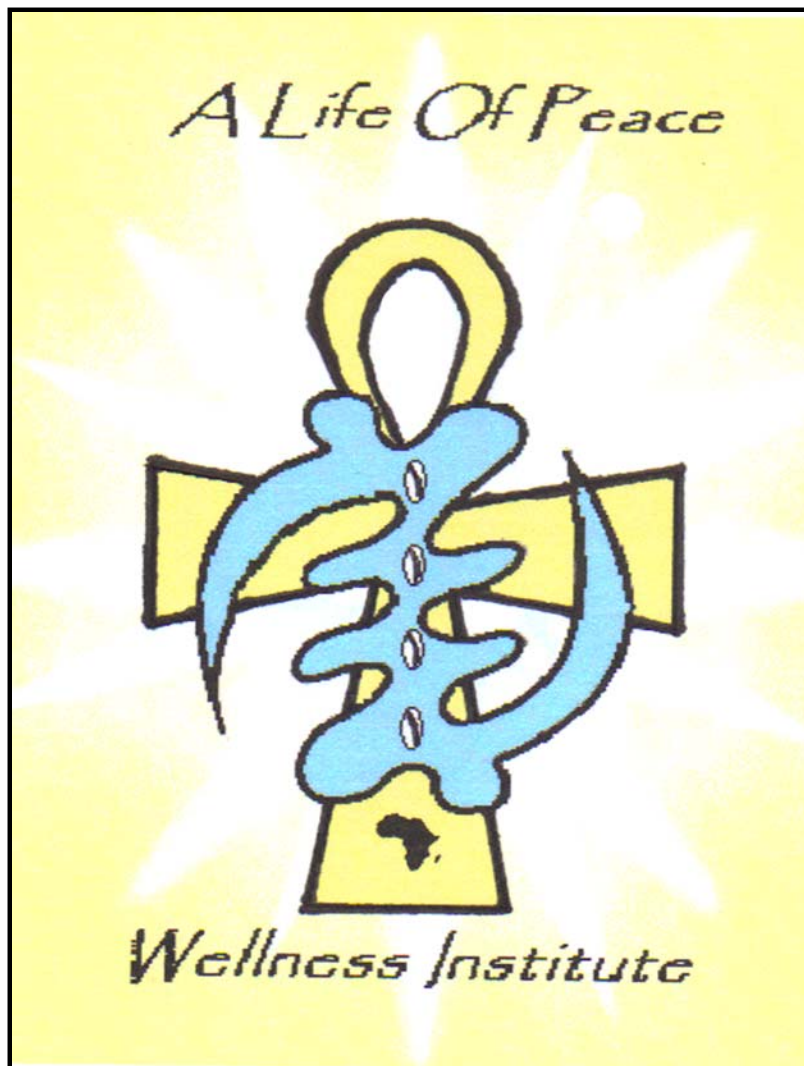


**A Life Of Peace Wellness Institute, Inc.
2009 Course Catalog**



**1-888-333-4617
www.alifeofpeace.org
info@alifeofpeace.org**

A Life of Peace Wellness Institute, Inc.

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Mission Statement

To Share the gift of a peaceful life with all those who seek fulfillment and purpose in everyday living through the disciplines and teachings of various holistic healing modalities that are shared throughout the world. Life lived with purpose. Life lived in love. Life lived with value. Life lived in harmony with community. Life lived in peace.

Community Services

Health Fairs ★ Educational Classes
Spiritual Enrichment Programs
Rites of Passage Programs ★ Weddings
Marriage and Relationship Counseling
Vegan Cuisine and Nutrition Workshops

Officers and Board Members

Dr. K. Akua Gray, ND
G. Chenu Gray, LMT
Deshantra Moore, Secretary
H. Ramona Crayton, Treasurer
Dianne Mack
Gregory Gray II
Rosalind Russell
Carolyn Morris
Dominique Campbell
Quinette Willingham

Become A Life of Peace Member!

As a member of A Life Of Peace Wellness Institute your world will be open to a vast array of educational opportunities and network advantages that are designed to enrich, inspire, fulfill, teach, and arouse your divinity. All members have special privileges that offer a direct link to the numerous programs and services offered to the diaspora.

Annual Membership includes:

- Discount tuition for all classes and certifications offered through ALOP.
- Exclusive access to tuition scholarships.
- A Life Of Peace Journal: Quarterly Newsletter
- Complementary admission to select lectures and workshops.
- Membership discounts on health services and products.

Courses

Acupuncture Detox Certification
African Nutritional Science Certification
African Spiritual Science
African Tours to Ghana, West Africa
Anatomy and Physiology
Birthing Options
Colon Therapist Certification
Ethnobotanist Certification
Financial Fitness Teleconference Study Group
Het Heru's Way Women's Healing Circle
Holistic Health Business 101
Holistic Health Business 102
Holistic Nutrition
Iridology Certification

Natural Health and Wellness Certification
Natural Remedies
Numerologist Certification
Ra Sekhi (*Kemetic Reiki*)
Raw Foods Classes
Raw Foods Chef Certifications
Reiki I Certification
Reiki II Certification
Reiki III Master/Teacher Certification
Repatriation Seminars
Retreats
Sacred Woman Rites of Passage
Spa Therapy Certification
Wholistic Medicine Woman Certification

Membership Application

I would like to be a member of A Life of Peace Wellness Institute. I understand that my journey to a more fulfilling life is in my heart and hands. I will seek to practice and enrich myself and all those I meet along my path.

Signature

Membership Donations

- \$40.00 Individual
- \$99.00 Family
- \$199.00 Group/Organization (per every 10 people)

(Please Print)

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Email _____

I would like to receive my “Life of Peace Journal” by email or US mail.

Send membership application & donation to:

ALOP, Inc.

PO Box 921

Missouri City, TX 77459

Courses Catalog

Payment Plans are available for all ALOP Courses.

- Payment plans require a deposit of \$100 - \$300 to hold your space or 50% of the class tuition depending on the total amount for the selected class.
- All payment plans must be complete prior to or on the first day of class, however depending on the course extended payment plans may be offered. All extended payment plans will require the student sign a Payment Contract Agreement.
- All methods of payment are accepted prior to the first day of class. No personal checks will be accepted on the first day of class or for extended payment plans that go beyond the first day of class.
- Receipts will be issued upon completion of all payments according to the payment plan agreement.
- Pay Pal invoices are available upon request.
- Please see the information for the particular course you are interested in for specific payment plan information or call 1-888-333-4617 xt.2 to speak with A Life Of Peace representative.
- Scholarships are also available for most ALOP sponsored classes. See Scholarship information page.

Acupuncture Detox Certification

Learn the Ancient Art of Auricular (Ear) Acupuncture for Body Detox and Cleansing from: Abuse of Nicotine, Alcohol, Sugar, Junk Food, Heroin, Cocaine, Crack, Prescription Drugs, Nonprescription Drugs, Environmental Toxins, etc.

Receive a National Certification from The National Acupuncture Detox Association - NADA

This 90 hour accredited course curriculum includes training in:

- Acudetox – Auricular Acupuncture for Addictions and Behavioral Health**
- Learning the NADA Protocol: Points Descriptions and Locations**
- Learning the NADA Protocol: Treatment Approaches**
- Public Health and Regulatory Concerns**
- Research and Acudetox**
- Integration and Sustainability**
- Oriental Medicine in the Context of Addictions, Behavioral Health Treatment**
- Client Management Issues and Strategies**
- Ethical and Legal Issues**
- The Nature of Addiction and Recovery**

Spring/Summer Classes in 2009

- Washington, D.C. March 20 - March 29**
- Atlanta, GA April 24 - May 3**
- Los Angeles, CA May 29 - June 7**
- Richmond, VA June 12 - 21**
- Toronto, Canada July 10th – 19th**

This intensive course schedule taught over a course of 10 days.

- **1st Friday evening 6-10pm, 1st Saturday 9am – 5pm, 1st Sunday 9am – 5pm**
- **Monday evening 6 – 10pm**
- **Tuesday evening 6 – 10pm**
- **Wednesday Off**
- **Thursday Evening 6- 10pm**
- **2nd Friday Evening 6 – 10pm, 2nd Saturday 9am – 5pm, 2nd Sunday 9am – 5pm**

Instructor:

Dr. Kokayi Patterson, N.D., ADS, CACII is the AWAH INC. Founder. Dr. Patterson is N.D.(Doctor Of Naturopathy), ADS(Acupuncture Detox Specialist), CACII (Certified Addictions Counselor Level II, Supervisor), **Reiki Master Level III(Health & Energy Balancing)**, Wholistic Substance Abuse Educator/Counselor, Wholistic HIV/AIDS Educator/Counselor and Wholistic Community & Family Empowerment/Motivational Speaker

Certification Tuition: \$799.00

SPECIAL RATES FOR AWAH and ALOP MEMBERS, CAC'S and CBO's

To register for classes complete registration form on page, or call 1-888-333-4617 xt.2

African Herbal Healing Science and Nutrition Certification

The African Herbal Healing Science and Nutrition Certification acclimates you to the history of traditional healing in Africa, Learn the extensive library of African herbs and their healing properties, ancient herb and food recipes and how they are relevant today, the healing uses of spices and herbs in food preparation, Healthy food habits of West Africa, What is disease from an African point of view?, Understanding the Wholistic Nature of Wellness, Preparing Yourself to Heal, Deprogramming your Programmed Eating Habits and Thought Patterns, Helping your Clients to be Receptive, Developing the Healing Touch, Developing a Business in Wholistic Medicine and more.

The course is divided into two consecutive weekends. Weekend one will focus on theory in over 15 concentrated areas of curriculum and weekend two will focus on the practical in the hands on areas of remedy making techniques (*poultices, potions, herbal formulas, and tinctures*), identification of herbs in nature, food preparation, client etiquette, and body assessments. The class includes a one year apprenticeship guidance program which includes study group teleconferences, home study assignments, meditations, and access to personal guidance sessions with Dr, Asare as needed.

The following is the 2009 Schedule of Classes.

- WASHINGTON, DC - May 15th, 16th, 17th and May 22nd, 23rd, 24th
- HOUSTON, TX – June 5th, 6th, 7th and June 12th, 13th, 14th
- ATLANTA, GA – June 19th, 20th, 21st and June 26th, 27th, 28th
- BROOKLYN, NY – July 10th, 11th, 12th and July 17th, 18th, 19th

DR. B. KOFI ASARE, MASTER HERBALIST, NATUROPATHIC DOCTOR AND FOUNDER OF PAMA HEALTH. Dr. Kofi Asare is a traditional healer from Ghana, West Africa. He is an active member of the Ghana National Association of Traditional Healers, and a trained adult educator and counsellor. He is the founder of PAMA HEALTH (POSITIVE AFRO-MENTAL ATTITUDE) with over 130 herbal formulations. Dr. Asare is the organizer of ACCEDE (AFRICAN COMMUNITIES COLABORATING EVERYWHERE FOR DEVELOPMENT AND EMANCIPATION). His lecture and workshop series consist of “Who is African?” cross cultural awareness with additional topics in African science, nutrition, herbology and natural healing techniques dating back 2000 years.

CO-SPONSORED BY: Pama Health, New Body Products, Dr. Sharita, LLC,

Certification Tuition: \$1,299.00 (deposit of \$300.00 paid by February 28th) Payment plans are available. To Register call Dr. Sharita @ (770) 316-4217 or A Life Of Peace 1-888-333-4617 or email: drsharita@yahoo.com or akua@alifeofpeace.org also visit www.alifeofpeace.org for registration package.

Advance Classes are scheduled for October 2009 in Ghana, West Africa. A group rate is now being organized and information is forth coming.

African Spiritual Science

African Spiritual Science was designed as a way of life for African people and their descendants. The importance of African Spiritual Science has had a resurgence world wide for the past forty years as children of the Diaspora have actively reconnected to the powerful spiritual ways of their ancestors. These spiritual systems are based on complete union with all of creation. Respect for creative energy, the care of the Earth, and living a full and complete life with self, family, and community.

These African Spiritual Science courses are for education purposes only and cover topics such as:

- What is African Spiritual Science?
- African Views of the Universe
- Knowledge of the Divine
- How The Creator is Approached By People
- The Spirits
- The Origin and Early State of Man
- Birth, Time of Youth, Marriage and Family Life
- Death and the Hereafter
- Rituals and Festivals
- Spiritual Objects, Places and Spiritual Leaders
- Miracles and Medicine
- Morals in African Spiritual Science
- The Meeting of African Spiritual Science and Other Religious Systems

The following is the 2009 Schedule of classes:

- Houston, TX February 20th – 22nd
- Washington, DC March 28th – 29th
- New York, NY June 3rd – 5th
- Chicago, IL July 4th – 5th
- Atlanta, GA August 20th – 22nd

Instructors:

Dr. K. Akua Gray, ND, RM works as a spiritual counselor through Spiritual Channeling, Uatchat Therapy and Crystal Therapy. She is also a Certified Reiki Master, a registered Doctor of Naturopathy, Certified Hypnotist, Certified Iridologist, Shiatsu Therapist, African Nutritional Science Consultant and is currently a PhD Candidate in Metaphysics Counseling. Akua's studies also include Maat Kemeticism, Kemetic Tai Chi, and Khamitic Yoga.

Baba Sangodare, a student of comparative religions for 15 years came to the realization after studying various arts, sciences and religions, that science and religion are in fact one and the same. A Sango priest, Sangodare was initiated by Oluwo Afolabi A. Epega. Sangodare currently instructs students in numerology and GAN philosophy in the United States and internationally.

Class tuition: \$20.00/class - 3 classes for \$50.00. These classes are free for ALOP Members.

African Tours and Retreats

RELAX, RELATE, RELEASE! At the Nubian Woman's Full Moon Healing Retreat, at One Africa Guest House and Health Resort, for seven (7) glorious days and nights.

Add to that seven (7) days of stimulating pre and post-retreat and activities. Pre-Retreat begins with a ½ day city tour of Accra, the capital city of Ghana and then on to Iture, Elmina and the One Africa Guest House and Health Resort, a quaint Afrikan village style environment.

From the moment you pass thru those bamboo gates your boundaries are re-established. Time, as you know it, takes on a different face, slows your pace and makes SELF the most important entity in your life. Holistic Health and Self Discovery is what you will find at our ocean front Paradise on the Gulf of Guinea.

We will honor our ancestors in the Cape Coast and Elmina Castle Dungeons and participate in the emotionally moving “Thru the Door of no Return – The Return” Commemorative Ceremony; visit the Kakum Rain Forest and take the exciting Canopy Walk. And before we begin our Retreat, Lucy our Fashion Designer will come and fit you for anything that you'd like to take back home with you. Bring your own ideas and fabric. She can make it happen for you!

We will begin your mornings with sunrise sessions of Qigong to cultivate your vital energy; and participate in a combination of low impact aerobics and impactful Afro-bics, to the soulful rhythms of Oldies but Goodies. Afterwards, cool off and relax with some Sacred Ocean Time, and Hot Salt Baths. We will pamper you with Reflexology treatments, Massages, Hot-Rock Therapy, Red Clay Steam Baths, bonfires on the beach, Fasting and Meditation, Drumming and Dancing, and more, as you become re-acquainted with your own spirituality.

Additionally, to help keep the body temple fit through proper eating, we will provide a specialized vegetarian cuisine for Holistic Healing; Healthy meals for healthy minds and body temples!

We will be holding our Sisters Circles throughout the retreat as well as around our bonfire as we camp out on the beach on the night of the Full Moon.

Also think about what some of your issues are and what you personally want to accomplish from this retreat. You are invited to share your issues with your sisters for group resolution, input and support. THIS IS HEALING TIME.

*** * * FULL MOON HEALING RETREAT ITINERARY * * ***

September 29th – October 16th

Day 1 - Leave New York/JFK International Airport

Day 2 – Arrive In Accra – Half Day City Tour (WEB Dubois Centre, Kwame Nkrumah Memorial, Art Centre, Makola Market, and Dinner & Getting to know ourselves;

Day 3 - Early morning departure for Elmina. Check into One Africa. Welcome / Orientation / Lucy / Shopping - Visit Elmina Castle Dungeons

Day 4 –One Africa Guest House & Health Resort - Breakfast, Kakum Rain Forest Canopy Walk

Visit to Cape Coast Castle Dungeons, “Door of No Return” Ceremony

Day 5 – Retreat begins with Sunrise Qigong and Afro-bics - Breakfast - Red Clay Steam Baths, Massage, Lunch – Sea Baths and Sand scrubs - Sisters Circle Healing Session - Early Dinner - Fast begins from Sundown

Day 6 - Sunrise Qigong - Fast continues - Juice/Water - Reflexology treatment, Massage Sea Baths and Sand scrubs - Sisters Circle Healing Session

Day 7 – Sunrise Qigong - Fast continues - Juice/Water - Reflexology treatment - Sea Baths and Sand scrubs - Sisters Circle Healing Session - Fast ends at Sundown with light dinner

Day 8 –Sunrise Qigong and low impact Afro-bics - Reflexology treatment - Sea Baths and Sand scrubs - Sisters Circle Healing Session - FULL MOON (Camp Out)

Day 9 – Sunrise Qigong – return to One Africa for Breakfast, Massage, Manicure/Pedicure and Afro-bics - Lunch - Sea Baths and Sand scrubs – Dinner

Day 10 – Sunrise Qigong and low impact Afro-bics - Reflexology treatment - Sea Baths and Sand scrubs, Red Clay Steam Baths - Sisters Circle Healing Session

Day 11 – (Last Day of Retreat)

Day 12 – Early Departure for Kumasi - (Overnight in Kumasi, ½ Day City Tour)

Day 13 – Return to One Africa (Pick up made items, final shopping, hair braiding etc.

Day 14 – Free Day/Farewell Dinner and cultural Entertainment

Day 15 – Depart for Accra & flights home

Day 16 – Arrive in U.S.

***** \$1,500.00 *****
Based on double occupancy

This all inclusive package consists of Ground transportation, Accommodations, healthy vegetarian meals and nutritious drinks for seven (7) days during the Retreat period, Holistic treatments, admission to sites visited and VAT. Tips and Gratuities are not included.

Air transportation is separate from the land package and should be purchased on your own. Please call for flight information and travel agent info if needed.

A \$350.00 Non-refundable deposit is required to confirm your reservation. The balance must be paid in full 45 days prior to departure. We suggest that you take out Travel Insurance. We endeavor to keep the cost down, however prices are subject to change without notice.

Make your reservations early as The Retreat only has openings for twelve (12) Seestahs

Anatomy and Physiology

Introduction to Anatomy and Physiology

Anatomy - The structure of the human body will indoctrinate you to the vast number of body parts and their location in the body including the bones, joints, muscles, ligaments, veins and arteries.

Physiology- The function of the systems and organs of the human body will be taught.

This course will cover Body Chemistry Basics, Melanin, Cells and Tissue (Types and Functions) as well as all of the systems in the body.

- The Integumentary System
- The Skeletal System
- The Muscular System
- The Nervous System
- The Sensory System
- The Endocrine System
- The Cardiovascular System
- The Lymphatic System
- The Respiratory System
- The Digestive System
- The Urinary System
- The Reproductive System.

This course is a pre-requisite for the Holistic Health Consultant Certification course and the Natural Health and Wellness Certification Course.

The following is the 2009 schedule of classes:

- | | | |
|--------------------------|-----------------------|---|
| <input type="checkbox"/> | Washington, DC | Saturday, February 7 – 9am – 5pm |
| <input type="checkbox"/> | Dallas, TX | Saturday, April 4 – 9am – 5pm |
| <input type="checkbox"/> | Houston, TX | Saturday, May 9 – 9am – 5pm |
| <input type="checkbox"/> | Atlanta, GA | Saturday, May 16 – 9am – 5pm |
| <input type="checkbox"/> | Chicago, IL | Saturday, August 15 – 9am – 5pm |

Instructor: Zahra Bandele is a certified and licensed educator with 11 years experience in science instruction, certified in Biology with a strong emphasis in technology and laboratory analysis. Zahra holds a B. S. in Biology from Prairie View A&M University, Teacher Certification from St. Thomas University and Graduate studies at Rice University. Zahra is also a certified Holistic Health Consultant.

Class tuition: \$99.00 – ALOP Members and Students enrolled in a 2009 naturopath certification course receive a 25% discount on tuition.

Birthing Options

Know your rights.

You can bring your baby into this world by any birthing method that you choose. Giving birth is one of the most natural occurrences for a family to experience. When mother and father are healthy child birth will be one of the most beautiful experiences of life.

There are many options of birthing your child and they include:

- Independent Birthing Centers**
- Hospital Birthing Centers**
- Hospital Labor and Delivery Units**
- Cesarean Births**
- Assisted Births**
- Family Assisted Births**
- Home Births**
- Water Births**
- Silent Births**
- Hypnobirths**
- Doulas**
- Midwives**
- OB/GYN**

Your birthing plan is also a crucial part of your family's birthing experience. Learn to prepare a birthing plan that includes birthing positions, relaxation and natural breathing, pain relief methods and much, much, more.

This course is apart of the Community Wellness Workshop Series and is scheduled in the following cities in 2009.

- | | | | |
|--------------------------|------------------------|-----------------|------------------------|
| <input type="checkbox"/> | Baton Rouge, LA | March 6 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | Baltimore, MD | April 10 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | New York, NY | May 1 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | St. Louis, MO | May 28 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | Houston, TX | July 31 | 7:00pm – 9:00pm |

Instructor:

Dr. K. Akua Gray, ND, RM works as a spiritual counselor through Yoruba Divination, Spiritual Channeling, Chakra Therapy and Crystal Therapy. She is also a Certified Reiki Master, a registered Doctor of Naturopathy, Certified Hypnotist, Certified Iridologist, Shiatsu Therapist, African Nutritional Science Consultant and is currently a PhD Candidate in Metaphysics Counseling. Akua's studies also include Tao Healing, Kemetic Tai Chi, and Khamitic Yoga.

Class tuition: \$20.00/class - 3 classes for \$50.00 in the Community Wellness Workshop Series. These classes are complimentary for ALOP Members.

Colon Therapist Certification

Are you ready for a change in career? Are you ready to add that extra stream of income? The Holistic Health industry is the fastest growing choice in health care in the world. Be a part of the boom! Open your own business or add a viable skill to your existing practice. **Become a Certified Professional Colon Therapist.**

The Holistic Colon Therapist training will include:

- Complete skills needed to practice as a Colon Hydro-Therapist
- Digestive Anatomy and Physiology
- Detoxification and cleansing
- Diet and emotions related to digestive wellness
- Choosing foods that impact life and colon
- “Colon Reflexology”
- Assessing digestive health
- Identifying candida and parasite infestations
- Nutritional and supplement treatment for specific/overall wellness
- Professional Ethics and Licensing Requirements
- Raw Foods Preparation
- Basic Iridology for Digestive Health

The following are details of the week long intensive certification package for Spring and Summer 2009.

- Theory and practical with 150 hours required.
- 5 - 10 day intensive certification; you will have the option of staying extra days to complete your practical hours
- Vegetarian Meals for the week.
- Group lodging for those traveling in.
- Group transportation.
- Recommendation to a facility in your area where you will be able to finish up your hours.

The instructor and facilities:

Dr. Jesse Brown and The Detroit Wholistic Center www.detroitwholisticcenter.com Has been a staple in the Detroit holistic health community for over 21 years, they have serviced about 30,000 clients and have a record of over 100,000 treatments. The center has been licensed since 1999 by the state of Michigan, and has 5 treatment rooms.

Tuition: \$1999.00. A \$300.00 deposit is required to hold your space and receive your textbook and materials which will be required for your advance independent studies before you get to class.

Dates: Spring Intensive: April 20 – 25 Summer Intensive: June 22 - 26

Ethnobotanist Certification

Ethnobotany and Traditional Medicine Focusing on African Healing Systems & Shamanism

The All African Healing Arts Society (AAHAS), Ghana, West Africa in cooperation with the North Scale Education & Research Institute, Inc. (NSERI), College Park, Georgia, offers an intensive and innovative program to prepare students and neophytes by acquainting them with a broad understanding of health and wellness from an indigenous perspective.

This course outline is designed to show how healers in traditional cultures use spiritual energies to effect a physical change in the health of an individual. There is nothing magical about these processes. It is simply a matter of understanding forces, both seen and unseen, which determine the outcome of all situations in the universe.

The core program encompasses the science of Botany and elementary Physiology of the human body. It prepares individuals to work in the field of holistic health, orthodox, and or allopathic medicine from a traditional African perspective. Students learn basic medical terminology and cross-cultural herbology, with emphasis on tropical and rain forest medicinal plants. This course is a global survey of healing paradigms. It acquaints the student with such diverse healing models as African Religious Beliefs & Ifa Divination, Acupuncture, Ayurvedic Medicine, Western Pharmacology, Spiritual Healing, Human Nutrition, Basic Botany and Herbal Medicine. This course also emphasizes ancient and modern History of Africa and the World.

Student Requirements & Duration of Studies

The prospective student should be a person with a strong desire and motivation to undertake serious and intensive studies independently. The staff at the North Scale Education & Research Institute, Inc. in College Park, GA, will guide the student throughout the duration of his individual program.

This **HOME STUDY COURSE** takes from six to twenty-four months to complete. However, there are individuals whose background and preparation allows them to complete the required course work in a shorter period of time. The individual student will achieve the height of development commensurate with his/her own desire for spiritual and intellectual growth.

All prospective students must submit an autobiographical sketch (3-4 pages typed, double spaced) along with a recent photograph. The applicant should outline his/her desires and objectives for undertaking this course. All prospective students must demonstrate continuous high moral turpitude and dedication to the advancement of all Humanity.

During the course of study, students will undertake practical studies on site at the **AAHAS Clinic**, the **One World Healing Center** in rural Georgia and in Ghana. At this

time, the student will experience one-on-one exposure to identification of plants and Traditional Healing Arts.

Awards & Certificates

On satisfactory completion of this program, including submission of all course work, students are awarded the coveted certificate in Ethnobotany and Healing Sciences from the All African Healing Arts Society & the North Scale Education & Research Institute, Inc.

Tuition & Registration

The tuition for this course of study is \$3,995.00, plus \$199.00/per weekend class for lodging and meals. The amount of \$1,800.00 is required for the initial registration package which includes the first five lessons, and must be paid by March 16th, 6 weeks prior to the scheduled Orientation date. **Payment Plans are as follows:**

7 payments of \$571.00 Due on the 16th of each month: January – August.

5 payments of \$799.00 Due on the 16th of every other month: February – September

4 payments of \$998.75 Due on the 16th of every other month: March – September

3 payments of \$1,366.00 Due on the 16th of every other month: March – August

2 payments of \$1,997.50 Due on the 16th of every third month: March – August

1 payment of \$3,995.00 Due on the 16th of March.

The satisfactory completion of the entire twenty lessons constitute course fulfillment. There are no refunds or exchanges.

The 2009 Program offered in conjunction with A Life Of Peace Wellness Institute, Inc. will hold scheduled weekend classes to maximize the learning experience in a group setting.

Weekend 1	April 25th – 26th	Orientation
Weekend 2	June 27th – 28th	
Weekend 3	August 29th – 30th	
Weekend 4	October 24th – 25th	Final Exams and Graduation

Each weekend will include 6-8 hours of class instruction and/or practical hands on training. Lodging will be provided for those wishing to stay on campus and nutritious vegan meals will be provided throughout the weekend.

Instructor: Dr. A. Kweku Andoh, Ethnobotanist and a Fellow of the Linnean Society of London, A native son of the tropical rain forests of Africa, and a descendant of a long line of botanists, herbalists and traditional healers, Dr. Andoh has lived and worked in Europe, America, the Caribbean and throughout the African continent. He is intimately acquainted with the flora of these environs; this has culminated in his authorship of many books on ethnobotany and traditional medicine. Dr. Andoh serves as the principal guide throughout the course of study. He is assisted by the following staff members.

Kali Sichen, Nutritionist & Program Coordinator - Prof. Joseph Nkrumah, Ph. D.
Registration Packages are available by email, email info@alifeofpeace.org to request one.

Financial Fitness Teleconference Study Groups

Dynamic Diva Dollars has inspired many to change their lives and increase their financial well being. In today's uncertain financial market it is vital to plan for financial security with options that will allow for one to create stability and avenues of progress in life.

You are invited to explore the techniques and tips outlined in The Dynamic Diva Dollars book in a series of study group teleconferences designed to create a network of encouragement and support for seekers who are ready to change the face of their financial life. Develop a millionaire mind via the spirit, mind, and body connection.

Teleconferences will be held the fourth Wednesday of each month through October from 6:30pm – 8:00pm and include the following topics.

- January 28** **Tax Filing Tips**
- February 25** **Setting Your Financial Goals**
- March 25** **Rebuilding Your Credit**
- April 22** **Making Money Doing What You Love to Do**
- May 27** **Starting a Business the Right Way**
- June 24** **Making Money While You Sleep**
- July 22** **Winning Real Estate Investments**
- August 26** **Training Your Children to be Entrepreneurs**
- September 23** **Investment Vehicles**
- October 28** **International Investments**

Members of the study group call in to the conference room and enter the access code for the evening. Members are encouraged to purchase the **Dynamic Diva Dollars** by Elon Bomani from your local African Centered Bookstore or Cultural Center, or you may order one online www.alifeofpeace.org/products the investment is \$20.

Study Group Facilitator: Dr. K. Akua Gray, a prominent business woman and real estate investor, is the National Operations Director for A Life of Peace, Inc. She has for over 19 years, owned and operated AKUA Master Loctician and Braider services, which was among the first in Houston's Natural Hair Care industry. Akua is a board member and managing officer for Bojakaz Management Inc. an international business investment firm.

These teleconference study groups are complimentary to ALOP Members.

All are welcome. We ask that non-members make a donation to the scholarship fund. Donations may be made online www.alifeofpeace.org/scholarships - click the donation button, via phone by credit or debit card, or via pay pal request a payment form to be sent to you via email. To sign up for conference access please call 1-888-333-4617 xt. 0 to submit your email address for access number and code.

Het Heru's Way Women's Healing Circle

Het Heru's Way™: Womb Wellness and Empowerment Workshop for Sisters: Het Heru's Way is a journey. Designed for women to reconnect to the resources available to live a full and complete life with purpose and longevity. Het Heru's Way, provides a guide for women to reconnect to the knowledge that they are beautiful loving beings who have the power to nourish, balance, and care for their spiritual, mental, physical, and emotional well being. Het Heru's Way is a portal of feminine healing energy that streams from woman's essence of creation; The Sacred Womb. Our wombs have a physical body, an emotional body, and a spiritual body, and if we don't find balance in these areas of life our wombs will continue to be diseased. We are beacons of life! The 4 Sessions bring to the circle an opening with Sacred Movement and Sacred Awareness. In the workshop sisters are introduced to the 12 Power Symbols Program. We learn to use ancient symbols of life from the Andinkra of Ghana West Africa, sacred stones for daily empowerment, Color Therapy and how to rearrange your world with relationship and financial goal setting. Enjoy a wonderful organic vegan meal prepared with love. Take a healing journey through your Child's Eye and emerge in a sea of love and empowerment. Then celebrate with the Het Heru Healing Dance and your new beginning!

The 2009 schedule is as follows:

- New York, NY** **January 10** **10:00am – 5:00pm**
- Atlanta, GA** **March 1** **10:00am – 5:00pm**

Het Heru's Way Facilitator's Training: Learn to Conduct and Develop Healing Circles for Sisters in your Group/Community: If it is your calling to be a healers for sisters in your community then you don't want to miss this opportunity to learn the skills need to conduct and maintain a women's healing circle. Learn the planning process, manual development, Holistic Vegan food preparation, techniques for transforming emotional release into positive resources and the skills needed to facilitate change in the lives of women.

The 2009 Facilitator's Training schedule is as follows:

- New York, NY** **January 11** **10:00am – 5:00pm**

Instructor: Dr. K. Akua Gray, ND Educator and Women's Counselor

A Doctor of Naturopathy in Missouri City, TX, a graduate of Texas Southern University and a Texas Certified Educator. Her training includes Hatha/Khamitic Yoga, Tai Chi, and Het Heru Healing Dance. She is a certified Reiki Master, Iridologist, Holistic Health Consultant, Certified Hypnotist and Shiatsu Therapist. Yeye Akua is currently the National Operations Director of A Life of Peace Wellness Institute, Inc. Yeye Akua has been counseling women and working with youth since 1988. She developed Het Heru's Way in response to the needs of young girls to develop self esteem. The first Het Heru's Way™ trainings were taught as summer rites of passage program at the Alkebu-lan Summer Camp of the Pan African Orthodox Christian Church.

Tuition: Het Heru's Way Circle \$99.00

Facilitator's Training \$199.00

Holistic Health Business 101

The most successful business has the important elements of vision, planning, and a firm business plan. In this interactive workshop you will learn: Legal Set Up, the pros and cons of incorporating as a profit, non-profit, or LLC, and vital organization skills.

Learn the difference in operating as a sole proprietor, partnership, or group. Discover every aspect of your company's finances including banking, funding, and multiple streams of income, grants, and the best loans. Of course finances would not be complete without your knowledge of bookkeeping, budgeting, and taxes. Learn tips for owning your own location with the best presentation and services in your market. Receive data on the proper forms for all your clients' needs and your protection. Learn to plan events and holistic health education classes for your community. Learn about setting your fees. Get ahead of your competition through consistent marketing on the WWW, and through print and electronic media. Learn how to continuously grow your business by continuing your education and world wide affiliations.

Sign Up Today for a City Near You in 2009!

- | | | | |
|--------------------------|-----------------------|--------------------|-------------------------|
| <input type="checkbox"/> | New York, NY | January 9 | 6:00pm – 9:00pm |
| <input type="checkbox"/> | Washington, DC | April 11 | 10:00am – 1:00pm |
| <input type="checkbox"/> | Dallas, TX | May 2 | 9:00am – 12 noon |
| <input type="checkbox"/> | St. Louis, MO | May 29 | 6:00pm – 9:00pm |
| <input type="checkbox"/> | Chicago, IL | December 11 | 6:00pm – 9:00pm |

Instructor: Dr. K. Akua Gray, a prominent business woman and real estate investor, is the National Operations Director for A Life of Peace, Inc. She has for over 19 years, owned and operated AKUA Master Loctician and Braider services, which was among the first in Houston's Natural Hair Care industry. Akua is a board member and managing officer for Bojakaz Management Inc. an international business investment firm.

Class Tuition: \$99.00 - ALOP Members and Students enrolled in a 2009 naturopath certification course receive a 50% discount on tuition.

HOLISTIC HEALTH BUSINESS 102

Moving Forward to Greater Success and Expansion Reaching Your Desired Heights

Are you already in business and need to give your business a productive boost? Growth in business is vital to provide greater service to the community you serve. Looking in new directions, taking on new affiliations and investments might be just the avenue you need to realize your ultimate vision for your business. This course was designed for current business owners who are ready to take their business to the next level of success and expansion. EXPLORE:

- Business Management**
- Customer Service**
- Saving and Investing Money In Your Business**
- Multiplying Your Multiple Streams**
- Growth Market Resources/ Capital Resources**
- Do's and Don'ts of Marketing**
- Moving On Your Investments**
- Expansion Planning**
- Building a Progressive Business Team**
- A Successful Partnership or Group**
- Maximizing On Your Affiliations**
- Attracting Investors**
- Taking A Vacation**
- Guest Speaker**

Join us for Holistic Health Business 102 at the Holistic Health Practitioner's Retreat June 19th – 21st in Meadow Bridge, WV.

- Chicago, IL December 10 6:00pm – 9:00pm**

Instructor: Dr. K. Akua Gray, a prominent business woman and real estate investor, is the National Operations Director for A Life of Peace, Inc. She has for over 19 years, owned and operated AKUA Master Loctician and Braider services, which was among the first in Houston's Natural Hair Care industry. Akua is a board member and managing officer for Bojakaz Management Inc. an international business investment firm.

Class Tuition: \$99.00 - ALOP Members and Students enrolled in a 2009 naturopath certification course receive a 50% discount on tuition.

Holistic Nutrition 101

Do you know what your body really needs to be healthy? Do you know what vitamins and minerals are necessary to fight off sickness? Learn to choose foods for healthy living. Minimize your bouts of sickness. Eat, live and enjoy good health! Holistic Nutrition will give you a brief look into the reasons why you really eat. This course will cover the scope of the body and how what you eat becomes your cells, blood, tissues, organs and thoughts. Students will also detail the following topics:

- Nutrients – vitamins, minerals, trace minerals, deficiencies
- Food Nutrients – fruits, vegetables, grains, herbs
- Improving Your Eating Habits
- Choosing and Preparing Better Foods
- Understanding Cravings and Avoiding Binges
- Achieving Your Ideal Weight
- Live an Energized and Passionate Life with Purpose
- Foods for Healing
- Food Combining
- Organic Health Foods
- Cooking and Raw Food Preparations
- Menu Planning
- Be the Change You Want to See In the World
- For the Brave Ones – The Garden

This course is apart of the Community Wellness Workshop Series and is scheduled in the following cities in 2009.

- | | | | |
|--------------------------|------------------------|-----------------|------------------------|
| <input type="checkbox"/> | Baton Rouge, LA | March 4 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | New York, NY | April 29 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | St. Louis, MO | May 27 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | Houston, TX | July 29 | 7:00pm – 9:00pm |

Instructor:

Dr. K. Akua Gray, ND, works as a registered Doctor of Naturopathy in many areas of holistic health, a certified African Nutritional Science Consultant and raw foods chef and instructor.

Class tuition: \$20.00/class - 3 classes for \$50.00 in the Community Wellness Workshop Series. These classes are complimentary for ALOP Members.

Iridology Certification

Wholistic Iridology

What is iridology?

Iridology is a non-invasive method of iris (eye) analysis used to determine conditions and levels of health within the body. Iridology dates as far back as Ancient Egypt when Imhotep "father of medicine" used iridology as one of his healing arts.

Through this ancient system it is possible to understand the whole person. You will learn to read signs of inflammation, congestion, degenerative and regenerative stages of organs and organ systems. Mental, physical, emotional, and spiritual aspects can also be interpreted. The eyes are truly the "windows of the soul".

By being made aware of their conscious and subconscious behavior patterns and influences of genetic memory, individuals are able to understand the origins of their conditions and afflictions, enabling them to positively transform their lives on all levels.

The Course

Through 15 hours of intensive study and application, you will learn:

- Historical perspectives on iridology
- The value of iridology revealing inherent genetic weaknesses and strengths
- How eyes reveal thought and emotional aspects of personality
- Reflexes of the bowel that affects organs and glands
- The importance of detoxing the systems of the body...Circulatory, Digestive, Endocrine, Immune, and Lymphatic Systems, etc...
- The integration of physical, emotional, mental, and spiritual healing
- Understanding nutritional requirements through analysis of the eyes
- How to develop a health program using iridology
- The power of iridology as tool of prevention
- The 12 senses of the body (not five)

2009 Location: Washington, DC March 27th - 29th, 2009

Instructor: Dr. Paul Goss, Master Iridologist and Herbalist, is an organic chemist, iridologist and Naturopathic Doctor. He is the creator of NEW BODY PRODUCTS. New Body Products was established in 1977. The company has 32 herbal formulas and over 100 herbal products. New Body Products has been serving the community for 31 years. New Body Products are used by millions and distributed by experienced holistic practitioners as well as lay people all over the world. Dr. Goss has lectured on holistic topics nationwide and 17 foreign countries. He has written three books, "Forever Young," "The Natural Way," and "The Rebirth of Gods."

Certification Tuition: \$399.00 + \$25.00 Lab Kit

Natural Health and Wellness Naturopath Certification

A lifestyle of spiritual strength, good health, positive emotions, and mental clarity is a birthright. However in the scope of centuries past we have lost connection with the very essence of who we are as divine energy. My goal in providing this certification course to all communities is to do my part in restoring the principles of MAAT to a world in dire need of change through love and balance.”

- Dr. Akua

Earn certification as a Natural Health and Wellness Consultant. This certification can be used for personal, family, and community health. It can also be used in professional health services as a naturopath, nutritional consultant, and holistic health consultant.

This three month course will prepare you with Holistic Health training in The Body of Man, Assessment Skill for identifying Disease, Solutions to Disease, Client Care, Food Health, Herbal Remedies, Gardening, Holistic Relationships, and Holistic Health Business and Law.

Classes will cover Holistic Health Theory, Assessment Practical, Interactive Multimedia Presentations, Quizzes and Examinations for enhanced learning. Students have access to a directory of teacher aids for questions, study approaches and teleconference group sessions.

Class 1 - The Body of Man

Basic Biology Overview - understanding cells, tissues, organs and body chemistry - Anatomy and Physiology - The major organs and systems of the body functions and melanin - The Immune System - The African Perspective of the disease process - Recovering from a toxic environment and poor nutritional habits - Holistic Human Development - What does wholeness from birth to death look like - Mental Effects of disease on the body systems - The Personality Traits of Disease - Ways of identifying disease in the body, mind, spirit and emotions

Class 2 - Identifying Diseases of the Body

Disease Catalog - Learn the catalog of diseases, causes, signs, symptoms, basic prevention techniques - The Big One - Cancer: Prevention is the Key - Assessment Skills - Visual Signs of disease: The Face, The Blood Pressure, The Eyes (Iridology and Sclerology, The Hands, The Feet, Hair, Lips, Nose, Teeth, The Body Chemistry (pH and Urine Analysis) - Identifying Stress Through Body Signals - Microfacial Expression - Don't ever be fooled by what someone says, Read their true expressions - Pharmacology and Toxins - Drug and herb interactions, physical results - Blood and Saliva Analysis - Reading and determining from a holistic point of view what standard lab reports mean. - Client Care and Consultant Etiquette - How to approach your client for the healing process - Client Practitioner Relationship - Superior Professional Consistency - Client Motivation, Relapse, Encouraging thought pattern change

Class 3 - Physical, Mental, Emotional and Spiritual Solutions to Disease

The Essentials - Ra (Sun), Hapi (Air) and Water - Therapeutic Herbology for common community diseases, plant identification - Simple Botany in herbal remedies. Home Remedies - simple applications for simple ailments - Aromatherapy - the benefits of essential oils for protections against parasites and diseases - Reversing Addictive Behavior that causes disease - The Great Question: Who Am I? - The Essence of Man and bringing balance to all aspects of your life. Emotional Awareness - Speaking words that heal unceasingly - Past Life Regression - Learn awareness on your energies previous dimensions Forgiveness - making peace with past hurt - Love is a given - learn how to like yourself and others - Bring balance to your personal environment - Spiritual Awareness - Alternative Modalities for

spiritual, mental and physical harmony including stress reduction, relaxation, massage, reflexology, shiatsu, Reiki, Ra Sekhi, Khamitic yoga and Kemetic Tai Chi, Light Therapy, Color Therapy, Music Therapy, Pher shefat, Therapeutic Touch, Spiritual Health - Accessing Dimensions Beyond the Physical Realm, Channeling, Chakra Therapy, Divination, Astrology, Medical Astrology, Numerology, The Neter, Conditioning you mind to build PYRAMIDS - Herbal Gardening - Learn the importance of having the ability to grow and sustain a garden for optimum health. Body Awareness Detoxification - ridding the body of chemicals from food, water, air and other exposures - The importance of physical movement and rest Fitness Food - Balancing a high Holistic Health and Beauty Products - Learn to combine natural ingredients for hair, face, skin and total body care

Class 4 - Food as Medicine Digestion

Explore the roll of enzymes and antioxidants for nutrient absorption Basic Nutrition (Food As Medicine) - types of medical foods - raw vs. cooked, juicing, types and times of intake, Including supplements (vitamins, amino acids, minerals, proteins, carbohydrates, dietary fats and oils)The Traditional American Diet vs. The Traditional African Lifestyle of Body Nourishment Fruit and Vegetable Gardening - The organic approach to community foods Stress Eating - reversing obesity and other eating disorders

Class 5 - Holistic Relationships

Metaphysics Living - Self Love, Family Stability, Community Development and Protection, Shifting World Consciousness Developing Your Human Relationship Skills Women's Health - Address issues of health specifically key to women including fibroids, fibromyalgia, hormonal imbalances, breast health, under and over weight, depression, lupus and many more Men's Health - Address issues of health specifically key to men including prostrate disease, impotency, cancers, chi preservation, and many more topics Male and Female Relationships - Attracting and Maintaining Harmony Holistic Parenting - Being the divine light for your child Children's Health - Growing beautiful little ones in the principles of MAAT Elder Health - The holistic approach to aging and longevity

Class 6 - Holistic Health Business and Law and Final Exams

Building and Maintaining a Consulting Practice Holistic Health Laws, Rules and Regulations in the United States State Regulations in the 15 States that License Natural Practitioners Issues of a Consultant Practice

Classes are available year around in a city near you. The following are the beginning month for the three month course.

- | | | |
|--------------------------|------------------------|-------------------|
| <input type="checkbox"/> | Houston, TX | July 2009 |
| <input type="checkbox"/> | Birmingham, AL | Aug. 2009 |
| <input type="checkbox"/> | Augusta, GA | Aug. 2009 |
| <input type="checkbox"/> | Baton Rouge, LA | Sept. 2009 |
| <input type="checkbox"/> | Chicago, IL | Oct. 2009 |

Dr. K. Akua Gray, ND is the National Operations Director for A Life of Peace Wellness Institute, Inc. An outstanding educator, she holds a bachelors degree in communications from HBCU Texas Southern University and she completed her education certifications at St. Thomas University. Akua has worked on women's empowerment and healing as a spiritual counselor through Yoruba Divination, Spiritual Channeling, Chakra Therapy and Crystal Therapy. She is also a Certified Reiki Master, a registered Doctor of Naturopathy, Certified Hypnotist, Certified Iridologist, Shiatsu Therapist, African Nutritional Science Consultant and is currently a PhD Candidate in Metaphysics Counseling. Akua's studies also include Kemetic MAAT Principles of Living, Kemetic Tai Chi, and Khamitic Yoga.

Natural Remedies

Learn many natural remedies that you can use to assist in minor ailments. Learn remedies on beauty aids, hair care, skin care, first aid, herbal baths, bug repellents, and herbal remedies on menstrual pains, fevers, backache, headache, colds and many others.

This course is apart of the Community Wellness Workshop Series and is scheduled in the following cities in 2009.

- | | | | |
|--------------------------|------------------------|-----------------|------------------------|
| <input type="checkbox"/> | Baton Rouge, LA | March 5 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | Baltimore, MD | April 9 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | New York, NY | April 30 | 6:30pm – 8:30pm |
| <input type="checkbox"/> | Houston, TX | July 30 | 7:00pm – 9:00pm |

Instructor:

Dr. K. Akua Gray, ND, works as a registered Doctor of Naturopathy in many areas of holistic health, a certified African Nutritional Science Consultant and raw foods chef and instructor.

Class tuition: \$20.00/class - 3 classes for \$50.00 in the Community Wellness Workshop Series. These classes are complimentary for ALOP Members.

Numerologist Certification

Numerology is a Spiritual science modality that enables you to see your destiny and purpose in this life. Explore:

- The African Origin of Numerology
- The Association Between Science and Religion
- Study the Relationship between numbers
- The Nature of Physical Objects and Living Things

Full certification upon completion of the course; classes will be held on selected Saturdays and Sundays - 9am—3pm for a two month period. Certifications will be scheduled by request. If you are interested in having a certification class in your city please CALL 1-888-333-4617 xt. 2 for more info and scheduling.

Instructor: Master Numerologist Baba Sangodare a student of comparative religions for 15 years A Sango priest, Sangodare was initiated by Oluwo Afolabi A. Epega, fifth generation Ifa Priest from Ode Remo, Nigeria. Sangodare holds a degree in Mathematic and computer science from Texas Southern University. He worked as a software engineer at Lock heed Martin and the United Space Alliance Shuttle Program for NASA. He taught the sacred sciences geometry and algebra to high school students in Houston for many years. Sangodare currently instructs students in numerology and GAN philosophy in the United States and Internationally.

Numerology Consultations Available at anytime call Today, 1-888-333-4617 to schedule.

Raw Foods Classes

Preparing wholesome raw food meals for your family with the taste that you know and love is an important key to optimum health and wellness!

Enrich your family/community with recipes and a healthy lifestyle which include:

Fresh Juice and Smoothies	Sunfired Foods Recipes
Delectable Salads	Delicious Raw Pizza
Healthy Holiday Meals	Nut Meat Pates
Nut Milks and Health Drinks	Deluxe Gourmet Entrees
Lunches and Snack for your Family	Desserts and much, much, more!

Raw Foods Workshops & Certifications are available nationwide. All chefs are available upon request to facilitate classes, workshops, and catered events anywhere in the US, Canada, the Caribbean and Africa. Call 1-888-333-4617 xt. 2 to make your request.

Meet the Chefs

Zahra Bandele – Houston, Texas - is a certified and licensed educator with 11 years experience in science instruction, certified in Biology with a strong emphasis in technology and laboratory analysis. Zahra is also a certified Holistic Health Consultant and has been preparing vegetarian meals for over 20 years.

Live Food Intensive	March 21-22	10am – 4pm	Houston, TX
Live Foods Preparation	May 31	10am – 2pm	St. Louis, MO

Family Rites of Passage Retreat	July 19 – 21	Meadow Bridge, WV (Food Prep)
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Dr. K. Akua Gray - Missouri City, Texas – has been teaching and preparing vegetarian and vegan meals for family and friends for over 15 years. She has been trained by numerous raw foods chefs including Aris Latham, Sunshine (Vergis Bourgeois Jr.), Modupe Morris, Derrick Williams, and many others through their shared works.

Raw Foods Preparation Class	March 7	10am – 2pm	Jackson, MS
Live Foods Chef Certification	June – August		Dallas, TX

Modupe Morris - Phoenix, Arizona – A devoted student of Sunshine. Modupe was train in raw foods preparation at Eden Wholistic Retreat Center in Douglas, AZ. Committed to living a lifestyle, Modupe has been on this journey for 7 years. Her philosophy includes eating a variety of colorful foods including a rainbow of herbs for maximum nutrients to increase your vibration of life.

Raw Foods Chef Certification Retreat	June 12 – 14	Meadow Bridge, WV
Holistic Health Practitioners Retreat	June 19 – 21	Meadow Bridge, WV

Sunshine - Houston, Texas – a twenty three year veteran in holistic health, wellness and vegetarian food preparation, Sunshine as he is affectionately known by most is a master Iridologist and Wellness Consultant. He has been train by Master Chef Aris Latham, Dick Gregory, Dr. Paul Goss and Dr. Llaila Afrika. Sunshine offers weekly classes, lectures, vegetarian food prep classes, Health consultations and New Body Herbs throughout the year in Houston, TX and cities throughout the US, the Caribbean, and Africa.

Raw Foods Chef Certification Retreat June 12 – 14 Meadow Bridge, WV

**Vegetarian Lifestyle Classes - Every first Saturday - SHAPE Community Center
Houston, TX 9am – 1pm - \$10.00 Lunch fee – includes a shopping trip to learn food
selection.**

**Sunshine is available for Raw Food Classes and Basic Iridology Classes by request. Call
1-888-333-4617 xt. 2 to schedule and class or event.**

Ameerah Watson - Atlanta, Georgia - was born into healthy living. She earned her Culinary Arts degree from Le Cordon Bleu of Atlanta and chose to start her culinary career in the hotel industry at the Ritz Carlton and JW Marriot in the affluent Buckhead area of Atlanta.

A third generation vegetarian, Chef Ameerah has work at the organic raw vegan restaurant called Lov'n It Live in East Point, GA, which offers a creative menu that is completely raw. There she learned how to prepare raw versions of some common American dishes such as spaghetti, pizza, tostados, apple pie, even ice cream. She received her Naturopathic Consultant Certification from the International Board of African Thinkers, Traditional Priest/Priestess, Healers and Religion, Inc under the direction of the world renowned Dr. Llaila Afrika.

Dr. Ameerah is trained in cooking all well known cuisines and specializes in vegetarian, vegan and raw foods. Ameerah is also a co-founder of NKWA, Inc.

**Chef Ameerah's Food Science Cooking Classes are held in greater Atlanta, GA area
throughout the year. Call 1-888 333-4617 xt 2 for scheduled dates for 2009.**

Dr. Derrick Williams - Chicago, Illinois – Doctor of Naturopathy (ND), Certified Health Consultant, Certified Colon Therapist and Ear Candling Professional. As a Nutritional Consultant, Dr. Derrick offers advice and education on the many aspects of healthy eating and living to help you achieve the right balance.

**Raw Food Preparation and Vegetarian Cooking classes are offered all year round in the
greater Chicago Area. Call 1-888-333-4617 xt. 2 to schedule your classes.**

REIKI AND RA SEKHI CERTIFICATIONS 2009

Realize your natural healing abilities. Develop your skills and expertise and expand your success as a healing art professional. Become a certified Reiki Therapist. Receive exceptional training at Reiki Degrees I, II, and III.

What is Reiki? Reiki is a subtle vibrational healing practice that gently promotes balance in body, mind, and spirit. Because reiki restores balance, it can help a wide range of ailments and stressors. As so many of us need the beauty of silence, a reiki session will calm your mind, expand your inner awareness, enhance your transformation, and promote positive growth. It harmonizes and optimizes the body/mind processes by unlocking your creativity, accelerating your spiritual growth, and it encourages you to make positive change in your life.

What is Ra Sekhi? Ra Sekhi is the Kemetic form of Reiki that is based on one of the most advance spiritual systems known to human kind. Ra Sekhi uses ancient Kemetic symbols and hand positions to achieve a healing balance in the body, mind and spirit.

The three degrees of Reiki enhances the student's knowledge and skills with each level.

Reiki I First Degree

Study the history and uses of Reiki. Learn basic techniques for hands on treatment of self and others. Receive Level I Attunement. With Reiki I you will be ready to recharge your body, mind, and spirit, offer stress relief sessions to your clients, and be equipped with a means to restore balance and positive alignment in your life and the lives of others.

Reiki II Second Degree

Learn techniques for remote healing and receive Attunements for using symbols to activate specific functions for mental and emotional healing and specialized modalities including distance healing. Gain knowledge to increase the connection and affect of reiki. Learn how to incorporate Reiki in your holistic health practice as a multiple stream of income.

Reiki III Master/Teacher Third Degree

Become a certified Reiki Master and Instructor. Learn advanced reiki knowledge with a penetrating emphasis on the spiritual development of the student for the responsibility of being a Reiki Master. Learn the sacred practice of attunements and using the Master Symbol. Learn to develop Reiki manuals and curriculum for student instruction. Receive instruction on professional client and instructor etiquette.

Instructors:

Dr. Akua is a certified Reiki Master in the Usui Shiki Ryoho Method of Reiki and Natural Healing. With over 10 years of experience with Reiki, she has trained students in numerous cities in the United States and Canada. She offers year round training in Reiki I, II, and III, Reiki Master/Teacher Certifications. She is a Doctor of Naturopathy, Certified Iridologist, Shiatsu Therapist; a State of Texas licensed educator, and Certified Hypnotist. She is currently the National Operations Director of A Life of Peace Wellness Institute in Missouri City, TX.

“Reiki has been the spiritual vessel through which the creator has allowed me to enrich the lives of others with peace and the power of unconditional love.” -Dr. K. Akua Gray

Kajara Assata Nebthet is a certified Ra Sekhi Master for the past 8 years and has taught many students all over the United States. She is a Heal Thyself Ambassador of Wellness, Natural Healer, Community Activist, Holistic Health Consultant and Spiritual Warrior. Kajara has taught health and wellness for over 10 years. She is currently working in public relations and nation building with Oyotunji African Village in South Carolina.

“I am currently focusing and sharing the Ra Sekhi energy healing technique with as many people as possible in our community.” -Kajara Assata Nebthet

2009 Reiki and Ra Sekhi Certification Classes will be held in:

<input type="checkbox"/>	January 18	Ra Sekhi I and II	Greensboro, NC
<input type="checkbox"/>	January 23 – 25	Reiki I, II, and III	New York, NY
<input type="checkbox"/>	January 31	Reiki I	Houston, TX
<input type="checkbox"/>	February 1	Reiki II	Houston, TX
<input type="checkbox"/>	February 22	Ra Sekhi I and II	Bronx, NY
<input type="checkbox"/>	February 26 – 28	Reiki I, II, and III	Atlanta, GA
<input type="checkbox"/>	March 22	Ra Sekhi I and II	Chicago, IL
<input type="checkbox"/>	April 19	Ra Sekhi I and II	Atlanta, GA
<input type="checkbox"/>	April 25	Reiki I	Idlewydle, CA
<input type="checkbox"/>	May 17	Ra Sekhi I and II	Dallas, TX
<input type="checkbox"/>	May 30	Reiki I and II	St. Louis, MO
<input type="checkbox"/>	June 14	Ra Sekhi I and II	Detroit, MI
<input type="checkbox"/>	June 20	Reiki III	Meadow Bridge, WV
<input type="checkbox"/>	June 20 – 21	Ra Sekhi III	Oyotunji Village – S. Carolina
<input type="checkbox"/>	July 12	Ra Sekhi I and II	Toronto, Canada
<input type="checkbox"/>	August 15	Reiki I and II	Idlewyde, CA
<input type="checkbox"/>	August 16	Ra Sekhi I and II	Philadelphia, PA
<input type="checkbox"/>	September 20	Ra Sekhi I and II	Los Angeles, CA
<input type="checkbox"/>	October 11	Ra Sekhi I and II	Cincinnati, OH
<input type="checkbox"/>	November 15	Ra Sekhi I and II	Washington, DC
<input type="checkbox"/>	December 12 - 13	Reiki I, II and III	Chicago, IL

Certification Tuition: Reiki I \$99.00 - Reiki II \$149.00 – Reiki III \$375.00

Special Combination Tuitions: Reiki I and II \$199.00 – Reiki I, II, and III \$499.00

Certification Tuition: Ra Sekhi I \$99.00 – Ra Sekhi II \$99.00 – Ra Sekhi III \$375.00

A 50% deposit is required to reserve you space.

Repatriation Teleconference Seminars

ONE AFRICA - REPATRIATION TELECONFERENCES SEMINARS

“Returning Home Ain’t Easy But It Sure Is A Blessing”. To visit, re-locate or repatriate to Africa is not a simple matter. It requires a determination to succeed, a firm faith in God the Almighty and patience to learn and re-learn. If this is a part of your will in life or if you have even thought of visiting Africa, Seestah IMAHKÜS Njinga Ababio co-founder of One Africa in Ghana West Africa, has prepared a very moving and penetrating work that every African whether he or she intends on repatriating to Africa or not, should read. It is an “invaluable guide” to all Africans who are desperately trying to make their way back home.

A Life Of Peace Wellness Institute and Dr. Sharita will be hosting Seestah IMAHKÜS Njinga Ababio in a powerful and informative month long series of teleconferences for seekers who are ready to visit Africa for the first time, or to get the full scope of knowledge on returning home to re-acquaint themselves with the land of their African ancestors and make their home in Ghana or anywhere in Africa. **The topics also include Cultural and Educational Afrika, A Wonderful Vacation Destination, Preparing For Your First Trip to Afrika, Removing Your Rose Colored Glasses, Preparing for Change and Testing the Waters, Ghanaian Law as it Relates to the Subject of Dual Citizenship and The Right of Abode for Africans Born in the Diaspora, Securing Land, Building Your Home and/or Doing Business in Ghana: Tourism, A Major Income Generator.**

Teleconferences will be held each Tuesday evening in May beginning Tuesday, May 5th, from 8pm – 10pm EST. Once you are registered and your donation is received you will be emailed a conference access code.

Instructor: Seestah IMAHKÜS Njinga Ababio, Co-founder of One Africa Guest House, Health Resort and Restaurant, located in Iture, Elmina, Ghana, West Africa on the Gulf of Guinea. IMAHKÜS repatriated in 1990 to Ghana. IMAHKÜS is the author of a new book, “Returning Home Ain’t Easy But it Sure Is A Blessing” and has written several thought provoking articles, one of which lit fires around Ghana and the United States; “Is the Black Man’s History Being White Washed?” protesting the renovation of Slave Castle Dungeons in Ghana. She’s also written a Travel Guide, “Points to Ponder When Considering Repatriating Home to Mother Afrika to Live or Visit”. She is also a Storyteller, Public Speaker and Consultant knows Ghana like the back of her hand. IMAHKÜS conducts lectures & video presentations on the challenges, joys and blessings of an Afrikan sister born in America returning to the land of her ancestors.

Teleconference Donations

1 Session \$25.00 or Month Long Sessions \$89.00

Teleconference donations are payable by credit/debit cards.

Contact Dr. Akua at 1-888-333-4617 xt. 0

Retreats

A Life of Peace Wellness Institute hosts holistic retreats annually. They are designed to encourage, relax, rejuvenate, train, uplift, and inspire all who attend. It is vital for your body to relax, it necessary to your mind to be among people who share a common holistic way, it is crucial for your spirit to know the love of nature, community, and a nurturing environment. **The retreat center Spirit Sanctuary is a sacred space for holistic retreats, healing and spiritual conferences, group development activities, and family rejuvenation, it is beautifully secluded on the mountain top near Meadow Bridge, WV.**

UPCOMING RETREATS FOR 2009

Holistic Vegan Chef Certification Retreat - June 12th - 14th

Fulfill your desire to learn more about preparing vegan meals. Spend a fantastic weekend in the beautiful mountains of West Virginia with Master Chefs: Sunshine of Sunfired Foods, Chef Modupe of Phoenix, AZ and Chef Ameerah (Gourmet Raw Foods Expert) of ATL.

Seminars and hands on meal preparations will be apart of your learning experience!

- Why Eat? Wholistic Body Nutrition**
- Morning Love - Getting Started the Right Way!**
- Sanitation and Equipment**
- Get aboard the LUNCH EXPRESS!**
- Vegan Dinners with a Gourmet Touch**
- Divine Desserts**
- Your Food Is Your Medicine**
- Owning and Operating Your Own Vegetarian Foods Business**

And remember retreat means some pampering and relaxation as well! Future chefs will enjoy evening pamper sessions in African Massage, Shiatsu Therapy, Crystal Therapy, Movies, and fully equipped game room, nature walks, and morning yoga.

Holistic Health Practitioners Retreat - June 19th - 21st **The Vessels are Overflowing - HEALING OURSELVES!**

Begin your summer in the relaxing natural oasis of The Spirit Sanctuary! Enrich your body, mind and spirit with holistic modalities of rejuvenation. Fellowship with divinely conscious holistic health practitioners and be healed by the loving spirit of unity. Enjoy Qi Gong, massage, food prep classes, Chakra Therapy, meditation, Holistic Health Business 102, Womb Wellness, crystal therapy, skin care, Het Heru Healing Dance, herbal remedies Homeopathic Philosophy and Practice, Reiki III Master/Teacher Certification, Ion Detox Hydrotherapy, aromatherapy, and Reflexology 101.

Don't miss the Wellness Open Forum Discussion with Dr. Scott Whitaker
Author of the powerful holistic health work:"MEDISIN"

Family Healing Rites of Passage Retreat - July 17th - 19th

A Life of Peace Wellness Institute is calling all parents to experience a weekend of love and family rejuvenation and relaxation.

This Rites of Passage Weekend will be filled with age appropriate group activities in African Sacred Sciences, Women's Circle, Men's Circle, Massage, Yoga, Family Numerology Readings, Het Heru Healing Dance, Family Sweat Lodge, Nature Walks, and a beautiful Rites of Passage Closing Ceremony.

Workshops and Trainings will be conducted by African Traditional Priest Mbiyu Chui and Mama Hafinah. Enjoy wholesome vegetarian meals all weekend. Families will have a choice and Lodging or Camp Ground accommodations.

Lodging Package: Each Adult \$399.00 + \$149.00/child
Alternative Lodging: Each Adult \$299.00 + \$99.00/child

Come and be enlightened and get a little relaxation to honor and enrich yourself for the great works that you do.

All Retreat Tuitions: \$499.00/person - \$450/couples unless otherwise indicated.
ALOP Members receive a \$50 discount.

Sacred Woman Rites of Passage

Queen Afua has inspired the masses to live healthier lives for over 30 years. Her programs of wellness are designed to produce permanent changes in the well being of the practitioner, family, community, country, and the world. We give thanks for her guidance and commitment to the restoring MAAT back into the world. As trainees of this master healer Kajara Nebthet and Dr. Akua Gray will be hosting Sacred Woman Rites of Passage Workshops and a Sacred Woman Retreat for sisters who are seeking to find balance in all areas of their life. Women are the keepers of life in the universe and we must condition ourselves accordingly to full divine purpose in our day and time.

Join us for a Sacred Woman Rites of Passage Workshop in your area and enter the 9 Gateways of your spiritual, mental, physical, and emotional development, through:

- Gateway 1: Sacred Words**
- Gateway 2: Sacred Foods**
- Gateway 3: Sacred Movement**
- Gateway 4: Sacred Beauty**
- Gateway 5: Sacred Space**
- Gateway 6: Sacred Healing**
- Gateway 7: Sacred Relationships**
- Gateway 8: Sacred Union**
- Gateway 9: Nefer Atum: The Sacred Lotus Initiation**

Enjoy a day of bonding, learning, nourishing the body with a healthy vegan organic meal and moving your conscious to a higher level. When one has completed and internalized the Sacred Principles of living life as a Sacred Woman the universal divine consciousness will continuously surround you, nurture you, saturate you, and envelop you in divinity. Join us Sacred Women of the Omni-verse. Workshops are 9am – 5pm.

- March 8 Jackson, MS**
- May 16 Houston, TX**
- July 11 Toronto, ON – Canada**
- September 19 Los Angeles, CA**

Instructor:

Kajara Assata Nebthet is a certified Heal Thyself Ambassador of Wellness, trained by Queen Afua in 2006, is a natural Healer, Community Activist, Holistic Health Consultant and Spiritual Warrior. Kajara has taught health and wellness for over 10 years. She is currently working in public relations and nation building with Oyotunji African Village in South Carolina.

Workshop Tuition: \$199.00 includes The Sacred Woman Care Package
ALOP Members receive a 50% discount on tuition – Special Rate \$99.00

Spa Therapy Certification

The Spa Certification is designed for the holistic health practitioner to incorporate spa services into everyday business operations. This class taught by Dr. Kanika Jamila, naturopath, spa owner, aesthetician, and beauty professional educator.

Spa services that will be covered in the two-day intensive training will be as follows:

Reflexology 101-A method of massage that relieves nervous tension through the application of finger pressure, especially to the feet

Hydrotherapy- External use of water in the treatment of certain diseases. Healing baths, incorporating steam, and ionic foot detox baths into lifestyle change programs. The true meaning of Spa is healing with water.

Aromatherapy-The use of selected fragrant substances in lotions and inhalants in an effort to affect mood and promote health

Threading Hair Removal- is an ancient method of hair removal which originated in Egypt and is practiced in India, Persia, and Turkey. It is now gaining popularity in Western countries. Practitioners use a pure thin, twisted cotton thread which is rolled over unwanted facial hair. Threading can remove an entire row of hair, resulting in a straighter line.

Nutritional Counseling- How to get your clients on 7- 30 Day Lifestyle Change Programs incorporating Nutrition and spa therapies, and full body detoxification.

Spa Parties- How to give your clients the complete pamper party with spa therapies

Business Management principles- Marketing and promotional ideas, front desk management, human resource management as well as practical .business principles.

Detoxification-Benefits of using 7-day seasonal detox:

- Liver detoxification**
- Reduced inflammation**
- Improved memory and sleep**
- Relief for joint pain and headache**
- Improved immune system and immune functions**
- Reduced water retention**
- Allergy and asthma relief**
- Increased peripheral blood circulation**

Ear Candling-is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up.

The Spa Therapy Certification is scheduled for the following dates:

- June 19 – 20** **Meadow Bridge, WV (Holistic Health Practitioners Retreat)**
- July 11 – 12** **Milwaukee, WI**
- September 26 – 27** **Atlanta, GA**

Classes will be held 10am - 3pm. Each weekend will include a spa party on the Saturday evening of each of the certification cities.

Instructor:

Dr. Kanika J. Ward affectionately known as “The Hood Doctor” is native of Milwaukee, Wisconsin, is owner of Kosmik Kare Day Spa and Khemistry Kosmetiks She is a graduate of Tuskegee University receiving a degree in mathematics and a master’s degree from the University of Wisconsin Milwaukee in business administration. Kanika is licensed as a doctor of naturopathy, real estate broker, and esthetician as well. Her training on the ancient Egyptian threading hair removal technique is available to spa and salon owners around the country and abroad. She lectures on How to Eat To Live and provides the youth with information to help their esteem by educating them on holistic skin kare.

Kanika Jamila Ward is also the owner of Kosmik Publishing and proud author of **The Kosmik Kare Detox Manual: A Journey to Self Healing.**

Tuition: \$349.00 for full certification. For those wishing to only take one day of classes with no certification tuition will be \$199.00.

Wholistic Medicine Woman Practitioner Certification

Condition Your Mind to Build Pyramids of Healing and Train the Healer that you are by becoming a Certified Wholistic Health Practitioner with Womb Wisdom, Sacred Woman, Sacred Spirit and Womb Yoga.

“As women, we have the ability to rebirth and restore humanity to wholistic balance, through the rejuvenation of our bodies, minds and spirits.”

-Queen Afua

The Program

Wholistic Medicine Woman Practitioner Certification (WMWPC) is an integration of four disciplines, based on ancient healing principles that support the woman to blossom out from the mud of suffering and dis-ease, into an enlightened woman of body, mind & spiritual wellness.

As a certified Wholistic Medicine Woman Practitioner, one will learn how to consult, teach, and guide the woman into wellness using multiple wholistic approaches that work the mind, body, and spirit to create and nurture a balanced lifestyle.

The 4 Disciplines

I. The Sacred Woman Teachings: Intro the 9 Gateways of divine natural living. Learn to speak words of power, prepare healing foods, restore natural beauty and femininity, create sacred space, and awaken your intuition. Practitioners will work with sacred stones, tonics, flower essences, aromatherapy, meditation and healing affirmations.

II Womb Wisdom Practitioner Training: Learn to wholistically overcome mental, emotional, and physical womb issues and trauma through womb awakening, womb prayers, herbal treatments, and womb nutrition. Learn to address fibroid tumors, infertility, bleeding, menopause discomfort, sexual abuse, miscarriages, and hysterectomy prevention .

III. Sacred Spirit Practitioner Training: Become the teacher / facilitator learn to perform spiritual baths for clients, a housecleaning, spiritual readings, creating sacred woman circles.

IV. Womb Yoga Teacher Training: Bring your soul to life through the twenty-four meditative breath filled poses and gentle self healing movements of Nile Valley Kemet. This discipline also includes the Dance of the Womb.

Locations

Chicago, IL
June 12-14 and July 17 - 19

*

Atlanta, GA
August 14-16 and September 18-20

*

Philadelphia, PA
October 9-11 and November 13-15

*

Los Angeles, CA
January 15-17 and February 19-21

The class schedule will be Fridays from 6pm – 10pm and Saturdays and Sundays 9am – 6pm. There will be 1 teleconference scheduled for students 21 days after the final class to follow up with instructor.

50% of Tuition must be submitted one month prior to selected class date.

Additional materials fees include but are not limited to a copy of Sacred Woman, white comfortable clothing suitable for floor movement to be worn to each class, white feathers, tea candle, yoga mat, journal, and pen.

Practitioner Requirements and Certification

Students are required to attend and complete all six sessions of the training and all required course work to be certified as a Wholistic Medicine Woman Practitioner which also carries the title of Holistic Health Consultant. Certificates will be issued by A Life Of Peace Wellness Institute.

Instructor: Queen Afua is a holistic health practitioner. Author of three books, "Heal Thyself for Health and Longevity" and "Sacred Woman," and "City of Wellness" that have a divine message that resonates with today's stressed population.

Queen Afua is a tribute to the African legacy. Her contributions and work with women overcoming difficulties has resulted in words of praise from a wide range of people including celebrities who have turned to her for healing.

An expert nutritionist and famous herbalist, hatha yoga instructor, founder of womb yoga, Ari ankh ka instructor and Khemetic Priestess, she is also founder and Director of the Global Sacred Woman Village Centre. Queen Afua's ideas are based around Afrocentric spirituality, she is a pioneer in the African-American women's health movement and co-founder of the Heal Thyself Natural Living Centre in Brooklyn, New York.

Tuition and Material Fees: \$899.00 – Payment Plans Available

Regions

North/ Northeast

Baltimore, MD

Natural Remedies
Birthing Options

April 9
April 10

Philadelphia, PA

Ra Sekhi I and II

August 16

Holistic Medicine Woman's Certification October 9 – 11 Class 1
(Instructor: *Queen Afua –More Details to Come*) November 13 - 15 Class 2

New York, NY

Holistic Health Business 101
Het Heru's Way™:
Het Heru's Way Facilitator's Training
Reiki I, II, and III

January 9
January 10
January 11
January 23 – 25

Ra Sekhi I and II

February 22

Holistic Nutrition
Natural Remedies

April 29
April 30

Birthing Options

May 1

African Spiritual Science

June 3 – 5

African Herbal Nutrition Certification July 10 -12 and July 31-Aug. 2

Detroit, MI

Colon Therapist Training

Spring Intensive: April 20 – 25

Ra Sekhi I and II
Colon Therapist Training

June 14
Summer Intensive: June 22 - 26

Washington, DC

Anatomy and Physiology 101
Acupuncture Detox Certification

February 7
March 20 - 29

Iridology Certification
African Spiritual Science

March 27 - 29
March 28 – 29

Holistic Health Business 101

April 11

Acupuncture Detox Certification	April 24 - May 3
Ethnobotany and Traditional Medicine Certification	Weekend 1 April 25th – 26th Orientation
	Weekend 2 June 27th – 28th
	Weekend 3 August 29th – 30th
	Weekend 4 October 24th – 25th
	Final Exams and Graduation
Anatomy and Physiology 101	May 16
African Herbal Nutrition Certification	June 19-21and June 26-28
Holistic Medicine Woman’s Certification	August 14 – 16 Class 1
<i>(Instructor: Queen Afua –More Details to Come)</i>	September 18 - 20 Class 2
African Spiritual Science	August 20 – 22
Spa Therapy Certification	September 26 – 27
<u>Birmingham, AL</u>	
Natural Health & Wellness Certification	August 8 – 9 Class 1
	September 19 -20 Class 2
	October 3 – 4 Class 3/Graduation
<u>Augusta, GA</u>	
Natural Health & Wellness Certification	August 29 – 30 Class 1
	September 26 -27 Class 2
	October 10 – 11 Class 3/Graduation
<u>Jackson, Mississippi</u>	
Raw Foods Preparation Class	March 7
Sacred Woman Training	March 8
<u>Baton Rouge, LA</u>	
Holistic Nutrition	March 4
Natural Remedies	March 5
Birthing Options	March 6
Natural Health & Wellness Certification	October 31 – November 1 Class 1
	November 21 -22 Class 2
	December 5 – 6 Class 3/Graduation

Los Angeles, CA

Acupuncture Detox Certification

May 29 - June 7

Sacred Woman Rites of Passage

September 19

Ra Sekhi I and II

September 20

Idlewylde, CA

Reiki I

April 25

Reiki I and II

August 15

Canada

Toronto, Canada

Acupuncture Detox Certification

July 10 - 19

Sacred Woman Rites of Passage

July 11

Ra Sekhi I and II

July 12

West Africa – Ghana

Repatriation Seminar Teleconferences

Each Tuesday in May 5, 12, 19 and 26

Nubian Woman's Full Moon Healing Retreat

September 29 – October 16

A Life Of Peace Wellness Institute, Inc. Certification Registration


I would like to register for:

(class) _____ in
(city) _____ for the following
date(s) _____.

First Name	Last Name	

Address		

City	Province/State	Postal/Zip
Phone (____)	Email: _____	

Method of Payment: Cash _____	Check _____	Money Order _____
Credit Card: Visa AE Discover MC # _____ Exp. ____/____		
Referred By: _____ Phone #: (____) _____		
		

A Non-Refundable Reservation Fee of \$100.00 to be applied to your tuition balance will be required to reserve your space.

ALL METHODS OF PAYMENT ACCEPTED (Debit/Visa/MC/AMXP)

Please make all Money Orders/Checks

Payable to: *“A Life of Peace Wellness Institute”*.

Receipts will be provided.

Please Mail this Registration form & your Payments to the following:

A Life of Peace Wellness Institute

P. O. Box 921

Missouri City, TX 77459

You may email us at akua@alifeofpeace.org

or call 1-888-333-4617 for any assistance.

Scholarship Information

Empowering the community through Ujamaa (cooperative economics) is a vital part of moving forward in continued progress.

A Life of Peace Wellness Institute offers financial aid scholarships to students seeking to gain knowledge in the areas of Holistic Health and Wellness Education. Scholarships are offered in each community where ALOP classes are held.

Please visit www.alifeofpeace.org
To download a scholarship application.

All scholarship applications must be submitted two months prior to the class you are registering for.

Disclaimer

A Life of Peace Wellness Institute is not responsible for any damage, loss, delay, injury or accident due to any act by class participants, students or their affiliates.

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Thank you to all of A Life of Peace Wellness Institute, Inc. supporters, students, teachers, family and friends. We are so grateful for you intrusting your holistic lifestyle education to us for many years. Our commitment to consistency and quality is still a priority in the organization’s daily function. If there are other classes you would like made available in your community please send us an email with your requests.

**Peace and blessings,
A Life Of Peace Wellness Institute, Inc.
Board of Directors**

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