

# Summer Wellness Retreat



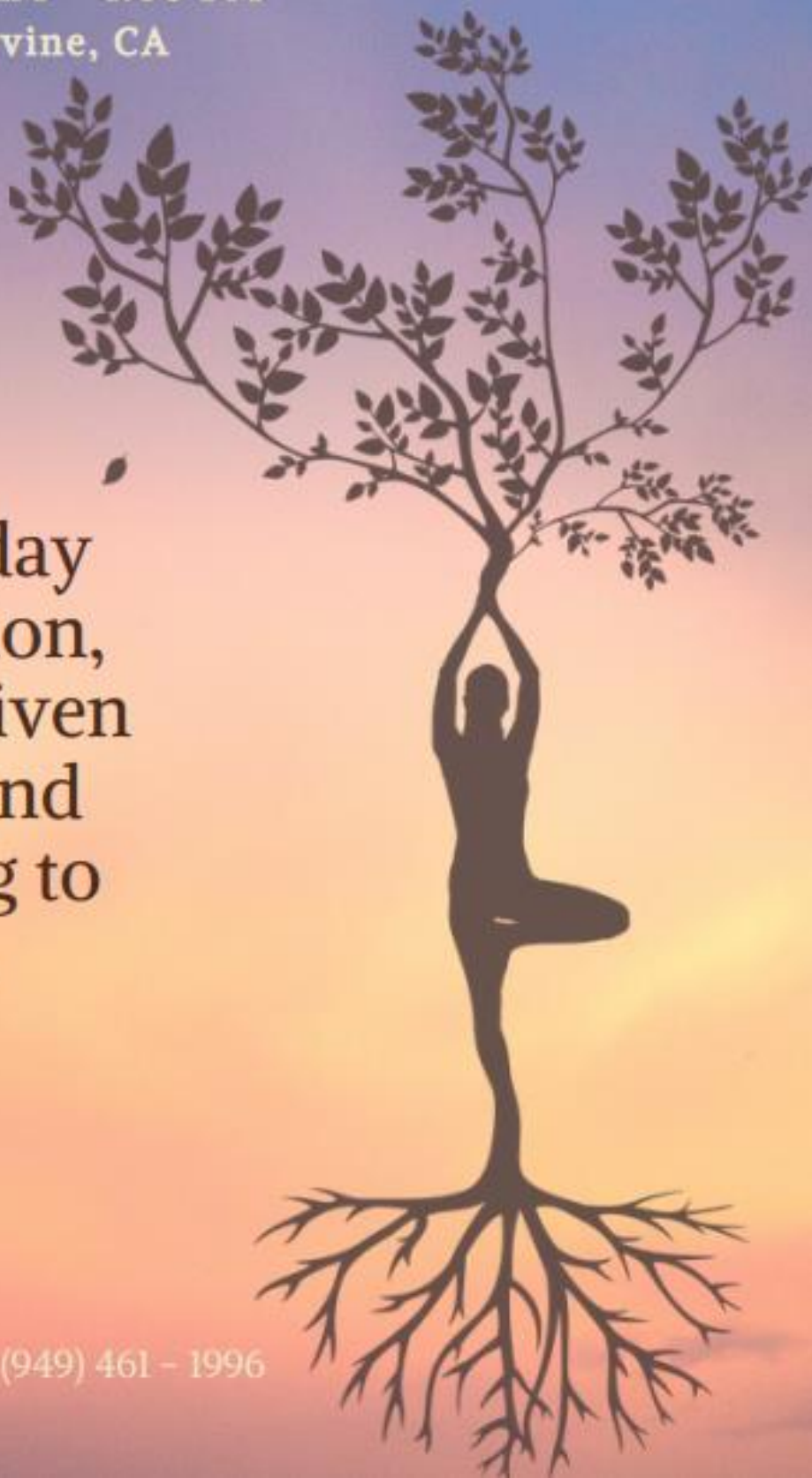
## SAVE THE DATE

Sunday - August 18, 2019

9:30 AM - 4:00 PM

Irvine, CA

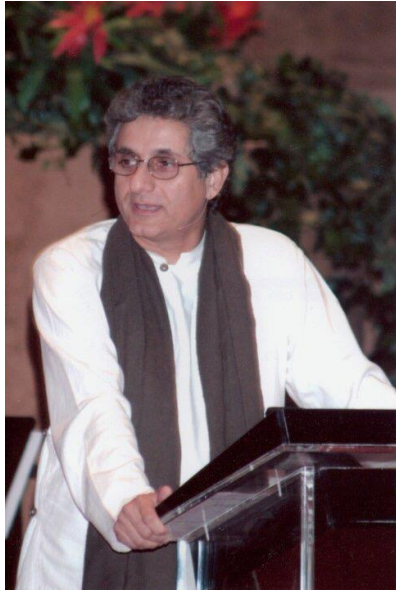
IAWF's Orange County chapter invites you to a day of yoga, meditation, and wellness-driven cuisine. Join us and enjoy connecting to your higher self.





## **IAWF Summer Wellness Retreat, Irvine, August 18, 2019**

### **Speakers:**



**Amanollah Ghahraman** is a yoga master teacher for over 37 years, host and producer of several TV shows on Yoga, Healing and Transformation since 1989. He offers programs on stress management and pain management for professionals in the addiction recovery program. He offers private and group classes and workshops in LA and Orange County area.



**Delbar Ghahreman**, is a well-known Yoga teacher. Delbar began yoga with her brother Amanollah Ghahraman 25 years ago due to suffering from chronic static pain. Yoga saved her from going under surgery. Now she has her private and group Yoga practice and hosts her Television show teaching Yoga.



**Dr. Foojan Zeine** is a Radio/ Podcast & TV host, an International Speaker, Psychotherapist, Life Coach, and the Author of *Life Reset – The Awareness Integration Path to Create the Life You Want*. She has a Doctorate in Clinical Psychology and is a licensed Marriage and Family Therapist. Foojan is the originator and the author for “Awareness Integration” psychotherapeutic model working in the areas of Intimate Relations, Depression, Anxiety, Traumas, and Addictive Behaviors. Foojan hosts the “Inner Voice” show in the KMET1490AM/ ABC Radio. She is a guest speaker in many universities including Harvard, MIT, UCLA, USC. She has been a guest in the Dr. Phil show in CBS, Fox, Voice of America Television Programs; KPFK 90.7, KIRN 670AM.



**Zahra Soroush** is a Radio & TV personality and a News Anchor for more than 30 years. She has hosted shows in SedaOSima, GEM TV, PARS TV, Tapesh TV, and KIRN 670. She also has extensive experience in the hair & beauty arena. She is the spokeswoman for the Lacién beauty products. She has hosted shows in SedaOSima, GEM TV, PARS TV for many years and now hosts “Life” show on Tapesh TV about Beauty in Life, and “Chakavak” on KIRN 670AM about introducing books by Iranian authors.



**Maaneli Ela** is a makeup artist that specializes in nontoxic beauty products. She began her 20-year career within the makeup industry as a MAC artist but shortly after, her mother passed away from stage 4 breast cancer due to environmental factors. Maaneli was determined to make a drastic lifestyle change while still pursuing her passion for beauty. From cleaning products to detergent, shampoo to where her food is sourced, Maaneli overturned all the products in her home to limit and eliminate her exposure to cancer causing ingredients. She is now an expert at living a toxic free lifestyle and educates others on how they can take simple steps to detoxify their lives one day at a time.



**Roxie Sarhangi** is a certified sound healer practitioner and artist. She has been practicing meditation for eleven years, connecting the transcendental power of meditation to her sound healing sessions and spiritual practice. She uses crystal bowls tuned to the seven chakras and 432 Hertz, a frequency of sound waves that reverberate with the principles of nature. Sound healing affects brainwaves to slow down to a profoundly relaxing and restorative state. Roxie often includes her artwork and other healing instruments during her sound sessions to further encourage free-flowing energy of love and a lightness of being from within.



**Dr. Habib Sadeghi** is the founder of Be Hive of Healing, an integrative medical center based in Los Angeles. He specializes in multi-disciplinary treatment for chronic illnesses that include osteopathic, anthroposophical, environmental, psychosomatic, family, and German new medicine, as well as clinical pharmacology. He served as an attending Physician and Clinical Facilitator at UCLA-Santa Monica Medical Center and is currently a Clinical Instructor of Family Medicine at Western University of Health Sciences.

He is the author of two books, *The Clarity Cleanse: 12 steps to finding renewed energy*, spiritual fulfillment and emotional healing, and *Within: A spiritual awakening to love & weight loss*. Dr. Sadeghi is also a regular contributor to Goop, CNN, BBC News and the Huffington Post, and is the publisher of the health and well-being journal, MegaZEN.



**Dr. Sherry Sami** is the founder of Happy Kids Dental Planet in Agoura Hills, CA. She is a dual specialist in pediatric dentistry and orthodontics. She has been an instructor for University of California, Los Angeles where she participated in the creation of the Children Health Advocacy (CHAT) curriculum. Her practice is based on total body wellness, emphasizing the functional and synergistic correlation between a healthy mouth, jaw and airway to a vibrant body. She is a regularly sought-after speaker for health, parenting, and personal development for organizations and events such as the In-Goop Health Summit hosted by Gwyneth Paltrow and Fertility Plan It at UCLA. Dr. Sami is also co-founder of the Love Button Global Movement, a nonprofit organization that promotes random acts of loving kindness.