



While many of us are focussing on the holiday season and the coming winter, we at S'eclairer, being ever Mindful of the calendar, are also gearing up for another year of a wide range of events.

In this newsletter, we cover the **Lifestyle Medicine Conference** on May 2, which is shaping up to be one of the most exciting, while the Winter Retreat in February is designed to be UN-exciting so as to allow one to fully experience silence.

A unique opportunity we would like to showcase is our friend (and Conference presenter) Dr. Dan Wagner's trip to Ecuador. Imagine traveling with pharmacy

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**Coming in February  
Psychiatric Grand Rounds**

**Mindful Choices  
for the Driven  
and Restless**

**Wed, Feb. 5, at 9am**  
at S'eclairer  
**with Krishna Pendyala,**  
Author of

students to the rainforest and meeting the healers who live there.

And we'll continue with our Psychiatric Grand Rounds again in February with author and entrepreneur Krishna Pendyala. Watch for the podcast if you can't make it in person.

Wishing you a safe and happy holiday season!

*The S'eclairer Staff*

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## **Tickets Now Available for Lifestyle Medicine Conference**

**On May 2, 2014,** S'eclairer is hosting a one day conference called "**Brain Health and Physical Wellness**," with keynote speaker Dr. Lewis Mehl-Madrona. Designed for both practicing professionals and the general public, it will be held at the Chestnut Ridge Conference Center in Blairsville PA.



### ***Beyond The Pig And The Ape***



Krishna Pendyala deconstructs one of life's most overlooked and vital skills - making choices at work, at home, and everywhere in between. It is mind boggling to count the number of opportunities we have every single day to make deliberate choices.

The presentation will focus on these core issues:

- Illuminating the invisible drivers of choice and making

**Tickets are now available for the conference** at an early bird discount price of \$80. After March 1, the price will be \$90. The price includes lunch and CE certification for health professionals. The Conference will also be available via webcast for \$50 (\$40 until March 1).

The conference is designed to spotlight not only the latest evidence-based information on health and wellness, but also the best of the local professionals in our area, with speakers such as Dr. Ted Cibik, Dr. Dan Wagner and Dr. Matt Keener.

[Find out more](#)

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## Visit Ecuador with Dr. Dan Wagner



them visible

- Undertaking a fun journey of self-discovery and learning more about your self
- Embracing a simple framework for making wise choices - both complex and simple.

What inspires Krishna Pendyala to devote his attention to helping people make better choices is his belief that every person has the potential to thrive in all aspects of their lives. He is the President of the Mindful Nation Foundation. Until recently, he was the COO and Coach at Waldron Wealth Management and during his 8 year tenure, the firm has grown a dramatic 500%, while improving the quality of life for both employees and clients.

Additionally, he has been an accomplished software entrepreneur, award-winning multimedia producer, inventor, and sought after business growth and personal advisor. He is also the author of the critically acclaimed book "*Beyond the PIG and the*

**Student Rainforest Fund  
Expedition 2014:  
Adventures in Ecuador and the  
Amazon Rainforest  
March 8-16, 2014**

**Join herbalist and ethno-pharmacist Dr. Dan Wagner** for a once-in-a-lifetime expedition to the Amazon rainforest and the valleys between the Andes Mountains in Ecuador, South America. This exhilarating retreat is sure to be a visual, educational and environmental adventure in one of the most ecological diverse countries in the world. Study with Dr. Dan in the world's greatest pharmacy- the rainforest!

The Republic of Ecuador is located on the northwest coast of South America and lies on both the northern and southern hemispheres. It is safe, pristine, easy to navigate, affordable, English-friendly and uses the US dollar exclusively. The climate is temperate and quite perfect-with crisp, clean air that produces a "chelating effect" that helps to gently eliminate toxins from the body. You will be in good hands with the native tour guides, shamans, and indigenous people living in Ecuador who will make sure that your every need is carefully attended to.

*APE: Realizing Success and true Happiness.*" Krishna has dedicated the second phase of his life to helping driven individuals make wiser choices, find sustainable balance, and revive the charm in life.

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**Latest Videos**



*Educational Grand Rounds:  
Arthritis*

Dr. Zahida Chaudhary talks with the students about what causes, and how you treat Arthritis.

**For More Information  
contact Dr. Dan Wagner  
at (412) 486-4588 or  
[dtwherb@gmail.com](mailto:dtwherb@gmail.com), or visit  
[www.studentrainforestfund.org](http://www.studentrainforestfund.org)**

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***February Retreat*  
Silence:  
One Moment  
at a Time**



***A Retreat Among Friends***

You are invited to intentionally quiet down from the noises of life during this retreat. As you



***Educational Grand Rounds:  
The Winter Blues***

Dr. Safdar Chaudhary talks about The Winter Blues and dealing with the holidays, including look at the spirituality that they promote along with the students at S'eclairer.



***Educational Grand Rounds:***

quiet down, one moment at a time, you will taste the sweetness of silence in the core of your being. Resting there, you will find the healing power of silence!

Come and experience healing with:

Sacred Silence in Mindfulness  
Sacred Movement  
Sacred Circle & Inner Quest  
Guided Imagery  
Wisdom Circle

**Saturday, February 8, 2014**  
**9:30pm to 3:30pm**

**Faculty:**

- Safdar Chaudhary, MD
- Zahida Chaudhary, MD
- Greta Polo, MA. R-DMT
- David Smith, Native American Spiritual Advisor

\$50 fee includes food & experience.

[Click here for registration information.](#)

## **Substance Abuse**

Dr Safdar Chaudhary talks with the students about what sorts of things we can get addicted to, integrating medical sciences and lifestyle changes to help people get their lives back.

***Want an audio version?  
Subscribe to our Podcast on  
iTunes!***

***Want to join us for the live  
discussion?***

Check out our Social Media in the noon hour every Monday as we sit down on Google Hangout OnAir!

***Click on the Twitter, Facebook,  
or Google+ links below to get  
updated when we start!***

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***Unable to come to our  
office for Counseling or  
Psychiatric advise?***

***Too far away, or  
have no means to travel?***



S'clairer now

## Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

**S'eclairer**

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[Join Our List](#)



offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

**Call 724-468-3999** to see if you could benefit from this service.

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