



Mindfulness & The Healing Process

The Doctor, the Buddha & You

with Paul Epstein, ND

Friday, April 16, 2010

7:00 – 9:00pm

Investment: \$40

Bring a friend 2 for \$70

Groups of 3 or more \$30 each

In this session we will study, practice and learn how mindfulness meditation practice and the teachings of the Buddha can be integrated in the process of facing and healing the dis-eases of the body, mind, emotions and spirit. We will explore and live the questions...

- How can we deepen a healing presence within ourselves?
- How can we mindfully and heartfully open to our stresses, difficult mental states, childhood wounds and life stories?
- How can we use our healing journey and pain as an opportunity and vehicle to deepen and enhance our spiritual path?
- How can we be with and relate to our pain, difficulties, health issues and symptoms in a way that is wise, compassionate, and healing?

This session will include periods of silent meditation, dharma talks, instruction, discussion, Q&A, and guided meditation.

Paul Epstein, ND, is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, speaker and workshop leader. A 1984 graduate of the national College of Naturopathic Medicine, he did a residency in behavioral medicine, stress, and life-style counseling. He has trained in the Internal Systems Model of Psychotherapy, studied at the Academy for Clinical Guided Imagery, completed the three-year training program for meditation teachers at the Spirit Rock Meditation center, and is a certified yoga teacher. He co-founded the Israel Center for Mind-Body medicine, and was featured in May/June issue of Spirituality and Health Magazine. He is the guiding teacher of the Insight meditation community of Fairfield County. Paul travels worldwide leading mindful healing retreats, and maintains a private practice in Westport, Connecticut.

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