



The Self Healing Journey with Paul Epstein, ND

April 17-18, 2010

Saturday 9:00am – 12:00 & 1:00pm – 4:00pm

Sunday 9:00am – 12:00 & 1:00 – 4:00pm

CEU credits available

Investment: \$279

\$269 if registered by 3/30

\$200 Full-time Students

For everyone interested in healing including yoga teachers, health professionals, caregivers, and individuals on a healing journey. For personal and professional growth.

Disease tells a story, not just about our cells and a diagnosis but about ourselves and our lives. Listening to this story, we are led to the truth of what happened to us and the emotions that lie at the core of our authentic being.

This comprehensive workshop in mind-body skills will teach you how to look and listen to discover the message and meaning hidden inside pain and symptoms. Through guided inquiry, silent reflection, meditation, lecture, discussion, case histories, and group support, you will learn to apply the principles of mind-body healing in your clinical practice and your life. The curriculum includes:

- How biography becomes biography; the body bears the burden
- Healing trauma, invisible wounds, and PTSD
- How to integrate guided imagery, relaxation, breathing, yoga therapy, self-awareness, mindfulness meditation, and Internal Family Systems therapy to facilitate the self-healing journey
- What healing is and how it happens
- How to be with and embrace our truth with wisdom and compassion
- Skillful means in medicine, illness as an opportunity for awakening
- Unconditional presence, radical acceptance, and spiritual maturity.

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. www.drpaulepstein.com