

*The Naturopathic Society presents*

# **Mindful Healing: Connecting the Cell & the Self** *with Dr. Paul Epstein, ND*

*for NDs, Students, and Healthcare Practitioners*

**Transform stress, pain, and illness into a self-healing journey!**

## **Mindful Healing Seminar:**

Friday, February 19th: 6:30-9pm

Saturday, February 20th: 9:30-5pm

Sunday, February 21st: 9:30-5pm

Direct questions to  
[s.majors@scnm.edu](mailto:s.majors@scnm.edu)

**SIGN UP** at [rsonatsoc@scnm.edu](mailto:rsonatsoc@scnm.edu)

**Early Bird Pricing: \$275 Students/\$325 Practitioners**  
**After Feb 1<sup>st</sup>: \$325 Students/\$375 Practitioners**

**Dis-ease tells a story**, not just about our cells and a diagnosis, but of ourselves and our lives. In this seminar we'll explore **how biography becomes biology**, and how **listening to our life stories connects us to our authentic being**. This **3-day course** will integrate the study, practice, and application of mindfulness and mind-body therapies. The focus of this weekend will be **personal self-healing** from an experiential context, which will serve as a foundation for using mind-body medicine as a tool in clinical practice. This course is open to students, NDs, and health practitioners looking to integrate mindfulness-based practices, meditation, relaxation, stress reduction techniques, guided imagery, counseling and mind body healing into clinical practice.

