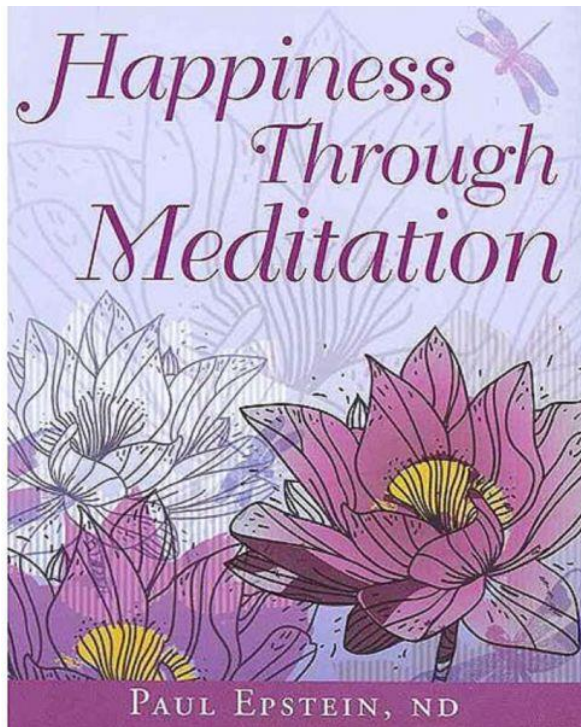


Happiness Through Meditation



Saturday, Dec 12

12:00pm - 2:30pm

\$60 Registration deadline Thursday 12/10
(save \$10 with early registration Mon 12/7)

With **Dr. Paul Epstein, ND**

For more information and to register, go to
www.lifepathyoga.net

Paul Epstein, ND is a graduate of the National College of Natural Medicine (NCCM), specializing in mind-body integrative medicine and mindful healing. He maintains a thriving private practice in Westport, CT; travels extensively, lecturing, leading workshops and retreats worldwide; and offers imagery and mindfulness healing seminars. He is also the author of Happiness Through Meditation.

www.drpaulepstein.com

In this practical and experiential talk, Dr. Paul Epstein will discuss mindfulness, stress and the mind-body connection. A study from the American Academy of Family Physicians states that “up to 80% of visits to the family doctor are for stress related symptoms.” Enhance your personal health by learning effective tools and strategies for dealing with stress by integrating mindfulness meditation into your life.

Register for Dr. Epstein’s “Exploring the Mind-Body Connection” (Dec 12, 3:00-5:00pm) and get **BOTH** workshops for **\$100**

LifePath Yoga & Wellness
430 Main Ave, 2nd Fl, Norwalk, CT 06851
(203) 354-7070
www.lifepathyoga.net