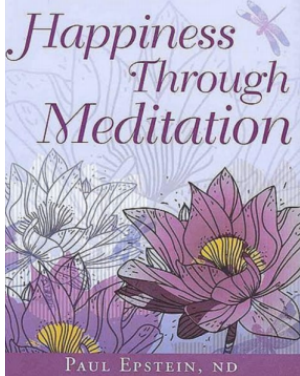




## TWO WORKSHOPS ON MINDFULNESS AND MEDITATION WITH DR PAUL EPSTEIN



### Happiness Through Meditation

**Sunday, Dec 12, 12:00 - 2:30 pm, \$60**

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.

### Exploring the Mind / Body Connection

**Sunday, Dec 12, 3:00 - 5:00 pm, \$60**

Our diseases tell a story, not just about our cells, but about ourselves and our personal histories. Discover how our biography becomes our biology. Learn how to listen for symptoms and inner wisdom using mind-body therapies of guided imagery, meditation and psychotherapy to discover the message and meaning hidden inside pain and symptoms. Learn how to cultivate and awaken qualities and ways of being that lead into the heart of healing. The mind can be a healer and the mind can be a slayer, in this series we'll learn and practice the healing power of the mind. For everyone interested in healing, including Yoga teachers, health care professionals, caregivers and individuals on a healing journey.



**Paul Epstein, ND** is a graduate of the National College of Natural Medicine (NCCM), specializing in mind-body integrative medicine and mindful healing. Dr. Epstein offers professional training and mentoring for health professionals to support, train and mentor those wanting to integrate mind-body medicine in their therapeutic work. 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 the author of *Happiness Through Meditation*.

**\$60 for each workshop. Register for BOTH for \$100.**

**Registration deadline: Thurs, 12/10 (save \$10 per workshop if registered by Mon, 12/7)**

**For more information and to register, go to [www.lifepathyoga.net](http://www.lifepathyoga.net)**

**LifePath Yoga & Wellness**  
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