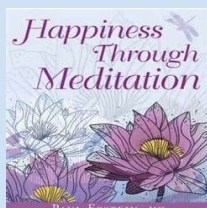


# Mindfulness Meditation Training for Professionals

**Sunday, October 16 & 23**

**1:30pm - 4:30pm**

**Mindfulness Meditation Training for health care practitioners, yoga teachers, therapists, holistic healing professionals and anyone in business seeking enhanced performance with clients.**



Join us to gain an in-depth understanding of mindfulness, its benefits in health, wellness, healing, education and business. This workshop provides specific direction for the application and integration of mindfulness for professionals in all areas of life.

**We will focus on:**

Becoming a Mindful Practitioner • Mindfulness and the Healing/Learning Process • The Application & Integration of Mindfulness in Health, Education and Business.

**\$195, Pre-Registration Required by 10/13**  
**Early Bird Registration by 10/9 and save \$10**  
**Pre-Registration is required**

Register online at [www.lifepathyoga.net](http://www.lifepathyoga.net)

**Learn to Integrate Mindfulness into your Health Practice and Yoga Teaching!**



**Paul Epstein, ND**

**Paul Epstein, ND** Naturopathic Physician specializing in mindful healing and mind-body medicine 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](http://www.drpaulepstein.com)



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