

Mindful Healing:

Healing Chronic Pain, Anxiety & Illness through Meditation

with **Dr. Paul Epstein, ND**



Sunday, March 6th, 2016

12:30pm - 2:30pm

\$50 Register by 3/3 and save \$10. Registration deadline is 3/5.

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

Meditation As Medication. Learn to relate to life from a place of inner stillness, balance, equanimity and calm. We'll focus on the role of stress in pain and illness and how to harness the healing power of mindfulness meditation to face life's challenges and difficulties and to enhance health and well being. Mindfulness meditation is a simple and direct practice, the moment to moment investigation of the mind-body process through calm and focused awareness. Learn how serenity is not freedom from the storm; it is being at peace in the midst of the storm.

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