

MAKE THIS MOMENT MATTER. . . .

MINDFUL LIVING PROGRAMS

retreats for health care professionals

Fully accredited professional education for:
PHYSICIANS, PSYCHOLOGISTS, NURSES, MFTs AND LCSWs

2012 Retreat Dates

*Programs Provided
at Commonweal**

Jan. 27 - 29, 2012
May 4 - 6, 2012
July 27 - 29, 2012
Nov. 9 - 11, 2012
Dec. 14-16, 2012

Mindful Loving Couples Retreat!
Dec. 14-16, 2012

"I discovered the value and learned the skills to listen deeply and appreciate each of my patients for their own uniqueness. I have learned that the greatest gift of healing that I can offer is my own wide-open compassionate presence and I have learned skills to help me actually be present. I am deeply grateful!" M.T., MD, Berkeley



Visit our web sites

www.mindfulnessprograms.com
www.mindfullivingprograms.com

The Mindful Loving couples retreat is the most nurturing gift we ever gave to our marriage. Though we've been married 22 years we both feel a greater connectedness in our relationship.

*We're so very grateful!
BL PSY and TL, PSY Palo Alto*



Mindfulness Meditation is a way to quiet and calm the mind by paying nonjudgmental attention to your moment-to-moment experience. It helps restore and maintain a sense of personal balance and develop the skills to avoid emotional and physical depletion. This is important not only for persons who are facing stress-related conditions, but also for persons who want to avoid physical or professional burnout.

We need to care for ourselves as we attend to the needs of our clients. In fact, learning to balance the emotional demands and challenges of the healing relationship with other personal and professional pressures is central to the healer's art and vital to professional health and longevity.

**Give yourself the gift of spaciousness and learn to live more fully in each moment.
Come home to yourself - now is the only time to live your life.
There really is no other time but now.**

Learn how the ancient practice of **Mindfulness Meditation** can help you realize your professional ideal.

- Learn how Mindfulness-Based Stress Reduction contributes to medicine and psychotherapy and gain skills that promote high-level wellness and healthful living
- Identify pathogenic reactions to stress.
- Learn how to guide your patients to work more effectively with stress-related illness.
- Learn the theory and practice of Mindfulness Meditation
- Revision your work to reduce stress and realize your professional and personal ideals.

Mindfulness Meditation

is a 2,500-year-old practice that has been adapted for use in modern medicine by the seminal work of Jon Kabat-Zinn, PhD, at the University of Massachusetts Medical Center. Through numerous research studies on his **Mindfulness-Based Stress Reduction** model, mindfulness skills have been consistently documented as profoundly beneficial for the treatment and prevention of stress-related illnesses and conditions.

This is an experiential, direct, hands-on program and will involve personal investment in guided and silent meditation, yoga and chi gong practice, group discussion and didactic instruction. The emphasis is on experiential. Through mindfulness meditation we expand and refine the sensitivity of individual awareness which is key to successful implementation of cognitive/behavioral skills in our own lives and in those of our patients. At this retreat you will develop direct familiarity with mindfulness meditation and learn ways to integrate mindfulness into your personal and professional life.

*Commonweal www.commonweal.org/

is a remarkable and unique **retreat center** located on a beautiful 60 acre site on the Northern Californian Coast at **Bolinas** and the **Point Reyes Seashore**. Situated in a pristine cypress forest on cliffs by the sea, Commonweal is an oasis of silence, stillness and natural beauty. Most participants will reside in our magnificent 13-bedroom mansion while others will receive lovely rooms in the two other houses on our site. Short hikes take you to remote and exquisite beaches and vast meadows. The relative isolation of the retreat center is perfectly suited to our meditation and yoga retreat.

RETREAT COSTS

\$645.00 Full payment for special arrangement rooms*

\$695.00 Full payment paid **1 month prior** to retreat start date.

\$745.00 Full payment paid **after** discount deadline.

\$1,250.00 Full payment, two persons, couples retreat.

All fees include lodging, meals and snacks, full use of the facilities, workshop, materials and continuing education hours.

(\$300.00 deposit will hold your reservation with balance due by deadline)

REFUND and REGISTRATION DETAILS

*A written request for a refund of registration fees (less a \$150.00 processing fee) must be postmarked by two weeks prior to date of retreat. No requests after that date will be honored. Reduced rates (as indicated above) if **total fees** received one month prior to retreat start dates. Single occupancy rooms available by request for earliest registrations received at **Commonweal**.*

Reduced fee's for couples and persons who would be willing to share a room at **individual retreats and for one private room that's smaller w/futon.*

This is, bar none, the most valuable CME I've ever earned. My patients will prosper as I have prospered. BJM MD San Jose

About our Presenters



STEVE FLOWERS, MFT, is director of the Mindful Living Program at Enloe Medical Center in Chico, California. Steve has provided accredited education in behavioral medicine and contemplative arts for hundreds of physicians and other medical professionals. He is deeply invested in mindfulness meditation.



BOB STAHL, PhD, directs Mindfulness-Based Stress Reduction Programs at El Camino Hospital in Mountain View, Santa Cruz Medical Center and other Bay area hospitals. Bob has conducted many mindfulness programs for physicians and health care professionals. He is a long-time practitioner of mindfulness meditation and formerly lived in a Buddhist monastery for more than eight years.

Our presenters have completed training with Jon Kabat-Zinn

Category I Credit



Provided by Enloe Medical Center, a CMA accredited sponsor.

- ◆ **Physicians** attending this course may report **24 hours of Category I Credit** toward the California Medical Association in Continuing Education.
- ◆ Acceptable to the California Board of **Registered Nursing and the Licensed Vocational Nursing Board for 24 hours of Category I Credit.**
- ◆ Authorized by CABS Provider No, PCE879 to qualify for **24 hours** of continuing education credit for **MFTs and LCSWs** as required by the California Board of Behavioral Sciences.
- ◆ **Psychologists** may apply this CME approved course for **24 hours MCEP.**

To pay by credit card or for further information call 831.469-3338

Mail checks to: **e-mail us**
Mindful Living Programs bob@mindfulnessprograms.com
6 Governors Lane, Suite A
Chico, CA 95926 steve@mindfullivingprograms.com

REGISTRATION

NAME _____

ADDRESS _____

PHONE (HOME) _____

(WORK) _____

RETREAT/WORKSHOP DATE I AM SIGNING UP FOR:

- I have enclosed \$300.00 *deposit (balance due)*
- I have enclosed \$695.00 *fee paid 1 month early*
- I have enclosed \$745.00 *fee paid after deadline*
- I have enclosed \$645.00 *special fee arrangement*
- I have enclosed \$1,250.00 *Couples Retreat 2 persons*