Cultivating Mindfulness and Resonance in the Therapeutic Encounter
A Retreat for Learning and Renewal

Fully Accredited for health professionals!
Continuing Education for Physicians, Psychologists, Nurses, MFT’s and LCSW’s

With Elana Rosenbaum and Steve Flowers

"Elana embodies in herself everything she teaches others. Her authority, authenticity, and her personal commitment entrain everyone into the beauty already to be found in their own lives."
Jon Kabat-Zinn

Learn the therapeutic applications of Mindfulness in Medicine and Psychotherapy

You Will Learn:
- How to guide your patients to work more effectively with stress-related illness.
- The powerful influence of mindfulness training on mind/body.
- To revision your work from a focus on pathology to creating resonance and heartfelt responses to attachment needs.
- To feel more alive and reduce stress in your professional and personal life.
- To cultivate high-level wellness and well-being through mindfulness and compassion.

Participation in a retreat where you can make a conscientious, personal investment in mindfulness practice is a very precious gift to give yourself. It gives you an opportunity to indulge in the experience of a life with "wide margins" and invest in the experience of "just being" - free from the distractions and responsibilities of day to day life.

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 those we serve. In fact, learning to balance the emotional demands 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 mindfulness and learn to live more fully in each moment.
Come home to yourself. This moment is the only time you might live your life.
FOUR WAYS TO REGISTER:
1. Online: www.mindfullivingprograms.com
2. Phone: 530.898-1495
3. FAX: 530.893-8936
4. By check: Mindful Living Programs
   6 Governors Lane, Chico, CA 95926

RETREAT COSTS

**$875.00**  full payment paid one month prior to retreat start date. 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)

**$950.00**  full payment paid after discount 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. Couples welcome! Reduced fee's for couples and persons who would be willing to share a room.

Commonweal Retreat Center is located on a stunningly beautiful 60 acre site overlooking the Pacific Ocean on the Point Reyes National Seashore near Bovinas, California. The retreat, gourmet vegetarian meals, and most of the accommodations will be provided at the historic "Pacific House." This beautiful thirteen bedroom mansion provides ample space for our retreat program and allows for comfortable, private rooms for most of our participants. Very nice accommodations will also be available in single or double occupancy rooms located in two other lovely houses on site. The relative isolation of the retreat center is perfectly suited to our meditation and yoga retreat. To learn more about Commonweal visit: www.commonweal.org.

As Rumi said, “Fantastic! Don’t let a chance like this go by!”

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.

NAME

ADDRESS

PHONE (HOME)                (WORK)

RETREAT DATE I AM SIGNING UP FOR:

Make Checks payable to: Mindful Living Programs.

Q I have enclosed $300.00 deposit (balance due)
Q I have enclosed $875.00 fee paid 1 month early
Q I have enclosed $950.00 fee paid after deadline

We can only give to others what we have found for ourselves.

Our reaction to challenges causes suffering or peace. We may not be able to control events, but we can choose our attitude in any given set of circumstances. Through mindfulness, a conscious bringing of attention to the present moment without judging, it is possible to notice how thoughts affect our well-being, making us miserable or bringing joy. With awareness, and a willingness to face what arises in body and mind, we learn to be kinder and less reactive. Being here now, in this moment, as it is, we can be balanced and calm even in the midst of uncertainty. Bringing love and compassion to the moment and ourselves helps us face what arises, meeting it with wisdom rather than fear.

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Steve Flowers, MFT, is the director of the Mindfulness-Based Stress Reduction Program at Enloe Medical Center in Chico, California and a mindfulness-based psychotherapist in private practice. Steve has been meditating a long time and provided accredited education in mindfulness and medicine for many physicians, psychologists and other medical professionals.

Elana Rosenbaum, M.S.M.S.W.,BCD, a cancer survivor, authored Here for Now: Living Well with Cancer through Mindfulness and integrates her years of experience as a psychotherapist with her practice of insight meditation to help people live fully and well. She teaches at the University of Massachusetts Medical School and is adjunct faculty as a senior instructor in mindfulness-based stress reduction at the Center for Mindfulness in Medicine, Healthcare and Society.

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