

Integral Living with Transformative Practices

– with Michael Mayer, Ph.D.–

1 day Workshop

The world we have come to know is shifting. The confluence of the great recession, a country in search of itself, and a sense that the world is in upheaval can be rather disorienting. These difficult times can challenge our relationship to both ourselves and others; and they can serve as an opportunity to activate the hero in us and cultivate our integral spiritual path. In this workshop, we'll learn methods from cross-cultural spiritual traditions for dealing with the troubled times in which we live.

Some of methods, traditions, and practices you'll learn to enhance your life stance:

Morning 10-12:30: Bodymind Healing Qigong- To cultivate your self-healing abilities and to facilitate the healing of loved ones. Among the methods you'll learn is Standing Meditation Qigong...an important addition to mind-full mediation practice that will enhance your life stance.

Lunch 12:30 -1:30

1:30- 2:15 The Mythic Journey Process: Finding primordial movement to heal a life issue; and cultivate the spirit and soul of Tai Chi

2:30-3:15 Dyad Sharing (optional)

3:20-4:00 Demonstration: Michael works with Group member

4:30 -5:00 Closing Ritual and Review

Suggested optional reading and viewing related to our group:

Books: *Trials of the Heart: Healing the Wounds of Intimacy* (Ten Speed Press, 1993); *Secrets to Living Younger Longer: The Self-healing Path of Qigong, Standing Meditation and Tai Chi* (2004); *Energy Psychology: Self-healing Methods for Bodymind Health* (North Atlantic/Random House, 2009); *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (2012).

Media: *Bodymind Healing Qigong*, DVD; *River of Life*, CD.

Michael Mayer, Ph.D. is a licensed psychologist in private practice and a Qigong teacher who specializes in self-healing methods for physical and mental health. He co-founded an integrative medical clinic; and he was a co-founding faculty member of the Transpersonal Psychology Program at JFK University where he taught for twelve years. He is a Fellow of the American Association for Integrative Medicine. Michael teaches his approach to bodymind healing at conferences, hospitals, and universities. He is the author of twenty publications on bodymind healing. Michael's guiding image of "two streams becoming one" guides him as he joins East/West, mind/body and ancient/modern in his work.

* **Register early to hold a place in the group:** 925-623-3540; Email: drmichael@bodymindhealing.com