

Integral Living in an Uncertain World

Drs. James H. Bramson and Michael Mayer

When: March 24, 2012 Saturday 10-4 PM
March 25, 2012 Sunday 10-4 PM

Where: 89 Moraga Way #B, Orinda, CA, 94563

Cost: \$395 for whole weekend. Advance registration prior to January 1, 2012 (\$345). Single Day Option (\$195.00). Both days recommended for the full integral experience

To Register: Call 925-285-2429, 925-623-3540 or go to Mindfulalliancecenter.com

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 topsy-turvy, can be rather disorienting. These uncertain times can challenge our relationship to both ourselves and others.

The hero in each of us is called forth during these turbulent times. We need to find our life stance and master resiliency. In this workshop two leaders in the field of psycho-spiritual transformation will take you on a personal journey to discover your higher purpose. You will learn specific tools to cope with everyday stressors, and to enhance your ability to live an integral life.

What you'll learn:

- Specific Methods from East/ West Traditions for Dealing with Troubled Times
- Evaluate your Progress with the Purpose of Life Inventory
- How to change your Life Stance with Leading-edge methods from Ancient Sacred Wisdom Traditions and Modern Psychology
- Enhance your Relationships with Others, learning methods of increasing real contact and working through difficult issues

James Bramson, Psy.D., is a licensed clinical psychologist (Psy-19459), social worker (LCS-19040), neuropsychologist, forensic psychologist and executive coach who has been providing therapeutic services since 1985, and organizational consultation and executive coaching since 1995. He utilizes a cognitive behavioral therapy approach with a special emphasis on mindfulness training, meditation and neuroscience.

Michael Mayer, Ph.D., is a licensed clinical psychologist (Psy-9561) in private practice and a Qigong teacher who specializes in self-healing methods for mind/body health. Dr Mayer presents his integral approach to bodymind healing at hospitals, conferences, and at leading-edge workshop venues such as Esalen Institute. He has authored twenty publications on ancient wisdom traditions and modern psychotherapy.

To learn more about the presenters go to www.bodymindhealing.com or Drbramson.com.