East Bay Mindfulness Center & Second Half Fitness present:

Mastering Mindfulness:

The Foundation for Individual Happiness, Meaningful Work & Romantic Intimacy

with **Tai Chi/Qigong: Pathways to "Bodymind-fullness"**

November 12 & 13, 2016
1:30 - 6:30pm (10 hours)
$450

(***Early Bird Discount! Get $25 off for sign up by September 30.)***

Downtown Berkeley
1940 Bonita Avenue
Berkeley, CA 94704

True mindfulness is the cornerstone necessary to build individual happiness, create long-term romantic intimacy and a meaningful professional life. In this two day mind-body workshop, you will acquire the specific skills and awareness to:

- Become consciously sensitive to the fact that you really are alive and create life-affirming priorities and purposes essential for your development.
- Become curious and understand, not control, life's many mysteries.
- Identify the objective and universal elements of love, purpose, meaning, beauty and wisdom.
- Learn how to create individual happiness, romantic intimacy and meaningful work.
- Discover how Tai Chi Chuan and Qigong can become an essential part of your mindfulness practice.
- Learn how to apply Tai Chi movements to change your life stance, enhance self-development, and mindfully interact with others.
- Move into greater "bodymind" fullness while practicing sitting, standing, walking and moving meditation.

KEYNOTE:
Dr. Paul Hatherley has a Ph.D. in psychology. He has explored Chinese Taoism, Japanese Zen, and Indian Buddhism along with Western thought. Mostly, he has grappled with one key question, "What, if anything, is necessary to make human life internally satisfying and meaningful?" Dr. Hatherley has practiced psychotherapy for over 20 years and for the past ten years he has offered education in mental and emotional development. www.paulhatherley.com

Michael Mayer, Ph.D., licensed psychologist and certified Qigong/Tai Chi instructor specializes in self-healing methods for health problems. Dr. Mayer pioneered the integration of Qigong and psychotherapy and was the first person in the US to train doctoral psychology students in these methods. Dr. Mayer is the author of twenty publications on bodymind healing including six books and various articles on TaiChi/Qigong. www.bodymindhealing.com

Reserve your space! Sign up at www.secondhalffitness.com or for information contact Vann Duke at (310) 242-3589.