



Staying Centered:

A mindful approach to professional longevity

Professionals burn out everyday. Stress, bodily wear, tear, and emotional fatigue impinge upon our ability to stay present with our clients. Join NCMI for a review of three technical approaches used to prevent burn out.

NCMI Members: **FREE ENTRY**

Non-Members: \$25

**Drinks and hors d'oeuvres will be provided*

PIC OF **Ricky Fishman**

RICKY *Staying healthy at work*

HERE Learn strategies that help you stay balance in your professional practice. Defy fatigue and abandon the desk.



Kelly Ravenal

Yoga as Self-care at Work

Learn strategies that help you stay balance in your practice. Tap into the somatic experience of your clients.



Dr. Michael Mayer

Integrate Qigong & Tai Chi Into your Routine

Cultivate tools that manage blocks in energy. Learn how to overcome obstacles using evidence based techniques.

Jan 24 2019

Le Bateau Irve

Address: 2629 Telegraph Ave,
Berkeley, CA 94704

Time: 5:30 - 7:30

Get back to the basics

ncminstitute.org/drinks-with-shrinks

for more info about this event