

TimelyTalks.com and Foundation for Healthy Family Living invite you to an inspiring weekend

Awareness, Compassion and Healing:

An exploration of neurological research
& the practical use of mindfulness

August 5, 6, 7, 2011 Friday 3pm (registration) - Sunday 2pm

Santa Sabina Retreat Center, San Rafael CA www.santasabinacenter.org

14 Continuing Education hours for RN's, MFT's & LCSW's**

ABOUT THE WORKSHOP:

In this beautiful, peaceful retreat setting you will experience a range of practices for decreasing stress including their implementation in one's profession & life. Each day we will support your sense of well-being and somatic awareness through guided contemplation and reflection, gentle movement, and conscious relaxation. Integrating didactic information you will enhance your knowledge of the fascinating neurological research of mindfulness-based approaches. The program's design is to leave you feeling nourished, refreshed and renewed.

Participants will learn to:

- Identify the physiology of stress
- Utilize mindful approaches to stress reduction
- Build capacity for prevention of harmful stress
- Implement Body/Mind practices
- Avoid burn-out as a professional
- Understand implications of neurological research
- Experience Mindfulness Based Stress Reduction (MBSR) and iRest Yoga Nidra
- Identify the correlation of awareness to compassion & healing

Sheryl Morgan, PhD is a Marriage and Family therapist in private practice in Marin County, specializing in brief, solution focused consultations regarding stress, parenting and other relationship issues, MBSR & iRest.

Kalena Babeshoff, Founder Foundation for Healthy Family Living® has taught thousands of professionals and families nationally and internationally in HFL's respectful nurturing relationship model for various populations including Compassionate Beginnings.

Sheryl and Kalena trained together in MBSR at El Camino Hospital in Mountain View with Bob Stahl, author of a book included in your tuition *A Mindfulness-Based Stress Reduction Workbook & CD*. And, a newly released book *Living with Your Heart Wide Open*.

Tuition: \$575* - Lodging, all meals, snacks, plus all training books and materials, single or double room in the beautiful Santa Sabina Retreat Center

*Graduates of any of Healthy Family Living's programs may receive \$50 discount with registration **prior** to July 15

REGISTRATION APPLICATION WILL BE EMAILED UPON REQUEST

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Kalena 707.996.3545 or info@healthyfamily.org www.healthyfamily.org

** **Approved by** the California Board of Registered Nursing BRN, Provider No. CEP 1305 Foundation for Healthy Family Living. Course meets the qualifications for hours of continuing education credit for MFT's and LCSW's as required by the California Board of Behavioral Sciences. PCE 4710 Sheryl Morgan, PhD MFT. [Cancellations/Refunds](#) made earlier than 2 wks (July 22), 50% of the \$300 deposit will be refunded.