

Like in



MINDFUL LIVING PROGRAMS

Retreats for Health Care Professionals

Personal Renewal and Continuing Education for: PSYCHOLOGISTS, NURSES, MFTs AND LCSWs

Dear Friends of Mindfulness

Please consider this a personal invitation to join us for our last Mindfulness Based Stress Reduction retreat of this year! These retreats are a wonderful way to earn 24 hours CEU's and either begin or renew a mindfulness practice at a sacred and magical location (with incredibly tasty and healthy food).

Mindfulness Based Stress Reduction has been repeatedly demonstrated to significantly help people with a wide range of stress-related disorders and conditions such as anxiety, depression and chronic pain. The basis of this program is Mindfulness Meditation: a way to quiet and calm the mind by paying nonjudgmental attention to your moment-to-moment experience. Mindfulness helps restore and maintain a sense of personal balance and develop the skills to avoid emotional and physical depletion. This is important not only for persons who are facing stress-related conditions, but also for persons who want to avoid physical or professional burnout.

We need to care for ourselves as we attend to the needs of our clients. In fact, learning to balance the emotional demands and challenges of the healing relationship with other personal and professional pressures is central to the healer's art and vital to professional health and longevity.

Learn how the ancient practice of Mindfulness Meditation can help you realize your professional ideal.

Learn how Mindfulness-Based Stress Reduction contributes to medicine and psychotherapy and gain skills that promote:

- high-level wellness and healthful living
- Identify pathogenic reactions to stress.
- Learn how to guide your patients to work more effectively with stress-related illness.
- Learn the theory and practice of Mindfulness Meditation
- Revision your work to reduce stress and realize your professional and personal ideals.

Once again, I am leaving this beautiful place and extraordinary retreat feeling enriched and renewed! This program has not only been invaluable in my practice of psychotherapy but has enriched my personal life and restored the wind in my sails. CL PSY, Palo Alto

2017 Retreat Dates

February. 3 - 5, 2017

May 5 - 7, 2017

August 4 - 6, 2017

October 27 - 29, 2017

December 15-17, 2017 - Couples Retreat



Retreat Center



[Commonweal Retreat Center](http://www.commonweal.org)

About the Retreat Center:

Commonweal Retreat Center, Bolinas, Ca. www.commonweal.org

Commonweal is a nonprofit center for health and human ecology located on a beautiful 60 acre site overlooking the Pacific Ocean at Bolinas and the Point Reyes National Seashore. This retreat, our gourmet vegetarian meals, and most of the accommodations will be provided at the historic "Pacific House". This beautiful twelve bedroom mansion provides ample space for our retreat program and allows for comfortable, private rooms for most of our participants. The relative isolation of the retreat center is perfectly suited to our meditation and yoga retreat.

About our Presenters



Bob Stahl, PhD., founded and directs mindfulness-based stress reduction programs at Dominican Hospital, O'Connor Hospital, and El Camino Hospital. Bob serves as a Senior Teacher for Oasis – the institute for mindfulness-based professional education and innovation of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Bob is a co-author of “A Mindfulness-Based Stress Reduction Workbook”, “Living With Your Heart Wide Open”, and “Calming the Rush of Panic”. Bob is the Guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock and Insight Meditation Society.



Steve Flowers, MA, MFT has been in full time private practice as a mindfulness-based psychotherapist since 1981 and is certified as an MBSR teacher by the Center for Mindfulness at the University of Massachusetts Medical School where he also serves as a supervisor in their MBSR teacher trainer program – Oasis. Steve directs the MBSR program at Enloe Medical Center in Chico, CA. and teaches MBSR online in real time to the global community. He is the author of **The Mindful Path through Shyness** and co-author of **Living with Your Heart Wide Open**.

CEU Provider

24 Continuing Education Credits

For Psychologists, Nurses, Nurse Practitioners and MFT's and LCSW's.

CEUs for psychologists are provided by the Spiritual Competency Resource Center which is co-sponsoring this program. Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists.

The Spiritual Competency Resource Center maintains responsibility for the program and its content. California Board of Registered Nursing Provider CEP10318 for licensed nurses in California through the cosponsorship of the Institute of Noetic Sciences <http://www.noetic.org/>. Authorized by CABS Provider No, PCE879 to qualify for 24 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences. California Board of Behavioral Sciences also accepts CE credits for license renewal by LCSWs and MFTs for programs from approved sponsors of CE by the American Psychological Association.

For questions about CE visit www.spiritualcompetency.com or contact David Lukoff, PhD at david.lukoff@gmail.com

Retreat Registration

Early Payment Discount Rate (more than one month prior to start of retreat)

Regular Retreat Rate

Mindful Practice Retreat - Private Room - \$895

Mindful Practice Retreat - Shared Room - \$845

Mindful Practice Retreat - Special Arrangement Room - \$845

Mindful Practice Retreat - Returning Alumni Special - \$845

Couples Retreat (2 Persons) - \$1,450

All fees include lodging, meals and snacks, full use of the facilities, workshop, materials and continuing education hours.
(\$300.00 deposit will hold your reservation with balance due by deadline)

REFUND and REGISTRATION DETAILS

A written request for a refund of registration fees (less a \$50.00 processing fee) must be postmarked by two weeks prior to date of retreat. No requests after that date will be honored. Reduced rates (as indicated above) if total fees received one month prior to retreat start dates. Single occupancy rooms available by request for earliest registrations received at Commonwealth.

*Reduced fee's for couples and persons who would be willing to share a room at individual retreats and for one private room that's smaller w/futon.

Welcome to the retreat registration process which requires THREE STEPS:

- 1) Review the Retreat Schedule and choose from the offered retreat times.
- 2) Pay for your retreat(s) with a check. Prices are listed below...
- 3) Mail your completed registration form along with your check to:

Mindful Living Programs

6 Governors Lane, Suite A

Chico, CA 95926

You will receive a welcome and confirmation letter and further retreat information after the receipt of your registration form.

REGISTRATION FORM

NAME _____

ADDRESS _____

PHONE (HOME) _____ (Cell) _____ (home) _____

EMAIL _____

TYPE OF PROFESSION AND LICENSE # _____