



Take time away to do what you love.

Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here...

Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu



Paul Epstein, ND

Yoga, Mindfulness, and Mind-Body Therapy: A Certification Course CE

November 16 – 21, 2008

For everyone interested in healing including yoga teachers, health professionals, caregivers, and individuals on a healing journey.

Disease tells a story, not just about our cells and a diagnosis but about ourselves and our lives. Listening to this story, we are led to the truth of what happened to us and the emotions that lie at the core of our authentic being. This comprehensive training in mind-body skills will teach you how to look and listen within to discover the message and meaning hidden inside pain and symptoms.

Through guided inquiry, silent reflection, meditation, lecture, discussion, case histories, and group support, you will learn to apply the principles of mind-body healing in your clinical practice and your life. The curriculum includes:

- How biography becomes biology; the body bears the burden
- Healing trauma, invisible wounds, and PTSD
- How to integrate guided imagery, relaxation, breathing, yoga therapy, self-awareness, mindfulness meditation, and Internal Family Systems therapy to facilitate the self-healing journey
- What healing is and how it happens
- How to be with and embrace our truth with wisdom and compassion
- Skillful means in medicine, illness as opportunity for awakening
- Unconditional presence, radical acceptance, and spiritual maturity.

Paul Epstein, ND, is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, and workshop leader. A 1984 graduate of the National College of Naturopathic Medicine, he did a residency in behavioral medicine, stress, and lifestyle counseling. He has trained in the Internal Family Systems Model of Psychotherapy, studied at the Academy for Clinical Guided Imagery, completed the three-year training program for meditation teachers at the Spirit Rock Meditation Center, and is a certified yoga teacher. He cofounded the Israel Center for Mind-Body Medicine, was featured in the May/June 2007 issue of *Spirituality and Health Magazine*, travels worldwide leading mindful healing retreats and maintains a private practice in Westport, Connecticut. www.drpaulepstein.com