





Noetic Sciences: Practices for Personal and Collective Transformation
with Cassandra Vieten, PhD and Lee Lipsenthal, MD
12-16 September 2011
(4 days, 5 nights)
Monday evening through Friday afternoon

Women in Storage: Taking Time to Listen to Your Soul with Nita Gage, MA, CSAC
12-15 September 2011
(3 Days, 4 Nights)
Monday evening through Thursday afternoon

The Healer Within with Lee Lipsenthal, MD and Nita Gage, MA
19-23 September 2011
(4 Days, 5 Nights)
Monday evening through Friday afternoon

HeartMath Training for Health Professionals and Family Members
19-23 September 2011
(4 days, 5 nights)
Monday evening through Friday afternoon

Noetic Sciences combine the powers of keen observation and logic with the deep authority of inner wisdom to see clearly, to heal, and to transform our lives and our world. Join integrative medicine physician Lee Lipsenthal, MD along with psychologist and mind-body medicine researcher Cassandra Vieten, PhD to learn practices grounded in science and the world's wisdom traditions that support and sustain the transformative process in your own life and in the lives of those with whom you work. Building on a model of transformative change developed from over a decade of research, learn what stimulates positive transformations, where the process can be diverted, and how you can creatively engage with its unfolding with your whole self: mind, body and spirit. Our focus will be to renew, balance mind with heart, and realign with our deeper nature, a true source of healing and transformation.

Nita has been teaching and facilitating transformational workshops for psychologists, physicians, nurses, addiction counselors and lay people for 15 years. She is the author of the book *Women in Storage: A Neuroimaginal Journey of Self Discovery*, about transitional times in women's lives as opportunities for deep transformation. The workshop will give you experiences that will open your heart, recharge your body and expand your understanding of your deeper purpose. Using simple but powerful tools you will connect with your soul purpose and come away with renewed energy to follow your dreams and your passion. You will enjoy a safe and nurturing group experience where you will make new friends, share stories and create an action plan for going forward. You will leave the workshop with a clearer understanding of your soul purpose, what is holding you back and how to use daily practices to live an authentic and fulfilled life. Drawing from transpersonal and somatic psychology, shamanism, neuroscience and life experience, the workshop is an integrated holistic opportunity for healing and rejuvenation.

The Healer Within provides tools to evaluate and understand the issues of our emotions in our work and home lives. It will combine discussions and experiential exercises designed to rejuvenate your mind, body and soul. You will leave with an understanding of the unique stresses that care givers and their families live with, and practical methods for changing the balance of your life.

- The program includes:
- Stress management training based in meditation and emotional shifting
 - Transformational breath work
 - Visualization and perception shifting techniques
 - Tools to evaluate your needs and behaviors

- You will be able to:
- Understand the relationship of stress and health
 - Modify your stress responses
 - Apply various communication techniques in your work and home lives
 - Evaluate the aspects of your personality that helps and hinders your progress, personal growth and patient care
 - Adapt action planning tools to create changes in your life.

HeartMath has been dedicated to creating effective and practical tools that can be scientifically validated to improving health, performance and well-being at home and in the workplace. They enable people to transform stress, improve resilience, enhance self-care and care for others, and better regulate emotional responses through the power of heart/brain coherence.

HeartMath has helped thousands of health professionals globally address the stress associated with many health conditions in order to improve health outcomes with the patients they care for. More than 60 published research studies have validated the effectiveness of the HeartMath tools for a wide variety of health and organizational outcomes. The HeartMath tools have helped hundreds of thousands of people around the world to gain a new sense of empowerment, increased awareness and intelligence and less stress.

In this inspiring, hands-on program you will learn to build your resilience capacity, transform your stress, and gain powerful effective tools to help your patients with theirs.



Stay at the 15th century Villa Rinascimento in Lucca Italy

La Villa Rinascimento, a renovated 15th century residence for the Count of Mansi, is nestled in the hills of Tuscany between the art cities of Lucca and Pisa, offering panoramic vistas of the valley of Santa Maria del Giudice. It is a special place of peace and serenity just 10 minutes from these historic art centers, 20 minutes to the marble caves of Carrara and the beaches of western Tuscany and just 45 minutes from that gem known as Florence. Our participants enjoy the large pool, delicious traditional cuisine of the region and excursions into the heart Tuscany.

-----The Registration and Fees-----

Early registration is highly recommended. Registration includes access to a discounted hotel package (see below). Group rates are available. Tuition includes all materials and is \$850.00 for the 4-day seminars and \$650.00 for the 3-day seminar. Airfare and accommodations are separate.

Registration is online at www.italyseminars.com. After registering, you will be sent instructions on how to contact the Villa to make a room reservation and additional detailed information (directions, packing instructions, preparations). Travel arrangements are participants' responsibility. If you prefer to register via regular mail or telephone please contact us at info@italyseminars.com or +1.415.867.4698.

-----The Villa Rates-----

After registration is complete, you will receive instructions on how to make a reservation at the Villa with our group rates, as follows:

HISTORICAL VILLA

Double room € 150 bed & breakfast
 Double room/single use € 130 bed & breakfast
 Extra beds: € 33 bed & breakfast / (€ . 16,50 bed & breakfast (children until 12 years old)

TERRACE ROOMS (50 meters from the historical villa)

Double room € 105 bed & breakfast
 Double room/single use € 85 bed & breakfast
 Extra beds: € 33 bed & breakfast / (€ . 16,50 bed & breakfast (children until 12 years old)

-----The Cancellation Policy-----

up to 7 weeks before workshop....100% of registration fee returned
 6 weeks before workshop...75% of registration fee returned
 2 weeks before workshop...50% of registration fee returned
 1 week before workshop...25% of registration fee returned
 [NOTE: The Villa's cancellation policy is the same.]