



**Sacred Path Productions Presents**

The Mindfulness Practicum

With

**Dr. Stephen J. Johnson, Ph.D.**

*Executive Director, The Men's Center of Los Angeles*

Saturday, July 18, 2009 from 8:30 am to 4:30 pm

Holy Spirit Retreat Center, 4316 Lanai Road, Encino

For the past 35 years, Dr. Stephen Johnson has been bringing out the best in good men. In 1987 he created the Sacred Path Men's Retreat and founded the Men's Center Los Angeles in 1988. This is your opportunity to participate in a life enhancing experience with Stephen and a gathering of men who are committed to living conscious lives.

"The overall goal of Mindfulness Training is to investigate and understand how mind, brain and body work together in ways that enhance personal growth and healing through engaging in the practices of meditation, conscious connected breathing and enlightened discourse. Our challenge today is how to find interior peace, compassion and wisdom within the heart of change as we engage with the exterior world and walk a path of devotion. I was inspired to present this training and feel blessed to offer this work to those traversing a spiritual path.

Most people tend to shift between states of ordinary consciousness, semi-consciousness and deep unconsciousness. They are typically not aware of what we refer to as Mindfulness, characterized by relaxed presence as well as focused awareness devoid of critical judgment. It could be said that people's minds are full of too much unwanted stuff and most are not able to turn their minds off freeing themselves from the constant chatter of unnecessary thoughts. Today, most individuals experience Mind-filled-ness rather than Mindfulness.

In training oneself to live in a heightened state of Mindfulness it is helpful to engage in certain practices that concretize the experience making it real and vital to you. Practices are like tools in that they are practical instruments for use in dealing with life's challenges. We may not be able to control what lesson life has dealt us, but with the right practices at hand, we have a better opportunity to control how we respond to the challenge."

In 1974, while a Doctoral Fellow in Rehabilitation Psychology at the University of Southern California, Stephen published his research on the Benefits of Yoga Therapy on Self-Concept, Conflict Resolution and Emotional Adjustment. He went on to study a post-doctoral curriculum for four years at the National Academy of Metaphysics and was one of a group of individuals assisting Leonard Orr during his pioneering work with the powerful breathing process called Rebirthing. This became the foundation for the blending of spirituality and psychology that has been at the heart of Stephen's personal evolvment and his professional practice as a psychotherapist and educator.

Space is limited to 20 participants; please enroll early to reserve your spot.

NAME \_\_\_\_\_ PHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ MARITAL STATUS \_\_\_\_\_ NUMBER OF CHILDREN \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ OCCUPATION \_\_\_\_\_

CREDIT CARD TYPE \_\_\_\_\_ NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

**The fee for the Colloquium is \$150.00, which covers program, lunch, morning and afternoon snacks. Checks should be made to the order of Sacred Path Productions, Inc. and should be mailed with the completed registration form to:**

**Men's Center Los Angeles, 21243 Ventura Blvd., Suite 214, Woodland Hills, CA 91364**

**Applications with credit card information can be faxed to (818) 348-9302.**

**For reservations, call Rich Manners at 818-888-8852 or e-mail: [jyngleman@sbcglobal.net](mailto:jyngleman@sbcglobal.net)**

**Please put "Practicum" in the subject of your e-mail.**

**Enrollment fee refunded minus \$25 processing fee if cancellation is made on or before Friday, July 10**