

**Come deepen your
experience of Health**

**March 22, 2008
Santa Fe, NM
9:30am - 4:30pm**

**FEE: \$115 includes
Homemade lunch,
materials, and handouts.
Enrollment limited to 18.**

► Mindfulness and Health: A Day Long Retreat

During this day long retreat, we will immerse ourselves in mindfulness and healing. We will explore mindfulness and health through a variety of practices, including yoga, qigong, meditation, writing, and eating. We will also develop a basic understanding of how these techniques work to improve health and vitality.

Sarah Cutler
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Research tells us that mindfulness is a powerful tool for health. Mindfulness practices have been shown to greatly increase immune functioning among many other benefits. Mindfulness practices can help restore health in cases of:

- High Blood Pressure
- Obesity
- Depression
- Sleep Disorders
- Digestive Disorders
- Cancer
- Chronic Pain
- and many other conditions.

Facilitators: This retreat is the first of a series of practical workshops on mindfulness and health facilitated by **Sarah Cutler** and **Paul Zelizer**.

Sarah Cutler, R.P.P., K.Y.T.A #5181 is a Registered Polarity Practitioner, Cranial-Sacral Therapist, Certified Kripalu Yoga Teacher, passionate painter of flavors in the kitchen, and a bicycling clown. She brings an over ten-year adventure to her focus on Embodied Living.

Paul Zelizer, M.A., L.P.C., EFT-CC is a licensed professional counselor, a holistic health consultant and an advanced stress management coach. He has been studying mindfulness practices, psychoneuroimmunology and body centered therapy techniques since 1988.

Contact Sarah at 216-5219 or Paul 474-2998 to register.



