



Sacred Path Productions Presents
A Mindfulness Practicum
Developing Intuitive Wisdom through Cultivating Experiential Awareness
With
Dr. Stephen Johnson
Executive Director, The Men's Center Los Angeles
Saturday, February 18th from 8:30am to 4:30pm
At
Holy Spirit Retreat Center 4316 Lanai Road, Encino, California

For the past 40 years, Stephen Johnson has been working with men to bring out the best in them. In 1987 he created The Sacred Path Men's Retreat and founded the Men's Center of Los Angeles in 1988. This is your opportunity to share an intimate experience with Stephen and other good men who are committed to living conscious lives.

The program will consist of instruction in Meditation, metaphysical concepts, Conscious Connected Breathing and practical spiritual practices for integration into your everyday life. You will focus on how your mind works with an exploration of how your thoughts determine your feelings, emotions, attitudes and behavior. You will discover what core laws are at the center of your belief system and how what you manifest in the world can be traced back to what you think. You will experience a process of mindfulness training designed to assist you in the further transformation, growth and development of the Self while traversing a path leading toward an enlightened state of consciousness. There will be ample opportunity to explore how this practice can provide the needed support as you deal with the challenges of life.

In 1974, while at the University of Southern California, Stephen completed his doctoral research on The Benefits of Yoga Therapy on Self-Esteem, 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.

Join in a gathering of men committed to introspective examination with the intent of enhancing our authenticity, creating more balance and personal fulfillment while actualizing our life purpose. Space is limited; please enroll early to reserve a spot.

NAME _____

PHONE (HOME) _____ (MOBILE) _____ E-MAIL _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

MARITAL STATUS _____ NUMBER OF CHILDREN _____ YOUR AGE _____

CREDIT CARD TYPE (Visa/MC) _____ NUMBER _____ EXP. DATE _____

The fee for this event is \$125.00 per person, which covers program, lunch, and 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.