



**Sacred Path Productions**

Presents

The Mindfulness Practicum – A Day for Women

With

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

Saturday, June 6, 2008, from 8:30 am to 4:30 pm

Holy Spirit Retreat Center

4316 Lanai Road, Encino

For over 35 years, Dr. Stephen Johnson has been bringing out the best in people. In 1976 he co-founded The Center for Holistic Psychology in Beverly Hills. The early 1980's saw the creation of Blueprint For Life Seminars for men and women and in 1984 he co-founded the H.E.A.R.T.S.WORK retreats also for men and women. In 1987 he was inspired to direct his attention to men's work and created the Sacred Path Men's Retreat and founded the Men's Center Los Angeles in 1988. For the past 20 years he has focused his work largely on men and their relationships. Now it is once again the time to give back to women. This is your opportunity to participate in a life enhancing experience with Stephen and his staff. As one who is committed to living a conscious life, you are invited to attend this Practicum on the Spiritual Psychology of Mindfulness.

In this challenging time it's helpful to surround oneself with likeminded people seeking the solace and comfort within the understanding and compassion that connects our hearts and opens our minds to new ways of dealing with life's lessons. In November a group of women gathered for a day devoted to that endeavor. Safety, sincerity and the spirit of sisterhood flourished in an atmosphere conducive for deep work. At the end of the day the question was unanimously posed, "When can we do this again?" June 6th is the day that has been set aside for a select group of women to join Stephen and three of the men from the Wisdom Council that facilitate the workshops and retreats for men on the Sacred Path. You are invited to be a part of this group. Explore, share, meditate and breathe deeply together during a day designed to replace the stress of doing with the lightness of being.

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; enrollments will be accepted on a first come basis; 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 Practicum 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, May 29th.**