



Sacred Path Productions Presents

The ManUp Retreat

With

Dr. Stephen Johnson

Executive Director, The Men's Center Los Angeles

From 4:30 PM Friday, July 20th through 4:30 PM Saturday, July 21st

Holy Spirit Retreat Center
4316 Lanai Road, Encino, CA

For the past 35 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, Yoga, and practical metaphysical concepts and 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 which 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 looking at ourselves 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 your spot.

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NAME \_\_\_\_\_ PHONE (HOME) \_\_\_\_\_ (CELL) \_\_\_\_\_

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

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

AGE \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

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

- INDICATE PLAN #:**
- A. Program Including Friday Dinner, Saturday Lunch & Snacks - **\$195** [  ]
  - B. Program Including Friday Dinner, Saturday Breakfast, Lunch & Snacks - **\$215** [  ]
  - C. Program Including Overnight Accommodations, 3 meals & Snacks (Double Occupancy) - **\$250** [  ]
  - D. Program Including Overnight Accommodations, 3 meals & Snacks (Private Room) - **\$285** [  ]

**Enrollment Fee Refunded minus \$50 processing fee if Cancellation is made on or before July 13, 2007**

**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 more information go to the EVENTS page at [www.menscenterlosangeles.com](http://www.menscenterlosangeles.com)**