

Nepal

Mindful Journey: Love and Letting Go

October 3-9, 2010 | Workshop 20 hours

This program, which takes place in the beautiful and inspirational Kathmandu Valley, is designed to integrate mindful awareness with heartfulness to transform relationships, optimize happiness, and heal the body. We will utilize both theory and practice to explore self compassion, forgiveness, and letting go and also examine the impact of fear, avoidance, thought fusion, attachment, loss, and intimacy on brain structure and neurochemistry. An emphasis will be placed on the application of Imago techniques, grief literature, and Acceptance and Commitment Therapy (ACT). This workshop will empower you to help your clients live and love more mindfully in all of their intimate relationships.

This will take place against a dazzling backdrop of Hindu and Buddhist Temples, medieval town squares, and wonderful, warmhearted people. For those who wish to continue their travels after the workshop, we will be leading a six-night teahouse trek in the Annapurna Region.

We hope you will join us on this journey.

DAYS 3-9 We arrive at in Kathmandu and transfer to the Vajra Hotel, a lovely oasis above the bustling heart of the city. Participants will come together that evening for a program orientation and the workshop will begin the next day. Interspersed with the seminar will be tours throughout the Valley, from the great Stupa and Monasteries of Boudhanath to the ancient town centers of Patan and Bhaktapur, from the ghats of Pahupatinath to the craft shops of Thamel

DAYS 9-17 After completion of the workshop we will travel by bus to Pokhara and begin our six-night teahouse trek. Supported by a local crew, we will hike through the magnificent Himalaya Mountains, through villages and forests, past terraced fields and rushing rivers, and walk by sacred Mani walls beneath towering peaks. At night we will stay at local teahouse hotels enjoying the warmth of wood stoves and the company of the local Nepalese.

COST OF PROGRAM:

US \$1000 FOR KATHMANDU (WORKSHOP) PORTION

US \$950 FOR TREKKING PORTION

DEPOSIT: \$500 (non-refundable)

Balance Due July 1, 2010

(excludes international air transport and based upon double occupancy)

Nepal

Mindful Journey: Love and Letting Go

October 3-9, 2010 | Workshop 20 hours

to register

Please send application, deposit, and itinerary questions to:

Dr. Ricky Fishman

1700 Union Street, San Francisco, CA 94123 (ph) 510 387-7881 (f) 415 441-9238

Australian inquiries please contact Tiffany@integralepeditions.com

Inquiries from the US please contact Lauren@integralepeditions.com

Or register online at www.integralepeditions.com

Trip is limited to 24 participants. Tour price based on a minimum of 10 participants.

WORKSHOP TOPICS INCLUDE:

- Learning to accept “what is” in relationships without judgment
- Implications for Neurochemistry and Attachment on loss in relationships
- The relationship between Acceptance and Commitment Therapy and Mindful Loving
- Understanding the research and application of forgiveness work on stress reduction, emotional renewal, and interconnectedness
- Techniques for handling transitions in relationships, including loss and endings
- Meditation and yoga practice to open the heart and mind

PRESENTERS' BIOGRAPHIES

Dr. James Bramson is a Licensed Clinical Psychologist, forensic expert, and organizational consultant. He has lived, studied, worked, and facilitated workshops both in the USA and abroad and has over twenty-four years of psychotherapy, training, consulting, and teaching experience. He is committed to helping individuals and organizations optimize mind, body, and spiritual integration. Dr. Bramson is in full time private practice in the San Francisco Bay Area. www.drbramson.com

Barbara Kaplan has been teaching yoga and meditation since 1989. She guides many yoga styles: Iyengar, Restorative, Yin, Vinyasa, and more. She has published nine articles in Yoga Journal and has taught retreats worldwide. She is a trained Hospice worker, a Phoenix Rising Yoga Therapist, and a student in the Diamond Heart School. www.harmonyyogastudio.net

This workshop is both didactic and experiential in nature and numbers are strictly limited. Open to all, this workshop will be especially rich for helping professionals, nurses, therapists, and teachers.

RelationshipVision Courses meet qualifications for up to 21 hours of continuing education for California Marriage Family Therapists (MFT's) and Licensed Clinical Social Workers (LCSW's) and PhD's as required by Board of Behavioral Sciences.

COST INCLUDES:

All workshops and tours described in program
All accommodations in Nepal
All ground transportation in Nepal (including domestic air)
Daily meditation and yoga instruction
Breakfasts throughout program
All ground support and meals during trek
Airport transfers on day of arrival and departure

COST OF PROGRAM: US \$1000

Optional night trekking add on US \$950

Deposit: US \$500 (non-refundable)

Balance Due July 1, 2010

\$100 less if paid by April 1, 2010

Single Supplement: US \$225 for Kathmandu (workshop)

Single Supplement: US \$200 for trekking portion

Note: If person is unpaired and must take single, supplement fees will be reduced by 25%.

COST DOES NOT INCLUDE:

International airfare
Fees for passports and visas
Airport arrival and departure taxes
Meals not specified in itinerary
Optional tours
Travel and health insurance

CANCELLATION FEES:

90-61 Days before Departure: 25%

60-31 50% of trip cost

30 or less: 100% of trip cost