

*When we first heard about this program, we thought it was a lot of time and money for our busy lives. But it turned out that those are the exact reasons why this program was so perfect for us: it taught us to slow down, and think, and breathe, and reflect on what we were really doing with our lives and the days left to us. Dr. Bramson and Barbara Kaplan complement each other magically. —Annie and Jeff (2008 participants)*



# awakening to life & death

A 100-DAY ODYSSEY TO BECOME FULLY BALANCED AND ALIVE

**Leaders: Dr. James Bramson and Barbara Kaplan**

**To Register: Call (925) 285-2429; (510) 232-9955 (or go on-line @ [drbramson.com](http://drbramson.com))**

*This program invites you to experience 2010 as if it were your last year to live. Seminarans will meet every month from January through May 2010 for a weekend seminar in a beautiful Russian River retreat home (Absolute Zen) to explore the following aspects of living and dying mindfully:*

- Awakening the Heart – Forgiveness, Gratitude, Compassion
- Getting Clear: What Do You Most Want To Do?
- Assessment of Life Satisfaction & Purpose
- Choices and Consequences
- Healing Yoga and Breath Work (before your last breath)
- Meditation Techniques for Centering and Letting Go
- Building Your Intimacy Legacy in Relationships
- Exploring Your Ideas about Death
- Death & Rebirth (The Buddhist Wheel)
- Sensing the Value of Your Life

2010: January 22nd – 24th, February 26th – 28th, March 19th – 21st, April 30th – May 2nd  
Meetings will take place at Absolute Zen, beginning Friday (4:30 P.M.) and ending Sunday (12:30 P.M.).

**COST:** Total program cost \$1,580.00 (395.00/weekend)

**MONTHLY MEETINGS:** Optional meetings in the East Bay for those seeking additional peer support, yoga practice, and dharma. \$42.00 for each 2.5-hour meeting or \$160 for all four.

**CANCELLATION POLICY:** Full refund prior to January 22nd less \$100 processing fee.

**DEPOSIT:** \$790.00 (due before December 31st, 2009). Full payment (due April 18th, 2010).

**LODGING:** We have a deal with Russian River Studios ([russianriverstudios.com](http://russianriverstudios.com)) for \$69 per night. They have eight rooms, each with a kitchen. There is also a pool and a gallery. Please mention our program to receive the special rate. You are also invited to stay anywhere else in the area.

**DR. BRAMSON** is a Licensed Clinical Psychologist (PSY-19459), Social Worker (LCS-19040) and Executive Coach who has been providing therapeutic services since 1985, and organizational consultation and executive coaching since 1995. He utilizes a cognitive behavioral approach with a special emphasis on mindfulness training, meditation, and neuroscience. Phone: 925-285-2429

**BARBARA KAPLAN** has been studying yoga and meditation since 1978 and teaching in the Bay Area and abroad since 1989. She wrote the Beginners Column in Yoga Journal, published feature articles on the chakras and "Yoga for Good Digestion," and is a certified Yoga Therapist who has studied Somatic Psychology. Call: (510) 232-9955; Web: [harmonyyogastudio.net](http://harmonyyogastudio.net).