

# the retreat center | noetic

february 2009 | san francisco bay area | THE INSTITUTE OF SCIENCES

## Transformative Learning Workshops

*Expand your mind, open your heart, and activate your full potential.*

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We invite you to join us for:

- Inspired Learning - rigorous research, experiential learning, and best practices that enhance your sense of transformation, peace, and personal joy
- Meaningful Connections - engage in deep dialogue and spirited inquiry with other practitioners, researchers, and scholars in the fields of health and healing, education, business, and the sciences
- Sacred Sanctuary - reflect, rejuvenate, and relax amidst the serene beauty of our pastoral campus
- Eye-opening Discernment - the latest rigorous findings at the frontiers of consciousness science, building upon IONS' 35-year legacy in personal and social transformation
- Full-body Nourishment - gourmet meals made from fresh, local ingredients that increase your vitality and well-being

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## IONS TRANSFORMATIVE LEARNING WORKSHOPS 2009 SCHEDULE



### **THE HEALER'S JOURNEY: Enhance Your Healing Practice, Increase Joy, and Reconnect with Your Life Purpose**

*Friday, March 27, 6pm – Sunday, March 29, 2009, 1:30pm*

**Presenters:** Lee Lipsenthal, MD, ABIHM and Cassandra Vieten, PhD

**Summary:** This program is designed to enhance the life and capacity of all people in the healing arts. This would include massage therapists, yoga teachers, psychologists, physicians, naturopaths, social workers, nutritionists, teachers, and nurses.

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**EXTRAORDINARY DREAMS: Work Creatively with Dreams in Your Life and Practice**

*Friday, April 17, 6pm – Sunday, April 19, 2009, 1:30pm*

**Presenters:** Fariba Bogzaran, PhD with guest Patricia Garfield, PhD

**Summary:** For twenty-five years, Dr Bogzaran has taught internationally innovative and transformative ways of working with dreams. She combines scientific, creative, phenomenological and experiential methods to help participants to gain insight into their dreams. Her method allows for integral dream awareness as a daily practice.

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**CREATING PERSONAL AND GLOBAL COHERENCE: Skills and Practices to Assist Your Journey Toward Wholeness and Global Transformation**

*Friday, April 24, 6pm – Sunday, April 26, 2009, 1:30pm*

**Presenter:** Howard Martin

**Summary:** Breakthrough scientific research on the heart-brain-body connection has emerged that demonstrates how our physical hearts send out powerful healing commands. In this program you will learn coherence techniques that activate the power of the heart to reduce feelings of overwhelm, anxiety, and depression, as compassion and appreciation are increased. Compassion and appreciation are access codes for an integration of our spirit into our humanness.

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**ALCHEMICAL DIVINATION: Remembering the Past, Envisioning Possible Futures**

*Friday, May 22, 6pm – Sunday, May 24, 2009, 1:30pm*

**Presenter:** Ralph Metzner, PhD

**Summary:** Alchemical divination is a process of structured intuitive inquiry using light-fire yoga methods for a mildly expanded state of consciousness. In this workshop we will work in the spirit of the Roman deity Janus, god of doorways, passages, and transitions, whose two faces look in a balanced way into the past and the future.

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**NINE GATES MYSTERY SCHOOL WEEKEND: Explore the Teachings of Ancient Wisdom**

*Friday, August 14, 6pm – Sunday, August 16, 2009, 1:30pm*

**Presenters:** Gay Luce, PhD and Deborah Jones, MA

**Summary:** Why are the teachings of ancient wisdom schools relevant today? What keys to spiritual development — both practical and magical — are held in the heritage of these schools? This workshop offers our felt responses to these questions.

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**WORKING WITH FIELDS OF CONSCIOUSNESS: Practical Strategies for Group Leaders and Teachers**

*Friday, September 18, 6pm – Sunday, September 20, 2009, 1:30pm*

**Presenter:** Chris M. Bache, PhD

**Summary:** This pioneering work in teaching and transpersonal psychology explores the dynamics of collective intelligence in a group setting. This workshop will provide practical strategies for working with fields of consciousness: opening and closing fields, strengthening fields, visualization and medication exercises, recognizing and managing resonance.

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