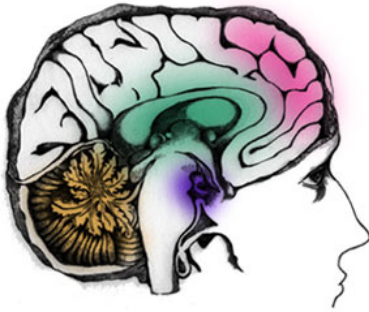


Psyche and Soma: Emotions and the Bodymind

A weekend program for GPs, Nurses, Psychiatrists, Psychologists, Social Workers, Counselors, Osteopaths, Chiropractors, Occupational Therapists, and other allied health professionals at Mana, near Coromandel.

Mainstream medicine has finally embraced the mind-body continuum. Thirty years of scientific investigation has revealed the physiology that supports our emotional and spiritual selves. Finally we don't have to accept an either-or picture of ourselves as either physical, material bodies or spiritual and emotional beings. We can now describe and validate both.



In this program we will learn about the physiology of thought, emotion and spiritual experience. We will consider how emotions function as the interface between the mind and the body. We will look at the science behind our feelings and attempt to understand the very nature of our conscious selves. Where does the mind meet the physical self? Where do thoughts come from? How, physically, does a sense of self emerge?

We will also explore the “energy” at work in energy medicine and alternative therapies and experience examples via bodywork.

Come explore the intelligence of the body and share in the excitement of our new-found ability to articulate, in the language of biology, physiology, and quantum physics, our emotional and spiritual selves.

Presented by:

Dr. Louisa Walker - a Clinical Psychologist who has worked extensively with groups and organizations on issues related to the relationship between science and spirituality, alternative therapies, psychological health, stress, burn-out prevention and self-care. She has presented programs for physicians, psychologists, and allied health professionals in New Zealand, Canada and the US. Louisa has taught university courses and provided training for organizations in both the public and the private sectors.

Mollie Brown CM (VSM) - a Body Therapy Clinician and graduate of the Victorian School of Massage and Physical Cultures in Melbourne, Mollie specializes in the treatment of torture, trauma and stress using a variety of body work techniques such as Absuchan Ka, BodySense, Massage, Reiki and Vitaflex to name a few. Mollie brings her healing heritage from her Maori and Irish lineages to her work in corporate finance, facilitating self development and stress management workshops and programs facilitating Kaumatua Health and Wellness programs for over 60's.

Come take time out to enhance your professional practice, increase your ability to be of service to others, and renew your self personally and professionally.

Dates: Friday – Sunday, May 19-21, 2006
Begins with dinner at 6pm on Friday (registration from 4pm) and ends at 3pm on Sunday

Cost: Earlybird - \$450 if paid in full by 20 March, 2006
Full Price - \$495 - a \$100 deposit will reserve your place

Price includes tuition, comfortable shared accommodation, delicious organic vegetarian meals, and the use of all facilities.

Payment may be made by Visa, Mastercard, cheque or direct credit to Mana's bank account.

In the event of your cancellation the fees paid are fully transferable to another workshop or may be refunded less a 20% fee.

For more information and reservations contact Mana Retreat Center, RD1, Coromandel, NZ
Telephone: 647 866 8972; Fax: 647 866 8214; Email: be@manaretreat.com Web: www.manaretreat.com

Mana Retreat Centre is situated just south of Coromandel town, 2 hours from Auckland or Hamilton. The facilities include a spacious octagon meeting room, a library, dining room and a magnificent interfaith sanctuary all with spectacular views overlooking the sea and islands.