



Sat., May 16

10 a.m. - 2 p.m.

Practice on the Full Awareness of Breathing and its benefits, including the anatomy of breath, body, emotions and mind, and how to apply the practice to your daily life.

Sun., May 17

10 a.m. - 2 p.m.

Social and Personal conditions creating abuse and how to transform the roots of suffering within you for greater harmony, balance and flow.

Special Price

Includes **free admission** to Friday Night's Concert
Dharma Talk for Peace

\$119 Single Day \$75

Only 12 Spaces Available!

No Scholarships will be offered.
Tuition costs are non-refundable.

**PORTLAND THRIVING FOR THRIVERS WEEKEND WORKSHOP
MAY 16–17 2009: Healing Abuse with Mindfulness and Love**

Discover simple ways you can live free of anxiety and despair through sixteen guided exercises on the Full Awareness of Breathing, how to apply the practices to your daily life and transform the roots of suffering within you for greater harmony, balance and flow.

Inspiration for You from the Presenter, Brian Kimmel: In 1992 when I was twelve years old I testified in court against my former stepfather who sexually abused me. He was convicted and sentenced to fifteen years in a Washington State Penitentiary. Although my stepfather was imprisoned, the effects of what he did swept through me like a tornado. I sought many different kinds of therapies, but it wasn't until I found yoga and Buddhism in 1996 that I began to reconcile the hurts and pains that had until then ravaged me to my core. I began teaching workshops on wellness and mindfulness in 1999, and have been influenced by many teachings, spiritual teachers and traditions from around the world. The practices and trainings in these two, four-hour workshops are some I have used in my own recovery as well as those I have learned to help others in theirs.

What You Get:

- A supportive environment for your own healing and transformation
- Concrete ways of bringing focus, fearlessness and flow into your life
- Tools for gladdening your body, heart, and mind
- A new way of looking at your life's experiences for greater peace and freedom in the here and now
- Tools to help your clients and those you know who are survivors heal

Who Can Participate & How: This workshop is open to health and wellness practitioners, survivors of abuse in the advanced stages of recovery and partners or friends of survivors. Advanced stage of recovery for the purpose of this workshop is defined as a time of integration and exploration into many areas of the survivor's life removed from the effects of past traumatic experiences. It may be a time of increased interest in developing intimate relationships and a career. *Please plan to attend the full day from 10 a.m. till 2 p.m. We do plan to start and end on time.* A course outline and certificate of completion for both days will be provided.

Location: MULTNOMAH VILLAGE GARDEN SANCTUARY

3424 SW HUME ST., Portland, OR

Contact: Brian Kimmel (702) 461-8422 or e-mail

retreats@briankimmel.com

For more information on the presenter, Brian Kimmel, and to register online visit:

www.briankimmel.com/thrivingforthrivers