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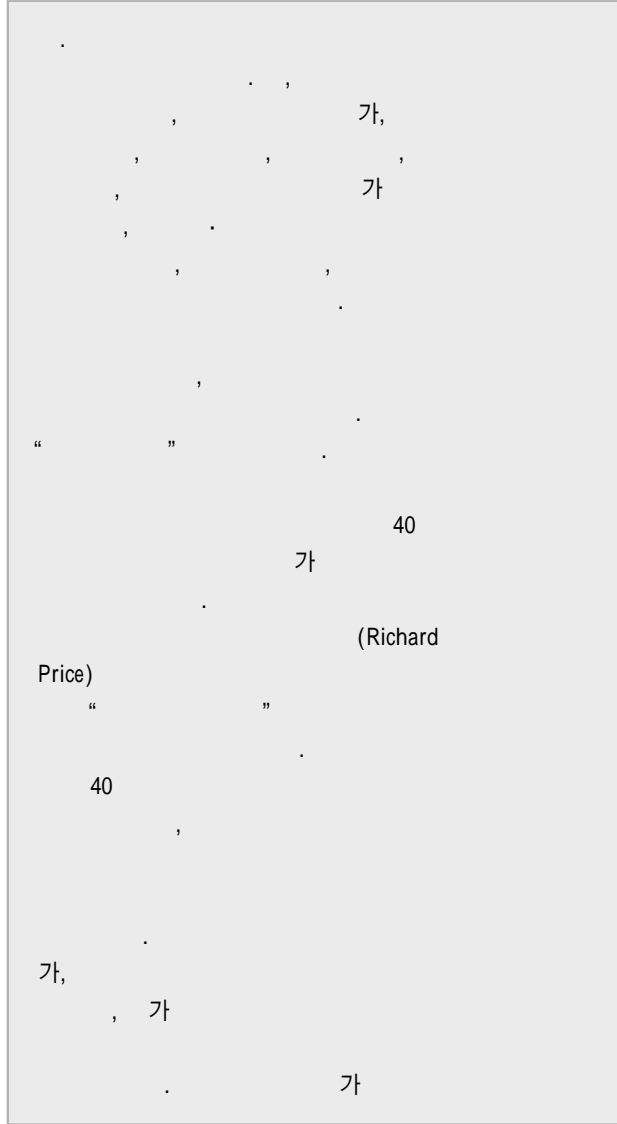
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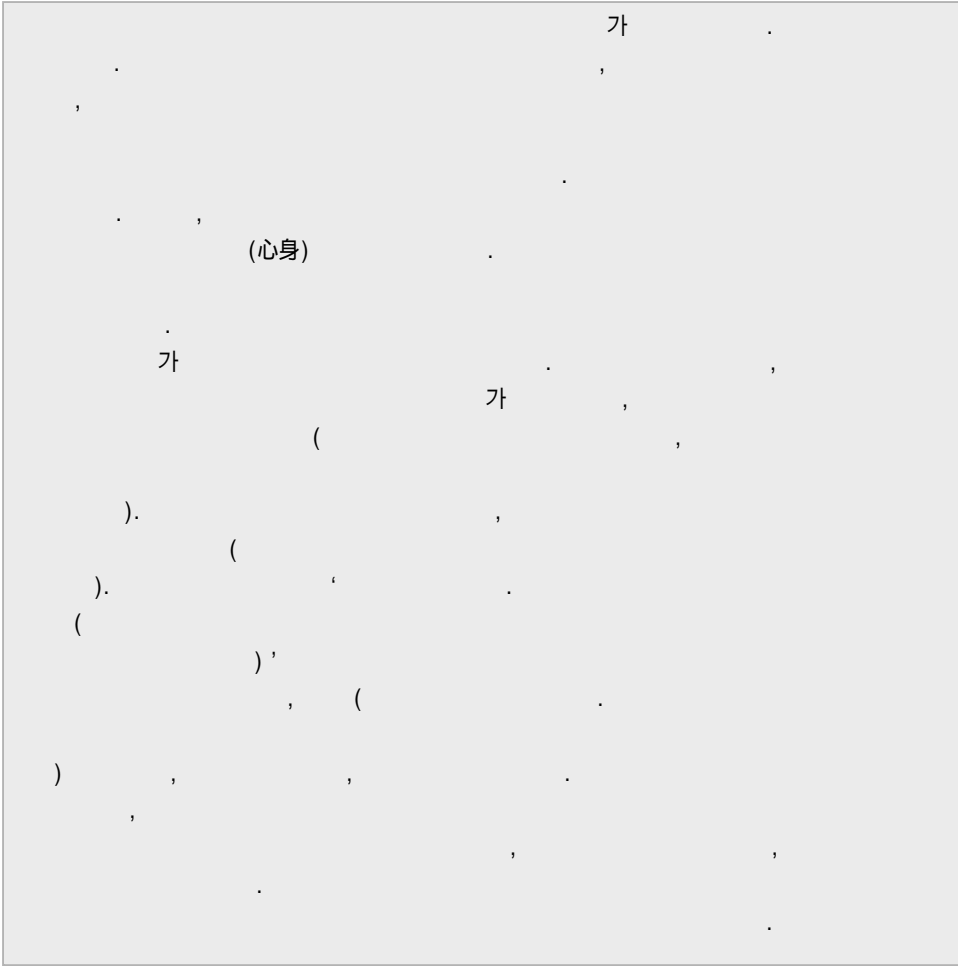
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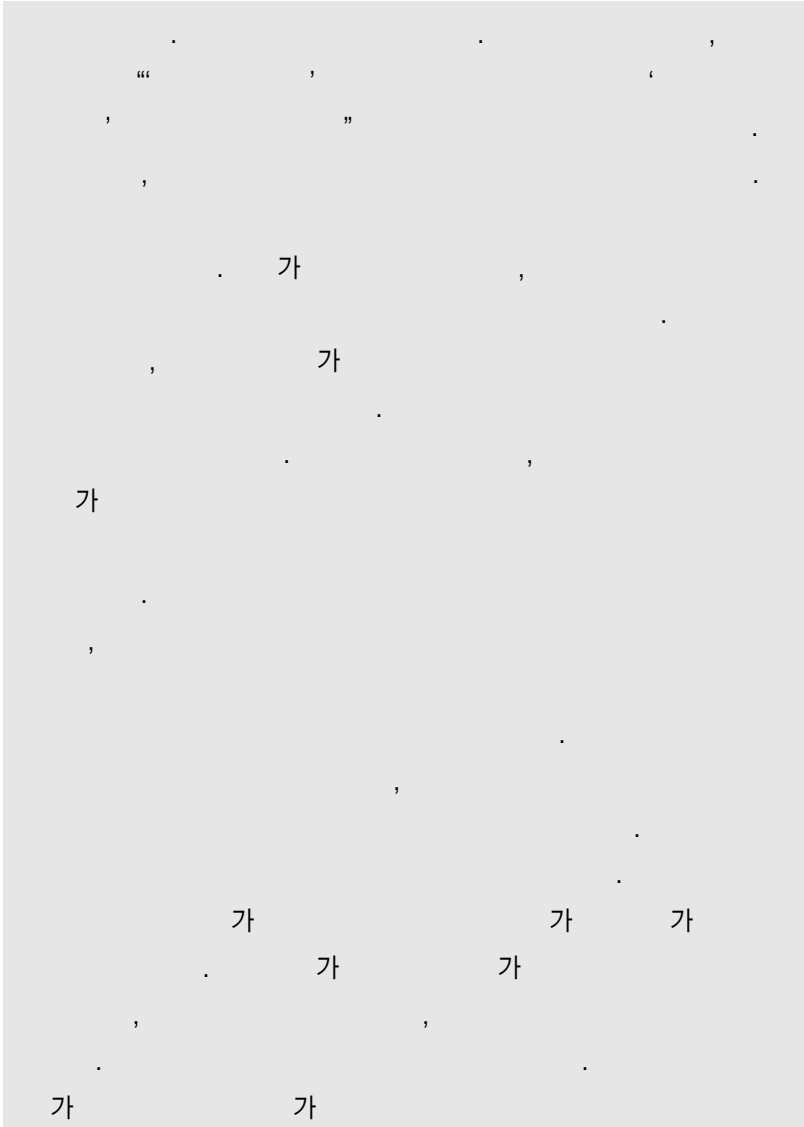
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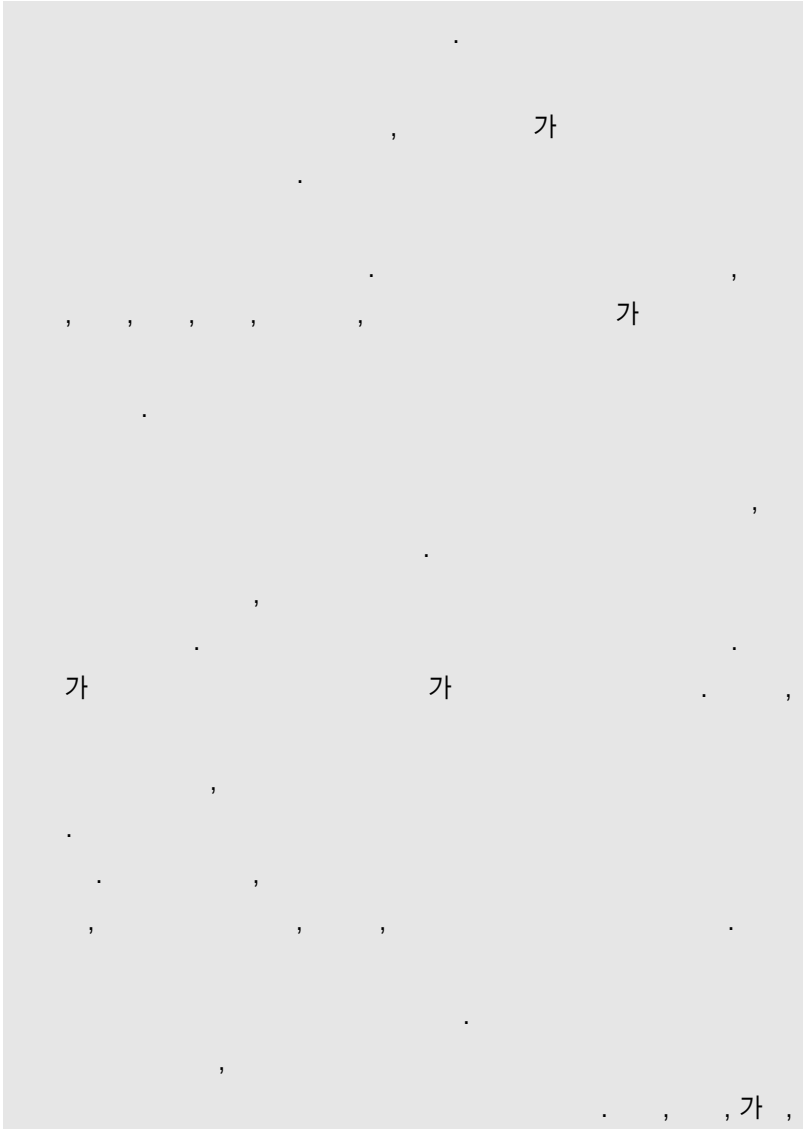
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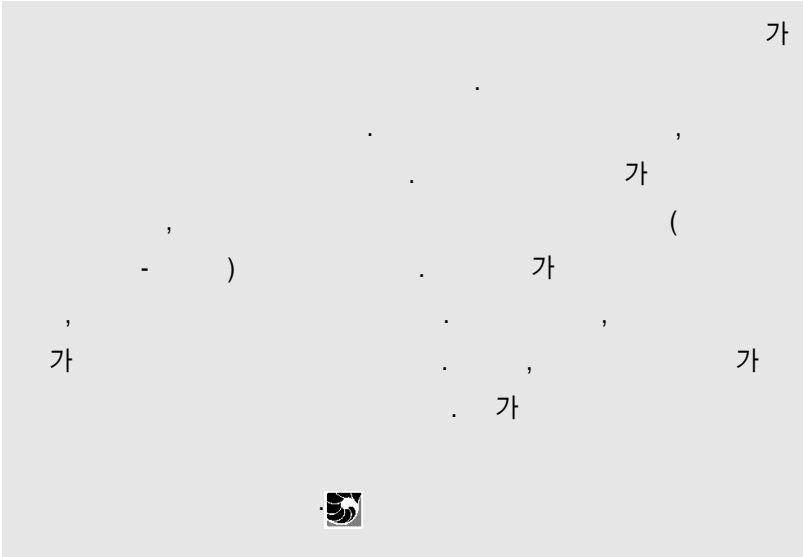
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education programs

DATES	COURSE TITLE	PSYCHOLOGISTS MFTs & LCSWs NURSES BODYWORKERS TEACHERS	DATES	COURSE TITLE	PSYCHOLOGISTS MFTs & LCSWs NURSES BODYWORKERS TEACHERS
May 1-6	Yoga Anatomy and Biomechanics		June 24-26	Overcoming the Inheritance Taboo	
May 1-6	Eight Weeks to Optimum Health		June 24-26	Herbal Medicine	
May 1-6	Basic Acupressure: Clinical Applications		June 24-26	Weekend Massage Intensive	
May 1-6	Gestalt Awareness Practice		June 26-July 1	The Four-Fold Way	
May 8-20	Advanced Massage Intensive		June 26-July 1	Drawing With Color, Working With Nature	
May 8-13	From Good to Great		June 26-July 1	Stone Sole Connection: Reflexology	
May 8-13	Finding Your Voice, Writing Deeper		June 26-July 1	Visionseeker I: Shamanism	
May 8-13	Self Awakening: The Ultimate Medicine		July 8-10	Intimate Connections	
May 8-13	Awakening The Creative		July 8-10	Intermediate Yoga Intensive	
May 13-15	Eating, Food, and the Body/Self		July 8-10	Hips and Wings: Advanced Massage	
May 13-15	Focusing: The Inner Relationship		July 10-17	Gestalt Awareness Practicum	
May 15-20	Performing the Personal		July 10-17	Not For the Feint of Heart	
May 15-20	Alchemy in Character Restructuring		July 10-15	Somatic Awareness, Breath, and Touch	
May 15-20	Balance: You're Only Young Once But...		July 10-15	Healing Pelvic Floor Trauma	
May 20-22	The Politics of Trust/Worthiness		July 10-15	Developing Your Touch: Anatomy & Massage	
May 20-22	Mindfulness and Heartfulness		July 17-22	Believe I'll Sing	
May 20-22	The Highly Sensitive Person		July 17-22	Healing From the Core	
May 22-27	Somatic Practice & Psychological Process		July 22-24	Building Collaborative Relationships	
May 22-27	Massage Intensive: Elemental Esalen Massage		July 22-24	Writing Songs	
May 27-29	Esalen Massage Intensive		July 22-24	Complementary/Integrative Medicine	
May 27-29	It's Time: No One is Coming to Save You		July 22-24	Healing-with Humor: Spinal Awareness	
May 27-29	Mind, Mood, and Happiness		July 24-29	Creativity Without Limits	
May 29-June 3	Fanning the Embers of the Higher Self		July 24-29	Spiritual Awakening	
May 29-June 3	Vocal Power-Harnessing the Power Within		July 24-29	The Writer's Way: Exploring Personal Truth	
May 29-June 3	Senses Wide Open		July 24-29	EEG and Spirituality	
May 29-June 3	Spring Cleanse: Eat Your Way to Aliveness		July 29-Aug 5	Transforming Trauma with EMDR	
June 5-10	Qigong Empowerment		July 29-31	Humor and Other Martial Arts	
June 5-10	Completions and Transitions		July 29-31	Upledger Intro to CranioSacral Therapy	
June 10-12	The Power of Patience		July 29-31	Intimate Relationships	
June 10-12	Harm Reduction: Gestalt Therapy		July 29-31	Improv Wisdom	
June 17-19	Pandora's Gifts: Secrets, Health & Healing		July 31-Aug 5	Connective Tissue: Structure & Chi	
June 17-19	Feldenkrais, Meditation, and Awareness		July 31-Aug 5	Drawing on the Right Side of the Brain	
June 17-19	Touching from the Heart		July 31-Aug 5	The Rubenfeld Synergy MethodR	
June 19-24	Traditional Thai Medical Massage		Aug 5-7	The Power of Intuition to Heal	
June 19-24	Free Your Breath, Free Your Life		Aug 7-12	Exuberance, Creativity, and Delight in Film	
June 19-24	Love, Leadership, Awareness & Community		Aug 7-12	Spinal Awareness-with Humor	

DATES	COURSE TITLE	PSYCHOL OCBSTS MFS & LCVWS NURSES BODYWORKERS TEACHERS	DATES	COURSE TITLE	PSYCHOL OCBSTS MFS & LCVWS NURSES BODYWORKERS TEACHERS
Aug 12-14	Weekend Massage Intensive		Sept 23-25	The Sun Magazine: Power of Personal Stories	
Aug 14-19	Coaching at the Core		Sept 25-30	Visionseeker 3: Shamanic Cosmology	
Aug 19-21	Choosing Aliveness and Intimacy		Sept 25-30	The Upledger Institute's CranioSacral I	
Aug 19-21	Breema Bodywork		Sept 25-30	Psychopharmacology and the Health Store	
Aug 21-26	Writing and Knowing		Oct 2-7	Platonic Dialect	
Aug 21-26	Five-Day Massage Intensive		Oct 2-7	From Abandonment to Healing	
Aug 26-28	Living Love: Successful Relationship Renewal		Oct 2-7	Spinning Straw Into Gold: Memoir	
Aug 26-28	Self-Care 101: Imagery Camp		Oct 2-7	Yoga Practice: Fueling the Inner Fire	
Aug 28-Sept 2	Moving Meditation Practice		Oct 7-9	Gathering Pearls: Healing from Breast Cancer	
Sept 2-4	A New Beginning: Courage and Heart		Oct 9-14	The Way of Story: Craft and Soul of Writing	
Sept 2-4	Secrets of Successful Relationships		Oct 9-14	Self-Acceptance-The Heart of Healing	
Sept 4-9	Body/Mind in Somatic Psychotherapy		Oct 9-14	Trigger Point Release: An Empathic Approach	
Sept 4-9	Cligong and Bodymind Healing		Oct 9-14	Through Our Own Eyes: Women Physicians	
Sept 4-9	Transformational Kinesiology		Oct 14-16	Mindfulness-Based Stress Reduction Training	
Sept 4-9	Esalen Massage and Reflexology		Oct 14-16	Conflict and Confrontation: Fighting Fair	
Sept 9-11	Healing-with Humor: Spinal Awareness		Oct 16-21	The Transformational Enneagram	
Sept 9-11	Addiction and the Middle Way		Oct 21-23	Diagnosis, Treatment, of Alcohol Abuse	
Sept 9-11	Healing of Heart & Mind: Choosing to Change		Oct 21-23	The Awakened Mind: Brainwave Training	
Sept 9-11	Being Present for Your Life		Oct 21-23	Esalen Massage Intensive	
Sept 11-16	ADHD and the Clinician		Oct 23-28	Releasing the Self and Healing the Exiles	
Sept 11-16	Core Zero Balancing-Part I		Oct 23-28	Advanced Awakened Mind	
Sept 11-16	Sensory Awareness-Being All There		Oct 23-28	Healing through Deep Bodywork	
Sept 16-18	Taoist Chi Kung: The Cloud Hands		Oct 23-28	Stronger at the Broken Places: Relationship	
Sept 16-18	Yoga: Increasing the Energy Flow		Oct 28-30	Initiation, Transition, and Transformation	
Sept 18-23	Table Shiatsu II		Oct 28-30	Creating a New Vision for Psychotherapy	
Sept 18-23	Taoist Chi Kung: Enhancing Vitality				

Guide to workshops

Arts & Creativity

Visual Arts

- May 8-13 - Awakening The Creative
- June 5-10 - Vision Painting
- June 10-12 - Moving Pictures: Video Storytelling
- June 26-July 1 - Drawing With Color
- July 1-8 - Esalen Filmmaking Intensive
- July 31-Aug 5 - Drawing on Right Side of Brain
- Aug 7-12 - Exuberance, Creativity, Delight in Film
- Sept 18-23 - Addressing Entire Picture: Photography

Writing

- May 8-13 - Finding Your Voice, Writing Deeper
- May 15-20 - New Poems Week
- May 20-22 - New Poems Weekend
- May 29-June 3 - Double Your Creative Power
- June 10-12 - White Lotus Poetry Workshop
- July 24-29 - The Writer's Way
- Aug 26-28 - The Poetic Cosmos
- Aug 28-Sept 2 - Family Ties
- Sept 23-25 - The Sun Magazine: Personal Stories

- Oct 2-7 - Spinning Straw Into Gold: Craft of Memoir
- Oct 9-14 - Way of Story: Craft and Soul of Writing

Music / Rhythm

- May 15-20 - Voices of Creation
- May 27-29 - The Soul of the African Drum
- May 29-June 3 - Vocal Power-Harnessing the Power
- July 1-8 - Samba for the Soul
- July 1-8 - Spirit Songs
- July 17-22 - Believe I'll Sing
- July 22-24 - Writing Songs
- Sept 2-4 - Singing Gestalt
- Sept 1-3 - The Healing Voice

Creative Expression

- May 1-6 - The MAX: Stretching Self-Expression
- May 15-20 - Performing the Personal
- July 1-8 - Improvisation for Fun and Profit
- July 1-8 - Art in Action
- July 1-8 - Jump for Joy! A Circus Workshop
- July 29-31 - Improv Wisdom
- Sept 9-11 - Seeming, Being, and Becoming

Body & Movement Massage

May 8-20 · Advanced Massage Intensive
May 22-27 · Elemental Esalen Massage
May 27-29 · Esalen Massage Intensive
June 19-24 · Traditional Thai Medical Massage
June 24-26 · Weekend Massage Intensive
June 26-July 1 · Stone Sole Connection
July 8-10 · Hips and Wings: Advanced Massage
July 10-15 · Developing Touch: Anatomy & Massage
Aug 12-14 · Weekend Massage Intensive
Aug 21-26 · Five-Day Massage Intensive
Sept 4-9 · Esalen Massage and Reflexology
Sept 16-18 · Couples Massage Weekend
Oct 21-23 · Esalen Massage Intensive
Oct 23-28 · Healing through Deep Bodywork

Somatic Practices

May 13-15 · Focusing: The Inner Relationship
May 15-20 · Alchemy in Character Restructuring
May 15-20 · Balance: You're Only Young Once But ·
May 22-27 · Somatic Practice & Psychological Process
May 29-June 3 · Senses Wide Open
June 17-19 · Feldenkrais, Meditation, and Awareness
July 10-15 · Somatic Awareness, Breath, and Touch
July 22-24 · Healing-with Humor: Spinal Awareness
July 29-31 · Updigger Intro to CranioSacral Therapy
July 31-Aug 5 · Web of Structure, Web of Ch'i
Aug 7-12 · Spinal Awareness-with Humor
Aug 19-21 · Breema and Nine Principles of Harmony
Aug 28-Sept 2 · Moving Meditation Practice
Sept 4-9 · Body/Mind in Somatic Psychotherapy
Sept 4-9 · Transformational Kinesiology
Sept 9-11 · Healing-with Humor: Spinal Awareness
Sept 11-16 · Core Zero Balancing-Part I
Sept 11-16 · Sensory Awareness-Being All There
Sept 18-23 · Table Shiatsu II
Sept 25-30 · The Updigger Institute's CranioSacral I
Oct 9-14 · Trigger Point Release: Empathic Approach

Yoga

May 1-6 · Yoga-Anatomy and Biomechanics
May 13-15 · Yoga for the "Yogically Challenged"
May 20-22 · Freedom Yoga: Cultivating Compassion
June 12-17 · The Heart of Yoga: A Festival
July 8-10 · Intermediate Yoga Intensive
Aug 14-19 · Vinyasa Krama Yoga
Sept 16-18 · Yoga: Increasing the Energy Flow
Oct 2-7 · Yoga Practice: Fueling the Inner Fire

Dance / Movement

May 29-June 3 · The Heart of the Matter
June 3-5 · Salsa Dancing and the Pursuit of Flow
June 5-10 · SoulMotion: Sanctuary
June 19-24 · Mountains and Waves
July 24-29 · African Healing Dance
July 31-Aug 5 · Dance for Life

Aug 28-Sept 2 · Moving Meditation Practice
Sept 2-4 · Social Dance as a Spiritual Path
Oct 7-14 · SoulMotion: Mastery

Martial Arts / Sport

Aug 14-19 · The ChiRunning Five-Day Workshop
Sept 4-9 · Qigong and Bodymind Healing
Sept 16-18 · Taoist Chi Kung: The Cloud Hands
Sept 18-23 · Taoist Chi Kung: Enhancing Vitality
Oct 23-28 · Indonesian Silat
Oct 28-30 · Flowers Blossom: Martial Art for Women

Psychology & Relationship

Psychological / Transpersonal Process

May 1-6 · The MAX: Stretching Self-Expression
May 1-6 · Gestalt Awareness Practice
May 13-15 · Focusing: The Inner Relationship
May 15-20 · Alchemy in Character Restructuring
May 20-22 · The Highly Sensitive Person
May 22-27 · Transition-Having What It Takes
May 22-27 · Somatic Practice & Psychological Process
May 27-29 · It's Time: No One Coming to Save You
May 27-29 · Mind, Mood, and Happiness
May 29-June 3 · Fanning Embers of the Higher Self
June 5-10 · Circle of Life: Full Spectrum Life Coaching
June 5-10 · Completions and Transitions
June 10-12 · The Power of Patience
June 17-19 · Pandora's Gifts: Secrets, Health, Healing
June 19-24 · Love, Leadership, and Awareness
June 24-26 · Overcoming the Inheritance Taboo
June 26-July 1 · Creative Problem Solving
July 8-10 · A Tender Invitation
July 10-17 · Gestalt Awareness Practicum
July 10-17 · Not For the Faint of Heart
July 10-15 · Somatic Awareness, Breath, and Touch
July 10-15 · Find Your Purpose, Change Your Life
July 29-31 · How to Change: Buddhism & Research
Aug 7-12 · The 30-40 Challenge
Aug 19-21 · Choosing Aliveness and Intimacy
Aug 28-Sept 2 · The Bright Shadow
Sept 2-4 · A New Beginning: Courage and Heart
Sept 4-9 · Body/Mind in Somatic Psychotherapy
Sept 4-9 · Follow Your Wound
Sept 9-11 · Healing of Heart and Mind
Sept 18-23 · Natural Powers
Sept 25-30 · Fanning Embers of the Higher Self
Oct 2-7 · From Abandonment to Healing
Oct 2-7 · Nature of Intimacy, Intimacy of Nature
Oct 2-7 · Updigger Heart Centered Transformation
Oct 9-14 · Self-Acceptance: The Heart of Healing
Oct 21-23 · Rest, Rejuvenation, and Renewal
Oct 23-28 · Releasing the Self, Healing the Exiles
Oct 28-30 · Initiation, Transition, and Transformation

Relationship / Communication

May 8-13 · From Good to Great
May 13-15 · The Future of Love

June 5-10 · The Power of " Yes/And "
 June 24-26 · Close Yet Free
 July 8-10 · Intimate Connections
 July 15-17 · Getting the Love You Want
 July 22-24 · Building Collaborative Relationships
 July 29-31 · Intimate Relationships
 Aug 12-14 · The Multi-Orgasmic Couple
 Aug 26-28 · Living Love
 Aug 28-Sept 2 · Finding True Love
 Sept 2-4 · Secrets of Successful Relationships
 Sept 11-16 · Tantra: The Art of Conscious Loving
 Sept 18-23 · Transform Conflicts, Transform Lives
 Oct 14-16 · Conflict and Confrontation: Fight Fair
 Oct 23-28 · Stronger at the Broken Places

Women / Men's Issues

May 1-6 · The Man in the Mirror: For Gay Men
 May 22-27 · Authenticity, Creativity: Gay & Bi Men
 June 3-5 · Relationship Enrichment for Male Couples
 July 10-15 · Healing Pelvic Floor Trauma
 Aug 7-12 · The Multi-Orgasmic Woman
 Sept 9-11 · Understand What It Means to Be Gay
 Oct 7-9 · Gathering Pearls: Heal from Breast Cancer
 Oct 28-30 · Flowers Blossom: Martial Art for Women

Children / Families

June 24-26 · Overcoming the Inheritance Taboo
 July 1-8 · Jump for Joy! A Circus Workshop

Hypnosis / Biofeedback / Intuition

July 17-22 · Who's Intuitive?: ractical Intuition
 Aug 5-7 · The Power of Intuition to Heal
 Oct 21-23 · The Awakened Mind: Brainwave Training
 Oct 23-28 · Advanced Awakened Mind

Professional Growth / Training

May 8-20 · Advanced Massage Intensive
 June 10-12 · Harm Reduction: Gestalt Therapy
 June 19-24 · Love, Leadership, and Awareness
 July 10-15 · Somatic Awareness, Breath, and Touch
 July 29-Aug 5 · Transforming Trauma with EMDR
 Aug 26-28 · Self-Care 101: Imagery Camp
 Sept 4-9 · Body/Mind in Somatic Psychotherapy
 Sept 11-16 · ADHD and the Clinician's Approach
 Sept 25-30 · Psychopharmacology & the Health Store
 Oct 9-14 · Through Our Own Eyes: For Women MDs
 Oct 21-23 · Diagnosis, Treatment of Alcohol Abuse
 Oct 28-30 · Creating a New Vision for Psychotherapy

Health & Healing / Spirit

Contemplative / Spiritual Studies

May 8-13 · Self Awakening: The Ultimate Medicine
 May 27-29 · Mind, Mood, and Happiness
 June 17-19 · Be Here (Wow!): For Cynics in Recovery
 July 24-29 · Spiritual Awakening
 Aug 7-12 · The Direct Path: A Passion for Life
 Aug 12-14 · Nature and Contemplation
 Aug 14-19 · From Fixation to Freedom
 Aug 19-21 · Weekend with Lama Tharchin Rinpoche

Sept 9-11 · Being Present for Your Life
 Sept 16-18 · City Dharma: Keeping Cool in Chaos
 Sept 18-23 · The Kabbalah of Light
 Sept 30-Oct 2 · A Weekend Intensive with Byron Katie
 Oct 16-21 · The Transformational Enneagram

Health / Healing

May 1-6 · 8 Weeks to Optimum Health (in 5 Days)
 May 1-6 · Basic Acupressure: Clinical Applications
 May 13-15 · Eating, Food, and the Body/Self
 May 20-22 · Mindfulness and Heartfulness
 May 29-June 3 · Spring Cleanse: Eat for Aliveness
 June 5-10 · Qigong Empowerment
 June 17-19 · Touching from the Heart
 June 19-24 · Free Your Breath, Free Your Life
 June 24-26 · Herbal Medicine
 July 10-15 · Healing Pelvic Floor Trauma
 July 17-22 · Healing From the Core
 July 22-24 · Complementary/Integrative Medicine
 Aug 19-21 · Ayurvedic Psychology
 Sept 4-9 · Qigong and Bodymind Healing
 Sept 4-9 · Transformational Kinesiology
 Sept 9-11 · Addiction and the Middle Way
 Sept 16-18 · Taoist Chi Kung: The Cloud Hands
 Sept 18-23 · Taoist Chi Kung: Enhancing Vitality
 Sept 1-3 · The Healing Voice
 Oct 7-9 · Gathering Pearls: Heal from Breast Cancer
 Oct 14-16 · Mindfulness-Based Stress Reduction

Myth / Ritual / Shamanism

May 8-13 · Dreaming the Soul Back Home
 June 3-5 · Gods and Goddesses in Relationship
 June 26-July 1 · The Four-Fold Way
 June 26-July 1 · Visionseeker I: Shamanism
 Sept 25-30 · Visionseeker 3: Shamanic Cosmology

Integral Practices

May 27-29 · Experiencing Esalen
 June 17-19 · Experiencing Esalen
 June 19-24 · Holistic Sexuality
 June 24-26 · Vision, Practice of Human Transformation
 July 17-22 · Advanced Holistic Sexuality
 July 22-24 · Holistic Meditation
 July 29-31 · Humor and Other Martial Arts
 July 31-Aug 5 · The Body Tells the Truth
 Aug 21-26 · Body, Mind, Heart, and Soul
 Sept 2-4 · Experiencing Esalen