

**THE MIND/BODY CONNECTION:
Enhancing the body's ability to heal, and function optimally**

AN ESALEN INSTITUTE EXPERIENCE

Big Sur, California

January 14-16, 2011

Presented by

Dr. Stephen Sideroff, Ph.D.

Esalen is a unique experience overlooking the Pacific Ocean. Their facilities include natural hot springs baths, pool, healthy meals, yoga and massage, all with breathtaking views. This is the perfect setting to address the relationship between mind and body.

Physical and emotional holding patterns, as well as habitual behaviors, can result from ongoing stress as well as emotional pain and defenses. This causes muscle tension and nervous system reactivity and imbalance, which impacts physical symptoms and interferes with healing as well as optimal functioning.

Stress, pain and other symptoms can also be maintained unconsciously as a distraction from emotional issues. By addressing the underlying issues and coping better with stress, the body is able to let go more readily. This improves blood flow, effects biochemical balance, improves physical health, and enhances performance.

This workshop will help you recognize and release emotional and physical holding patterns and learn more appropriate responses to stress. Thus your body will be more resilient, and heal better. Discussion, along with experiential work will facilitate self-awareness, emotional release and body self-regulation. This workshop addresses:

- ◆ **The connection between emotions, stress, and physical symptoms including pain**
- ◆ **Identifying and resolving emotional holding patterns and unfinished business**
- ◆ **Introduction to relaxation and biofeedback techniques**
- ◆ **Coping with stress and correcting the chronic imbalance of your nervous system**
- ◆ **Redesigning your body's "Fight or Flight" response to enhance resilience**
- ◆ **Dealing with anger and depression**
- ◆ **Destructive patterns such as perfectionism, obsessiveness, and addictions**
- ◆ **New and more effective ways of thinking and controlling thoughts**
- ◆ **Creating your personal program for healing and optimal functioning**

Stephen Sideroff is a clinical psychologist, clinical director of Moonview Sanctuary, and a resilience and peak performance consultant in Santa Monica, California. He is an assistant professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA's School of Medicine. He was founder and former director of the Stress Strategies Center at UCLA/Santa Monica Hospital and the author of numerous articles, chapters and audio programs in behavioral medicine.

Participation in this workshop also offers continuing education credits

For more information call Dr. Sideroff: **310-828-1113**; or to enroll in this workshop contact Esalen Institute: **831-667-3000**