

Well-Being and Stress-Reduction for Women Diagnosed with Breast Cancer FREE COURSE. Call 650-248-6055

- Have you been diagnosed with breast cancer within the past 5 years, are you older than 18, and do you consider this a significant event in your life?
- Are you interested in participating in a mind-body stress-reduction program (Art of Living course) that has been shown to help many participants reduce stress; relieve depression and anxiety; increase energy, focus and clarity; enhance sense of peace, enthusiasm, and joy?

The course is offered FREE as a part of a doctoral dissertation research study at the Institute of Transpersonal Psychology.

What does the course and the study involve?

8 weeks' participation during which you will:

- Attend a course for 8 consecutive days in Palo-Alto (between 3.5 and 5 hours each day) during which you will learn powerful breathing techniques and tools that have been shown to improve health and wellness in many participants.
 - The 8 day long course (group format) will start in September. You can choose between two options:
 1. 9/9- 9/16 offered in the evening on weekdays and in the morning on Saturday and Sunday.
 2. 9/16-9/23 offered in the morning during all days of the course.
- Attend a 2 hour meeting once a week for 5 weeks following the 8 day course.
- Complete questionnaires on 4 separate occasions at times that accommodate your schedule. You will also have the option to participate in an interview at the end of the study.

REGISTRATION DEADLINE:

August 22 for 9/9 course and August 29 for 9/16 course

For more information on how to participate, contact
Arielle Warner MSc, at 650-248-6055 ariwarner@sbcglobal.net
For more information on the course: www.artofliving.org. *Art of Living Foundation is a non-profit educational & humanitarian organization and a United Nations chartered NGO.*