



## THE STRESSLESSNESS OF NOW – INTEGRATING THE RELATIONSHIP OF MINDFULNESS AND THE FIVE AGREEMENTS

DECEMBER 2, 2017  
9AM-5PM

NO FANCY FLYER OR GRAPHICS JUST A SIMPLE INVITATION

HOW DO YOU BECOME AWARE OF BELIEFS, THOUGHTS AND ACTIONS THAT CREATE SUFFERING IN YOUR LIFE?

HOW DO YOU BREAK FREE OF FROM YOUR PAST THAT DISTRACTS YOUR FOCUS AND DEPLETES YOUR ENERGY?

HOW DO YOU EXPERIENCE THE JOY OF LIVING IN A BODY THAT FEELS THE EXPERIENCE RATHER THAN A MIND THAT INTERPRETS THE EXPERIENCE?

HOW CAN MINDFULNESS TAKE YOU OUT OF THE AUTOMATIC INTO THE PRESENT MOMENT TO ACTIVELY ENGAGE WITH LIFE WHERE YOUR PERSONAL POWER AND CHOICE RESIDE?

SHELLEY TATELBAUM, MS, CGT IS THE FOUNDER AND DIRECTOR OF THE CENTER FOR GRIEF, LOSS AND LIFE TRANSITION AND A CERTIFIED GRIEF THERAPIST FOR OVER 30 YERS. SHE IS A CERTIFIED FOUR AGREEMENTS TEACHER AND A FACILITATOR OF THE MINDFULNESS BASED STRESS REDUCTION PROGRAM UNDER THE DIRECTION OF JON KABAT-ZINN. RON TATELBAUM, MD IS A BOARD CERIFIED CARDIOLOGIST AND FORMER CHIEF MEDICAL OFFICER OF HEALTH QUEST AS WELL AS A FACILITATOR OF THE MBSR PROGRAM UNDER THE DIRECTION OF JON KABAT-ZINN. OVER 20 YEARS AGO

WE BEGAN OUR JOURNEY OF LIVING MINDFULLY WHILE USING THE FOUR AGREEMENTS AS OUR ROADMAP TO LIVE LIFE WITH ALL OF ITS CHALLENGES WITH AWARENESS AND JOY. WE HAVE BEEN MARRIED FOR OVER 40 YEARS. WE DO WORKSHOPS TOGETHER AND LEAD SPIRITUAL JOURNEYS TO TEOTIHUACAN, MEXICO AND SEDONA AS WELL AS RETREATS AND WORKSHOPS FOR ORGANIZATIONS.

WE ARE OFFERING THIS ONE-DAY RETREAT TO SHARE WITH YOU VALUABLE TOOLS TO ENRICH YOUR PROCESS. IT IS AN EXPERIENTIAL WORKSHOP WHERE WE WILL USE THE BEAUTY OF THE HUDSON RIVER TO ENHANCE YOUR EXPERIENCE THROUGH JOURNALING, MEDITATION, RITUALS AND DISCUSSION. WE WILL LEARN THAT STRESS IS NOT A RESULT OF EVENTS, IT IS THE CONSEQUENCE OF OUR POINT OF VIEW.

OUR GOALS ARE SIMPLE – TO RAISE AWARENESS WHILE LOWERING STRESS, TO UNDERSTAND HOW DECISIONS ARE MADE AND TO HAVE SOME FUN - ALL IN A CARING AND NONJUDGMENTAL ENVIRONMENT.

**DATE DECEMBER 2, 2017**

**TIME 9 AM-5 PM**

**LOCATION: MILTON, NEW YORK**

**COST: \$195**

***SPACE IS LIMITED PLEASE RSVP BY NOVEMBER 20<sup>TH</sup>***

REGISTER AT: [STATELBAUM@AOL.COM](mailto:STATELBAUM@AOL.COM)

FOR MORE INFORMATION VISIT [SHELLEYTATELBAUM.COM](http://SHELLEYTATELBAUM.COM)

WE LOOK FORWARD TO SHARING THIS DAY OF UNPLUGGING FROM THE EXTERNAL WORLD INTO THE VASTNESS OF THE INTERNAL WORLD.