



## **The Art & Science of Living with Presence & Connection: A Special Training Retreat**

Jack Kornfield and Dan Siegel

We invite you to join us for a special intimate training retreat with two master teachers, Jack Kornfield and Dan Siegel. In a small group setting, we will gather for a weekend and focus on how we can best grow in wisdom and love, explore the profound questions of brain, mind and spirit, and cultivate practices that nurture a resilient and vibrant well being in this ever-more challenging world.

### **14 CE credits available**

**When:** November 6-8, 2020

**Where:** Held in Santa Monica, California on the penthouse level of the historic Shangri La Hotel overlooking the Pacific Ocean. This landmark and architectural gem has been welcoming guests since 1939 and still holds the essence of the Golden Age of Hollywood. Our time includes a sunset stroll on the palm-lined walkways of the nearby Palisades Park.

**Who:** An intimate, diverse group of up to 32 persons from a variety of fields, including mental health professionals, mindfulness practitioners, physicians, executives, entrepreneurs, coaches, parents, and others from around the world – and you!

**What else:** Light refreshments provided throughout the training. Lunch provided Saturday and Sunday.

**Course:** With decades of immersion as practitioners and educators in Mindfulness and Interpersonal Neurobiology, Jack and Dan will provide experiences and teachings that offer an opportunity to reflect on your work and your life with powerful new understandings and practices. These two renowned teachers, who love teaching together, will offer you a transformative immersion into incredible, cutting-edge science and the essential trainings of Buddhist Psychology that can offer an empowering tapestry of insight into the nature of our minds and well-being.

On our retreat you will learn how to apply the revolutionary principles of the consilient, multi-disciplinary field of Interpersonal Neurobiology to awaken new capacities and benefit your whole life, enhancing

your relationships, integrating your brain, and strengthening your mind. You will also learn the critical and scientifically supported Eastern practices of mindfulness and compassion to train the heart and mind. Integrating these complementary disciplines of science and spiritual practice invites us all to cultivate wisdom and awaken a deep capacity for trust and love, to integrate our identity as both an inner and inter self to live a full, compassionate, and connected life. Together, Jack and Dan will draw on their more than 30 combined books and extensive teachings that have inspired millions of readers and students around the world. The format will include a rich body of accessible and transformative scientific concepts, individual cases and inspiring stories, blended with dialogue with each other and the small group of attendees, meditations, and practices to explore and learn the art and science of wisdom and love.

#### Topics and objectives:

- What is the mind?
- What is identity?
- How do we cultivate a healthy mind and an integrated identity?
- How do we foster true presence and a wise, loving connection with ourselves and one another?
- What are ways to promote the dynamic pathways to whole brain integration?
- How do we cultivate and promote love in ourselves and toward one another?
- How do we use the art of mindfulness to strengthen attention, balance and focus?
- How can we develop interpersonal and intrapersonal attunement?
- What do contemporary views of neuroscience on the training and power of compassion tell us about the importance of relationships and reflection in our lives?
- What do contemplative practices teach us about consciousness?
- How does our notion of a “self” shape our well-being?
- What are science-supported and contemplative-based skillful strategies to direct consciousness and shift identity?
- What does it truly mean to “transform identity” and cultivate and “integrated self?”
- What are some scientific approaches and spiritual practices illuminating and strengthening the body-mind connection?
- How can we harness the core principles of emotional transformation?

