

Mindful Healing

Connecting the Cell and the Self

CCNM Continuing Education

Thursdays 1-3pm (ET)
Jan 21 - Mar 03, 2016
via LIVE WEBINAR

Instructor: **Paul Epstein, ND**

Transform stress, pain, and illness into a self-healing journey!



Dis-ease tells a story, not just about our cells and a diagnosis, but of ourselves and our lives. We'll explore how biography becomes biology, and how listening to our life stories connects us to our authentic being.

7-Week Webinar Series

Jan 21 – **Being a Mindful Practitioner**

Jan 28 – **How Biography Becomes Biology**

Feb 04 – **Guided Imagery #1**

Feb 11 – **Guided Imagery #2**

Feb 18 – **Childhood Trauma**

Feb 25 – **The Therapeutic Relationship**

Mar 03 – **Clinical Application/Integration**

Session recordings will be made available for missed sessions or those unable to participate live.

REGISTRATION

To register: please use our on-line registration form at www.ccnm.edu/ce_courses

For assistance: please contact student services at 416-498-1255 x245 (M-F 9am-5pm)

Location: 1255 Sheppard Ave East, Toronto ON

Course Fee

ND/Healthcare Practitioner \$499

Early-Bird (ends Jan 7, 2016) \$449

CCNM Alumni Member/Staff \$399

Student \$349

