

Awakening the Mind: Mastering the Power of Your Brainwaves

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5-DAY WORKSHOP

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After

assessing the brainwave patterns of hundreds of unusually highly-functioning people, the late C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a program to help access these optimal states.

Brainwaves

are affected in specific ways by different methods of meditation, visualization, and psychophysiological relaxation, as well as by specific acts such as tongue, eye, and body positions. This workshop presents techniques for brainwave development of beta, alpha, theta, and delta, and helps you determine which practices are best for your particular brainwave pattern. It also addresses how to use these optimum states for creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The

Mind Mirror™; EEG will be utilized to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

Location/Registration/Information:

Esalen Institute, Highway 1, Big Sur, California 93920

Phone: 831-667-3005 • Fax: 831-667-2724

Cost:

\$475-\$1010 for 5-day workshops or \$260-\$545 for weekend workshops, depending on accommodations chosen. Includes: Workshop, Food, and Lodging.

Please contact Esalen to register for these groups. You may also want to find out what weather to expect during your stay there.