

A Weekend Workshop at Esalen

Living Deeply

The Art & Science of Transformation

January 8-10

renew
rejuvenate
realign
reboot
reorient
reclaim
redirect
remember...

Profound transformation happens when the way you view the world shifts, at a fundamental level, and that shift in worldview emerges in a thousand little glimmers throughout your everyday life. Living Deeply is a workshop based on over a decade of research at the Institute of Noetic Sciences investigating how these kinds of major shifts happen, and how you can facilitate them in yourself and in those you work with.

What better way to set your intention for the new year than to dive into investigating the transformative process through learning and discussion, deep experiential play, and meaningful connection with others, all supported by the beauty of the world-renowned Esalen Institute on the majestic coastline of Big Sur.



Constantine Darling has spent over 45 years training in the disciplines of physical arts and conscious awareness. He is a dancer, holds four black belts in martial arts, is an inspirational speaker, outdoor adventurer, and author of *Romancing Sleep*, and the forthcoming *Fields of Consciousness*.
www.romancingsleep.com



Cassandra Vieten, PhD, is a psychologist, director of research at the Institute of Noetic Sciences (www.noetic.org), a mind-body medicine researcher at California Pacific Medical Center Research Institute, and co-author of *Living Deeply: The Art and Science of Transformation in Everyday Life*.
www.livingdeeply.org

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