SCIENCE & SPIRITUALITY: AWAKENING THE MIND-BODY CONNECTION

Featuring CANDACE PERT, PhD & HUGH BYRNE, PhD

A Benefit for Sanctuary Retreat Center
www.sanctuaryretreatcenter.com

SUNDAY, APRIL 28 3-6 PM
Event held at Rivor Road Unitarian Church, 6301 Rivor Road, Bothosda, MD

Science of Consciousness and Molecules of Emotion
Dr. Candace Pert will teach us how “the molecules of emotion bridge the gap between the material and immaterial, playing a key role in our perceptions of ourselves and the outside world—and our health and happiness.” She will share how miracles can result when we focus our consciousness with loving intentions. Candace Pert is renowned for the theory of how the ‘bodymind’ functions as a single psychosomatic network, based on her work at Johns Hopkins University and NIH. She has published over 250 scientific articles and the books Molecules of Emotion and Everything You Need to Know to Feel Good. She is featured in the film What the Bleep Do We Know! and the Bill Moyers PBS series Healing and the Mind.

Meditation: Training Your Mind Can Improve Your Brain
Learn from Hugh Byrne the latest on how meditation and other mindfulness techniques reduce stress and chronic pain while increasing happiness, well-being, productivity and physical health—and enjoy a taste of meditation practice. Hugh Byrne, Ph.D. is a senior teacher of meditation and mindfulness with the Insight Meditation Community of Washington who trained with Jack Kornfield and Tara Brach. He teaches Mindfulness-Based Stress Reduction (MBSR) and Somatic Experiencing, a mind-body approach to healing trauma. He now teaches lawyers and other professionals mindfulness meditation for the workplace.

Healing Sound Concert
Ellie Ammerman and Kathryn Ashera Rose will delight your spirit with a soothing concert of Tibetan singing bowls, crystal bowls, flute and voice. A form of sound and vibration therapy used for millennia in many spiritual traditions, it is now a subject of scientific inquiry that suggest utility for cellular and psychological healing.

Sanctuary Retreat Center
is a lovely and affordable retreat, meeting and celebration facility located on 28 beautiful acres in Montgomery County, MD. Sanctuary is owned by Am Kolel, a 501(c)(3) community. A portion of the ticket price is tax-deductible.