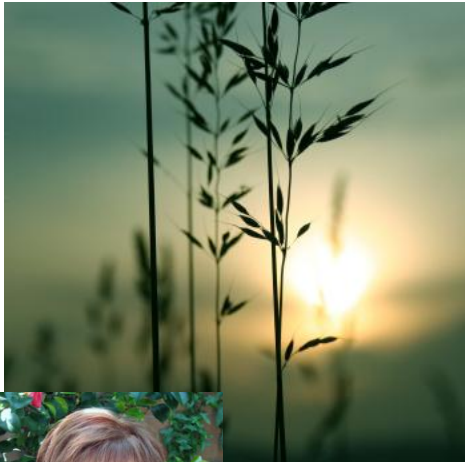


## Exploring Mind-body Skills for Stress Reduction with Cynthia McDonald, PhD



**Date:** Saturday, August 10, 2013  
**Time:** 9:00 am - 1:00 pm  
**Location:** 1101 S. Winchester Blvd., Suite N-265  
San Jose, CA  
**Cost:** \$40 per person

### Feeling anxious? Looking for simple tools to help you manage stress?



Join us to explore the power of the mind-body connection! In this experiential workshop, Dr. McDonald will discuss some of the research around 4 simple and proven techniques that activate the body's relaxation response such as: guided imagery, breathing techniques, mindful awareness, and loving-kindness meditation. We will also discuss practical ways to integrate these tools into your daily routines so you can truly "take a break" anytime, anywhere. Her relaxation CD's which contain the 4 skills taught in the workshop will be available for purchase so you can continue your practice at home.

Cynthia McDonald, Ph.D., has over 18 years of combined experience in teaching, mind-body skills coaching, counseling, guided imagery, hypnosis, group facilitation, and spiritual coaching. She holds a doctorate in Transpersonal Psychology and has a private practice in clinical and medical hypnosis in San Jose, California.

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### Exploring Mind-body Skills for Stress Reduction - REGISTRATION

**REGISTER ONLINE** via PayPal / credit card: <http://www.transformative-living.com/products.shtml#workshops>  
**OR** complete registration below and mail with your \$40 check to: Cynthia McDonald, 1101 S. Winchester Blvd., N-265, San Jose, CA, 95128.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

**Make checks payable to:** Transformative Living, LLC

**For more information call/email:** (408) 307-3183 / [dr.mcdonald@transformative-living.com](mailto:dr.mcdonald@transformative-living.com)