



# **AWARENESS: DEFYING DEATH**

**A WORKSHOP AND TRAINING ON LIFE AND DEATH CYCLES**

**SANTA BARBARA, CALIFORNIA**

**MAY 26 & 27 PUBLIC WORKSHOP**

**MAY 26-30 EXTENDED TRAINING PROGRAM**

Aided by a remarkable wild and rustic setting, surrounded by mountains, trees and ocean shore, we explore and focus on becoming aware of life cycles, and becoming familiar with the imminence of death. In the mythology of Mesoamerica, the shamans of ancient Mexico talked about the possibility of defying death. As health practitioners living on a path with heart, we explore how we can defy death when we are calm and quiet enough to feel that nothing really ends and nothing really begins. We are living in a constant continuum of life, in a universe in a constant continuum of change.

In this workshop and training, surrounded and supported by nature, and inspired by the actions of all leaders that live on a path with heart, we intend to reset and renew the aging clocks of our bodies, hearts and minds through practices of movements, walking meditations and silence gatherings.

Through walking mindfully in the sand, sinking our feet into the ocean, hiking in the canyon at sunset, we will explore variations of intensity that restore our nervous system's natural harmony and balance. Our bodies will be further nourished with movements and breathing postures that help to regulate hormonal functions, enhance the immune system, and boost our metabolism.

In the deep silence of the trees and the stars, we will sleep and dream; suspending our endless inner chatter and slowing down to re-establishing our ability to perceive subtle changes in the wind, in the weather, and in ourselves.

Through these practices and training, we open up and liberate our bodies from the prison of anxiety, fear and body-mind patterns that distort our thinking and actions; we arrive at states of high-awareness and enhanced wellbeing. Our operating center returns to the heart, beckoning understanding and integration, touching who we are at our deepest level—what in scientific terms is known as parasympathetic dominance, a state of presence in the moment and low oxidative stress. In this state of awareness, we can extend ourselves, like a cloud, which cycling through life and through death is always transforming and becoming.

The workshop and training will be guided by [Miles Reid](#) and [Aerin Alexander](#), who are direct students of Dr. Carlos Castaneda in the shamanism of ancient Mexico, and are doctors in the fields of holistic medicine and movement healing arts, together with [Yelena Shor](#), master movement expert, and [Robert Savery](#), Hawaiian musician and composer.

Visit [www.beingenergy.com](http://www.beingenergy.com)

## WORKSHOP SCHEDULE

### Saturday May 26

10:00 am to 1:00 pm Session 1

Lunch 1:00 to 3:00 pm

3:00 pm to 5:30pm Session 2

Dinner 5:30 to 7:00pm

7:30 pm to 9:00pm Session 3

Walk at the beach at Sunset - Silence under the stars

### Sunday May 27

9:00am to 12:00pm Session 4

Silence morning hike in the canyon

Lunch 12:00 to 2:00pm

2:00 to 4:00 pm Session 5

## TRAINING SCHEDULE

**Saturday and Sunday** as above plus

### Monday & Tuesday May 28 & 29

10:00 am to 1:00 pm Session 1

Lunch 1:00 to 3:00 pm

3:00 pm to 6:00pm Session 2

Dinner 6:00 to 8:00pm

### Wednesday May 30

9:00am to 12:00pm Session 1

Lunch 12:00 to 2:00pm

2:00 to 3:30 pm Session 2

## FEEES

**Two-day Workshop: \$230** Early bird discount (\$290 after April 1st)



**5 days Training Program Being Energy Module 1: \$490** Early bird discount (\$560 after April 1st)



Deposit for room & board \$100 by March 15th (This deposit is needed to secure your room at El Capitán)



\*Graduates of a previous Module I who attend this special extension program receive 20% tuition discount.

\*\*A percentage of the proceeds from this event will go to a local non-profit organization that supports nature and the environment.

## TO REGISTER AND FOR MORE INFORMATION

info@beingenergy.com

Call 917-524-9631

### Registration details

In order to secure your room and board, a non-refundable deposit of \$100 is required by March 15th via [Paypal](#). Please note that El Capitan will only reserve rooms for our group at the retreat until March 15th, 2012, after which time the rooms will not be guaranteed, so please secure your deposits in advance.

For more information on Room and board [click here](#)

For El Capitan Canyon address, directions, and more [click here](#)

