

LEARN HOW TO RELAX
How to defuse any stressful thought or belief
And find a calm and relaxed state of being

September 15-16 and October 20-21, 2018

Awakening to Presence
Living in the Present Moment
Through Inquiry, Grounding,
Sound and Movement



Presented by
Dr. Louise Hatfield and Michael Fleming
Dixon University Center
2986 North 2nd Street
Harrisburg, PA 17110

Program Intention

- Letting Go of Stressful Thoughts.
- Learning to balance and relax your autonomic nervous system.
- Understanding how and why you interact with the world the way that you do, and how to find a more stress-free, peaceful and true place of Being.

Part 1, Saturday-Sunday, September 15-16, 2018. Taught by Dr. Hatfield. Part 1 is a prerequisite for attending Part 2.

- Introduction to Inquiry and letting go of stressful thoughts. What if relief from emotional suffering, depression, and self-doubt were as simple as questioning the thoughts you believe to be true? Learn a 4 question method for defusing any stressful thought or belief. A method of inquiry developed by Bryon Katie.
- Introduction to Sounds and Conscious Movement to calm your autonomic nervous system. What if you could immediately relax and increase your sense of well-being with simple breaths, sounds, and movements? Informed by Dr. Porges Polyvagal Theory (neuroscience).
- Learn how to relax and find your inner truth, peace and well-being through Awakening to Presence (ATP) style grounding. (ATP integrates many fields of study, including neuroscience, physiology, anatomy, and psychology, to support the awakening of individuals to their true source of Being, underneath the conditioned ego.)
- 16 CEU/CEC** hours available through Shippensburg University.

Part 2, Saturday-Sunday, October 20-21, 2018. Co-taught by Michael Fleming and Dr. Louise Hatfield

- Going deeper into Inquiry, Grounding, and Conscious Movement.
- Individual support via feedback on practice sessions done between Part 1 and Part 2.
- 22 CEU/CEC** hours (for practice sessions and Part 2).

Cost

Part 1: \$275, includes lunch on Saturday and Sunday. 9am-6pm.

Part 2: \$325, includes lunch on Saturday and Sunday. 9am-6pm.

Registration for Part 1 is open now until September 5, 2018, and for Part 2 now until October 10, 2018. Registration for Part 1 is fully refundable up until September 5 and registration for Part 2 is fully refundable up until October 10. To sign up, contact ATPresence@gmail.com or 717-241-5063. Full payment is required to reserve a place in the workshop.

Awakening to Presence (ATP) is an integrative program founded and directed by Michael Fleming in Golden, CO. <http://awakeningtopresence.com>. He is an experienced, professional awakening coach and workshop leader who has facilitated over 200 workshops on awakening in the U.S., Brazil, Mexico, and Japan. He received a B.S. in biology from the U.S. Air Force Academy in Colorado Springs, and a B.S. in physical therapy from the University of New Mexico in Albuquerque. He graduated from the holistic healing science program at the Barbara Brennan School of Healing in 1996, and served on the faculty there for four years.

Dr. Louise Hatfield received her PhD from Virginia Commonwealth University in 1993, served on the faculty at Shippensburg University for 27 years, and as of May 26, 2018 will be an emeritus professor at Shippensburg University. She graduated from the 7-year ATP professional training program in 2014, and has been an ATP assistant teacher for the last 6 years.

*Taken from Bryon Katie's "The Work."

** Shippensburg University is a pre-approved provider of continuing education for PA Department of Education and PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors. Also currently under Continuing Education review by the PA State Board of Massage Therapy.