



C G JUNG INSTITUTE
OF CHICAGO

MEDITATION, MINDFULNESS, MANDALAS, PRANAYAMA: CONTEMPLATIVE PRACTICES FOR OFFICE PRACTICE & SELF CARE

Saturday, May 10th
8:30 am to 5:00 pm



The medicine of the 20th century was about the treatment of illness. The medicine of the 21st century is about wellness. As medical science has made strides in the detection and treatment of illness, we have reached a tipping point where the emphasis is upon wellness and living a fuller life to our personal best potential. There is a renewed respect for an interest in ancient healing systems, which are being reconfigured to create the integrative medicine of the future. The contemplative practices are guided by archetypes and myths, and the Neuroplastic mysteries of our complex physical reality. The presenter will outline the analytical and Neuroscientific aspects of these practices followed by experiential sessions to demonstrate the use of these methods for use in office practice and manage our own personal wellness program.

LOCATION

Lighthouse on Dewey
1220 Dewey Avenue, Wauwatosa, WI 53213

FEE

\$75 (no lunch included)
CE Credits available (\$15 fee)
Call 312.701.0400 or email jung@jungchicago.org for CE credits
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Learning objectives

These presentations are designed to help participants:

- 1) Summarize the Integrative Medical perspectives on the Stress Response in providers and their clients
- 2) Analyze the relevant archetypes of the stress response how they apply to the healing and Individuation process.
- 3) Present the Neuroscience research supporting these techniques.
- 4) Practice Pranayama, Meditation, Mindfulness & Mandala technique to reset the wellness process.

Required Reading

- Bedi, Ashok (2013). Crossing the Healing Zone: from illness to wellness, Nicholas Hays Publishers Inc.
- Iyengar, B. K. S. (1985). Light on Pranayama: The Yogic Art of Breathing, Crossroad Publishing Company.

Suggested Reading

- Benson, Herbert (1975). The Relaxation Response, William Morrow and Company, Inc.
- Kabat-Zinn, Jon (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, Bantam Dell.



Ashok Bedi, M.D. is a Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Life Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. He is in private practice in Milwaukee and is the author of several books which may be previewed at his website www.pathtothesoul.com.

The C. G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The C.G. Jung Institute of Chicago maintains responsibility for this program and its content. The C. G. Jung Institute of Chicago is approved by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists.

Program Schedule

8:30 – 9:00 Registration

9:00 – 10:30 Stress Response
Pranayama – theory and practice

10:30 – 10:45 Break

10:45 – 12:30 The Archetypes that mediate the transition from stress to rejuvenation

12:30 – 2:00 Lunch break

2:00 – 3:15 Meditation: theory and practice

3:15 – 3:30 Break

3:30 – 5:00 Mandala Construction – theory and practice
Mindfulness: theory and practice