

# MINDFUL RELATIONSHIPS THAT FLOURISH

**SUNDAY JANUARY 12, 2020**

**10AM-4PM**

**CHECK IN: 9:30-9:45AM**

**\$120 per person**

**or choose 1 of 2 ways to save**

**1. Register before December 29 for \$100 and save \$20!**

**2. Register with a friend before December 29 for \$90 each and save \$30/person!**

**Register Loril:**

**Impgunn3@gmail.com**

**602.330.1888**



**GREG BURDULIS**

## **Location**

**Home of Kathie Kelling**

**3323 N 25th St.**

**Phoenix, AZ 85016**

**Parking details with registration confirmation**

**Bring your own bag lunch, Water, Coffee, herbal tea, fruit & nuts provided.**

**Learn to Ground in your truth**

**Learn to respond rather than react**

**Learn to be with yourself, to be more present with others**

**Learn why mindfulness is key to evolving relationships from surviving to thriving**

***Our day will be filled with Fun in the form of lecture, exercises, discussion, movement and mindful meditative walking. Begin by developing compassion for your self and others, leading to strategies for improving relationships, and creating a compassionate relationship with our bodies. Greg will also guide us in mindful eating process during our lunch time.***

**Watch Greg's Ted Talk <https://tedxboulder.com/speakers/greg-burdulis>**

**Greg's Website: <https://thepowerofpresence.net>**

## **About Greg:**

***Trained in Burma, where he lived for seven years as a Buddhist monk, Greg Burdulis is a mindfulness coach, teacher, and facilitator. He returned to the U.S. in 2008 to create The Power of Presence. "This is an outgrowth of the time and energy I spent in meditation", says Burdulis. "It's a way for me to share what I learned in Eastern monasteries and Western science labs.***

***I offer to Westerners the opportunity to train themselves to reduce their suffering...and the suffering of others."***

***Burdulis offers staff retreats, team building workshops, and executive coaching for Google, eBay, and PepsiCo to develop leadership that is calm, clear, curious, and compassionate.***