

DEEP LISTENING: HEAL YOURSELF

With Dr. Michael DeMaria

Weekend Agenda

Friday Night (Optional Concert)

June 28-29, 2014

Saturday 10-1:00pm & 3:00pm-5:30pm, Sunday 9:30am – 12:30pm

Dr. DeMaria has created this workshop to help us experience deep present-moment awareness and compassionate self-acceptance through connecting with our inner essence. Integrating 30 years of experience in psychology, meditation, yoga, and sound healing, Michael will guide us through dynamic practices to help us open to our own inherent and vast healing potential. This fun, dynamic and rejuvenating weekend retreat will help us quiet our minds, open our hearts and experience our naturally radiant embodied first person experience of the world. Sessions will include brief warm-ups, followed by both lying down and seated meditation practices. Each session will involve working with both sound and silence in creative ways that integrate mind, body, heart and soul. These somatic and sound-based meditation and mindfulness practices foster deep release of physical, mental and emotional tension while boosting creativity, peace of mind, heart healing and overall sense of well being. Michael's award winning healing/relaxation and meditation music will be incorporated into the weekend, some of which will be played live.

FRIDAY Concert at Jubilee (sold separately)

SATURDAY

10:00-11:00 Warm up – getting into our bodies and introduction to Deep Listening practices and overview of weekend

11:15-1:00 Peace Within meditation 1 - and processing of experience

1:00-3:00 Gourmet LUNCH and personal reflection

3:00-3:30 Warm up and introduction to Sound Healing practice

4:00-5:30 Sound Healing practice - cleaning, opening and healing the heart, body, mind and soul

SUNDAY

9:30-10:00 Warm-up and processing/review of Saturday

10:15-12:30 Deep Healing meditation along with review of practices to take home and final group healing circle and farewell