

# Esalen®

## ***The Impossible Dream: Living Beyond Self-Limiting Behavior - To Be Announced***

*Julie Bowden, Richard Balaban and Chris Chouteau*

A life beyond our greatest expectations is made possible by knowing ourselves and being fulfilled in work and love. Self-limiting behaviors and mood-altering substances undermine this dream and prevent us from embracing actions that promote our growth, well-being and emotional health.

This workshop will use group and individual work such as meditation, awareness practice, feedback, experiential exercises, role-play, guided imagery, and writing to navigate a path toward effective change, enhanced relationships, genuine intimacy, and spiritual growth.

Participants are asked to forgo alcohol and non-prescription drugs during these five-days.

Register on the web or call 831 667 3005

For additional information please contact [info@esalen.org](mailto:info@esalen.org)

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.

