Art of Living & Dying Online "Taster" Workshop
April 29-30, 2022









Join us to explore how to find peace & compassion in these turbulent times.

The **Art of Living & Dying** "Taster" Workshop is a two day experience of our **Healing the Healers** program series. You will experience highlights and best practices from our internationally acclaimed workshops. Discover how the world's great wisdom traditions provide valuable insights into the meaning of life, death, and all the transitions in between.

The **Art of Living & Dying** tradition explores the four essential elements of emotional-spiritual health: Meaning, Forgiveness, Relatedness, and Hope. The loss of any of these elements results in what our ancestors called soul-pain. The teachings from **Healing the Healers** is also supported by this critical lesson from the contemporary sciences: By facing into or "leaning into" our existential/spiritual suffering we can expect improvement in overall wellbeing, diminished anxiety and enhanced peace of mind—all of which supports our physical health. The good news is that at every stage of life's journey, healing is possible.

While this two day workshop does not replace the complete four-part **Healing the Healers** series, it provides a powerful "taste" of what is available in the complete *Healing the Healers* series. The "Taster" has been especially created for persons interested in the **Anamcara Apprenticeship** and it is now available for the general public.

Contact **info@sacredartofliving.org** with questions.

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Time: 9:00 am ~ 4:30 pm Pacific Time
Tuition: Early Bird Discount (Good Until March 29) $400
Regular Tuition $500
Register at: sacredartofliving.org
or
Call 541-383-4179