

# Esalen<sup>®</sup>



## ***Every one of us is capable of the extraordinary.***

*Esalen is a leading center for exploring and realizing human potential through experience, education, and research. We work toward the realization of a more humane and all-embracing world.*

Join Marilyn Tam (Author, Speaker, Certified Coach, Business Leader-CEO Aveda, President Reebok, VP Nike) and Jan Ingram (RN Manager Parish Nursing Program, Certified Life Coach & Hypnotherapist, Singer) and an intimate gathering of other course participants for a powerful three-day workshop on Esalen's majestic Big Sur coastline.



## ***Choosing Happiness: Five Steps to Take You to Where You Want to Be***

***August 7 - 9, 2015***

In the last forty years, the world's developed nations have become increasingly unhappy\*. The personal and professional costs of "success" are enormous. Yet, remarkable as it might seem, you can actually choose to be happy! Whether you are an individual or an entire company, when you come into clarity about your defined mission - your very reason for being - *things dramatically shift*. Clarify your purpose, passionately harness your energies and resources to best fulfill your life's vision, to live happier, healthier, and longer.

In this highly experiential workshop, we will use multi-sensory tools to renew our energy, reduce our stress and open our hearts so that we can connect to the things that matter most. Group dialogue, meditation, music, journaling, physical motion (including Qi Gong), will help to access and affirm our life purpose and increase our joy. Together, we will create a safe group context where we can align our thoughts, decisions, and actions with our values, priorities, and passions. By integrating the five key aspects of life: body, money, relationships, spirit, and community, we will discover and choose what makes us happy, and supports our creativity and productivity. From this interactive process, we will all emerge less stressed, healthier, more creative... and of course, happier!

\*US General Social Survey and the International Social Survey Program

Online at: <http://tinyurl.com/ncim6dv>

For additional information, please call 888.837.2536 or email [info@esalen.org](mailto:info@esalen.org)