

## Events

### The Be Still and Breathe Workshops

The team of Dr. Dorothy May and Sharon West offer us a special trip into a higher state of consciousness through these interactive 1 1/2 &ndash; 3 hour workshops utilizing the Be Still and Breathe CD as well as supplemental materials.

The workshops are beneficial for anyone seeking:

- - Healing (physical, emotional, spiritual)
- - Meditation (all varieties)
- - Relaxation and Peace

Topics Covered:

- - Levels of Mind
- - Guided Imagery, Meditation & Music
- - Overview of the CD
- - Group guided meditation with the CD
- - Discussion of Your Experience

A 16 page workbook for further study (included free with workshop)

These events are ideal for anyone from novices to experienced meditators... anyone needing relaxation, healing or meditation in general. Attendees will learn to use music, imagery and affirmations to improve their own lives, achieve personal goals and raise their consciousness.

Dr. Dorothy May is a Clinical Psychologist and a published author. The imagery used in this work has been developed by Dorothy from over more than 30 years working with hundreds of people. Dorothy wrote all the guided imagery for the Be Still and Breathe CD.

Sharon West, music composer, is the creator of four highly acclaimed instrumental CDs, containing many works which have broken into the Top 20 on New Age Radio, and a collaborative Holiday CD. Sharon composed all the music and did the voice for the Be Still and Breathe CD.

Advance registration for the workshops is recommended. Contact each of the locations directly to sign up for the workshops.

Cost - \$20-\$25 per person, depending on the store. CDs will be available for sale at the program.

#### Upcoming Workshops

Saturday, May 1

Time: 1:30 p.m. - 4 p.m.

Location: A.R.E. of Illinois Heartland Region

Edgar Cayce Holistic Center

259 E. Central Road

Des Plaines, IL 60016-1021

Phone: 847- 299-6535

Cost: \$30 Non-Members/ \$25 ARE Members

Website Link: <http://www.areheartland.org/activities/details/27-be-still-and-breathe-a-new-spiritual-tool.html>

(Be Still and Breathe 2-CD set will be sold separately  
for \$20 at workshop)