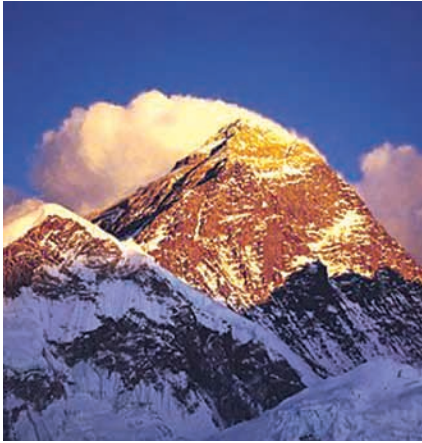


The Power of Practice

An Integral Approach to Realizing Your Fullest Potential

WITH ITP TRAINERS PAM KRAMER & BARRY ROBBINS



Northern California ITP weekend workshop:

SATURDAY, OCTOBER 25th, 1:00 pm – 6:00 pm

& SUNDAY, OCTOBER 26th, 1:00 pm – 6:00 pm

St. Stephen's Church, Belvedere, CA

Enhance the quality of your life by experiencing Integral Transformative Practice (ITP), an inspiring and energizing practice that offers comprehensive development of your entire being. This workshop introduces an integral approach that involves movement, meditation, and mind/body practices, leading you on a far-reaching journey to realize your inborn genius. In this workshop, you will learn about:

- **Listening to the body as a wise teacher**
- **Effective affirmations to create healthy changes in your life**
- **The ITP Kata, a 40-minute integration of physical, mental, and spiritual exercises**
- **Powerful techniques for living a balanced and centered life**
- **Methods for effective communication with yourself and others**

This workshop is for new practitioners, those wishing to deepen their practice and those interested in experiencing ITP in a supportive group setting.

For information: contact news@intp-international.org

ITP trainers Barry Robbins and Pam Kramer conduct ITP and LET workshops at Esalen Institute and other venues in the US and abroad. They are actively engaged in helping create ITP groups, coaching group leaders and practitioners and taking ITP principles and practices into organizations.

WORKSHOP REGISTRATION

Please confirm your registration with your payment, ASAP, as space is limited.

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Number of registrations for Workshop _____ @ \$195 \$ _____

Total enclosed (checks payable to ITP International): \$ _____

RETURN THIS FORM WITH YOUR PAYMENT TO:

ITP International
P.O. Box 544
Corte Madera, CA 94976

INFORMATION:

news@intp-international.org

