

present

No time to think, No time to breathe... Is this me?

For many of us, life is hectic. With so many competing tasks and obligations it is hard to avoid feeling over-committed and overwhelmed. Why is it so hard to keep up? Where is the time for me? How is this affecting my body? Relationships? **Why do I feel so lost in my own life?**

This is a workshop about our overwhelmed lives and how to manage the demands our choices place upon us without losing ourselves in the process.



Saturday, June 5th 2010
9am – 12pm

University of San Diego
Manchester Conference Center

Cost: \$40*

If there is any financial hardship to pay,
please contact us.

This is a not-for-profit event. This workshop series is a service to the community and no one will be turned away for lack of funds.

Tarra Judson Stariell is a licensed Marriage, Family, Therapist with over 16 years experience in the field. Tarra uses Bioenergetics & other mind-body approaches in her work. Her presentations have included 'Attachment Issues and Bioenergetics', 'Bringing the Body into the Therapy Room', 'The Other Side of Grief' and a keynote speaker for the 2010 S. California Bioenergetic Conference.

"The path to our natural state of being involves expressing emotions, no matter how ugly or shameful we judge them to be."

Find out more at livingubuntu.org/events

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MAIL-IN REGISTRATION FORM

(One Form per Attendee—Please Print Legibly)

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Organization: _____ Email: _____

Early discounted registration, \$40* (till Friday, May 28th)

Registration, \$50 (during the last week)

3 CEUs for LMFT or LCSW, \$10

(SCIBA provider #4025)

Payment Method:

Check enclosed payable to: **Living Ubuntu** (To pay by credit card, please register online)

Signature: _____ Total Due: \$ _____



For up-to-date information (and to register online), visit livingubuntu.org/events or call (949) 891-2005.

*Seating for this event is limited, please register early. Add \$10 for registration after Friday, May 28th. Subject to availability. Fees are refundable less \$10 processing fee, if written request received by May 22, 2010.

Mail registration to: Living Ubuntu, 1151 Dove Street #210, Newport Beach, CA 92660
Please ensure that mail-in registrations are postmarked by May 22, 2010. After this date, please register online.