



MIND-BODY HEALING CENTER

Stress Management and Mind-Body Medicine Workshops designed to enhance your well-being and productivity

Why Stress Management?

Is your home or business life stressful? Have you noticed a decline in your work productivity? Are your relationships suffering? Do you find yourself often agitated and low energy? Well, these symptoms and many more may be signs of the emotional wear and tear of a high-pressure, stressful environment.

Without proper stress management, your work performance could decline and personal relationships eventually suffer. Both of which lower self-esteem, raise anxiety, and impact productivity.

Mind-Body Medicine Workshops can help balance out your life!

The tools and practices that **Mind-Body Healing Center** offers can quickly and effectively promote greater productivity and self-esteem, while also increasing your health and well-being for sustainable, long-term effects. Through our individual sessions and Mind-Body skills workshops, you will learn how to manage stress, heighten your focus, improve relationships, and live a more productive and fulfilling life.

What Are Mind-Body Skills?

Here at the **Mind-Body Healing Center**, our mission is to enhance self-awareness and self-care and to provide patients with tools designed to create a better life - both work and personal.

Mind-Body Medicine is based on the scientific understanding of the acutely intertwined relationship between our thoughts, sensations and feelings, and our mind, body and spirit.

Mind-Body Medicine skills help patients control their attention by improving their focus. They are proven to reduce stress, restore physical and psychological health, and improve social relationships and work performance.

OUR 8-WEEK WORKSHOP

You will learn skills such as:

- Meditation
- Biofeedback
- Guided Imagery
- Movement-oriented exercises
- Hypnotherapy
- Communication Skills
- And more!

“A new integrative approach to mental and physical health”

Mind-Body Healing Center is a holistic health practice that blends traditional psychotherapy with alternative healing techniques such as meditation, biofeedback, and mindfulness.

Our Next Workshop is:

DATE: Tuesdays: January 15, 2019 to March 5, 2019

TIME: 6:30pm to 8:30pm

FEE: \$495 includes 16 hours of Mind-Body techniques + materials.

LOCATION: Our Santa Monica offices



MIND-BODY HEALING CENTER

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Jordan Marks, MA, PPSC, MFT
Founder and Principal Therapist — Mind-Body Healing Center

Jordan Marks has over 15 years experience working in the field of somatic psychotherapy and education. He holds a Master’s degree (MA) in **Counseling** and is a licensed **Marriage and Family Therapist (LMFT)**.

His expertise is collaborative, caring, and straightforward. By incorporating his unique style with Mind-Body skills and techniques, and group support, you will have a safe, non-judgmental place to explore and grow.

Jordan is also a PhD candidate in **Mind-Body Medicine**, with an emphasis in **Integrative Mental Health**.
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