



Thoughts, Beliefs and Attitudes

*We are shaped by our thoughts. Our thoughts reflect our beliefs.
Attitude defines the way we live.*

A transformational weekend with Carol Lampman & Company

April 28-29, 2012

The Noga House, Dolgeville, NY

Without even being aware of it, you are constantly organizing, directing and shaping your life. Everything that happens to you is being created by your beliefs, thoughts and attitudes. If you believe in yourself, you will find yourself creating a reality that serves you well. If not, then the beliefs held in your unconscious mind are making it difficult, causing you stress and unhappiness. It is time to let go of struggle and increase your self-confidence. By eliminating the internal causes and changing your thoughts, beliefs and attitudes, you'll begin to create a life you can enjoy. You will attract the situations, opportunities and people that will help you to claim your success.

*Your living is determined not so much by what life brings to you as by the attitude you bring to life;
not so much by what happens to you as by the way your mind looks at what happens.*

~Khalil Gibran

A variety of tools are used to support your personal process....

- ☆ Discover the way you create your personal reality.
- ☆ Learn conscious connected breathing as a tool for Self Development.
- ☆ Examination of your personal and individual thought patterns.
- ☆ Explore the connection between thoughts and beliefs.
- ☆ Understand how attitude affects behavior and relationships.
- ☆ Simple tools to continue your process for continued growth.

Join us as we use the breath to explore, expand and heal. This workshop is designed around a framework that allows you to work at your individual level and address the issues appropriate for you. The focus is experiential and includes emotional process exercises, movement, music and breathing sessions.

Workshop Site:

Noga House, 98 Van Buren Street Dolgeville, New York

Investment: \$185

includes workshop supplies, lunches and snacks. (\$75 deposit required)

Lodging:

limited space available \$140 weekend and includes remaining meals.

Registration Information:

Register online at: www.IntegrationConcepts.net - Visa, MasterCard, Discover accepted.
Additional information toll free 1-877-491-3355 Class size limited \$75 Deposit holds your space.

Carol A. Lampman - Advanced Certified Clinical Hypnotherapist with training in Hypno-Behavioral Therapy, Reichian Process Work, Integrative, Cathartic and Rebirthing Breathwork and the Hendricks Body Centered Transformation Method. Carol developed the Integration Process and Breath Therapy™ Training programs for professionals and teaches internationally. Using workshops, individual and group work, she specializes in personal growth and development, stress management and self-empowerment.

Staff – Assistance provided by graduates of our Professional Training Programs.