

ITP International presents

The Practice of Health

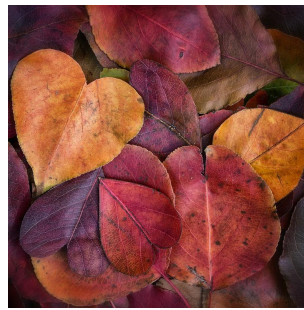
Building a Wellness Community

January 11, 2020, 9:30-4:30 pm

Kaiser Permanente, Beaverton Medical Clinic
4855 SW Western Avenue, Beaverton, OR

Want to feel balanced, vital and healthy in 2020?

Join us a vitalizing day of personal reflection and exploration of what matters most to you. Envision your life in 2020 and learn new ways to create lasting changes in your life and whole being!



This experiential workshop, presented by Larry Jacobson and Pam Kramer, is based on the work of human potential visionary George Leonard and Michael Murphy, co-founder of Esalen Institute, and their creation of Integral Transformative Practice (ITP) in 1993.

A well-researched personal development program for all ages, ITP was designed to help people experience balance, optimal health and vitality in their lives. ITP practitioners and ITP groups are spread around the globe and are part of a growing global practice community.

Highlights

- Explore creating a *Practice of Health* ITP community dedicated to greater health and aliveness
- Mindful movement, deep relaxation and time for personal reflection
- Positive affirmations to move with the natural flow of life & greater vitality
- Connections with others aspiring healthy growth and positive change

Workshop fee: \$45 | To **REGISTER**, visit: www.itp-international.org/practice-health-portland or contact: Larry Jacobson via email, JacobsonLM1@yahoo.com or 206-232-6300

Facilitators

Pam Kramer, MS, is ITP International president, integral development teacher and Esalen Institute faculty member. An experienced trainer, counselor and coach for organizations over the past 40 years, such as Blue Shield of CA, Peet's Coffee & Tea and Stanford University, Pam guides people to experience a rich, vibrant life in refreshing, life-affirming ways using the principles and techniques of Integral Transformative Practice.

Larry Jacobson, LCSW, MPH, has more than 30 years of healthcare experience, including counseling, program development and administration. Larry has worked with organizations like Kaiser Permanente, Pacific Medical Center & Clinics, the Veterans Administration and United Healthcare. Passionate about helping consumers reach optimal health and navigate the complex healthcare system, he is currently developing an Eldercare Advocacy program.