

**SAVE THE DATE!**  
**Meditation Retreat**  
May 14 to 16, 2010  
Ottawa, Ontario area

We at GLG have become very interested in “mindfulness” techniques and their effect on our concentration, focus, creativity and decision-making. One of the most potent of these approaches is meditation.

We have invited Patt Link-Kyle, author of the recent book “Heal Your Mind, Rewire Your Brain,” to come to Ottawa to offer a meditation workshop for us and some of our friends, colleagues and clients.

Patt is a consultant, therapist and teacher, who has practiced many forms of meditation for over 30 years. Her interest in the brain and meditation led her to neurotherapy and the use of neuro-monitoring instruments to identify and customize mind-training processes for individuals. You can read more about Patt’s book in her flyer, which follows the workshop information.

The interactive sessions of the workshop will teach you how to navigate and use your four brain wave frequencies in order to:

- discover and explore your own inner landscape
- provide the tools to increase concentration and focus
- reduce stress quickly
- increase creativity and quality decision-making
- understand how your personality structure impacts your mind/brain states
- work with the 4 key principles of mind/brain functions - intention, attention, awareness and receptivity - to rewire your brain

We’re finalizing the details of location and pricing, but we wanted to give you a few details so you can **SAVE THE DATE** if you are interested in joining us!

**Dates:** May 14 through 16, 2010

**Times:** The workshop will start on Friday evening, May 14, run all day Saturday, and end Sunday, May 16, at around noon.

**Curriculum:** An introduction to meditation, with theory and background about meditation and how the brain works and why meditation helps with stress, etc. Practice with the techniques in silence with some exercises, and group debriefing throughout the weekend. Patt will also offer one-on-one time with each

participant during the weekend. You will learn specific mental tools, methods, techniques and practices that can change your life.

**Location:** The Ottawa, Ontario area – we're looking for a serene, scenic location with excellent services, not too far from Ottawa.

**Pricing:** Will be finalized shortly, and will depend on whether you are a day guest or stay over at the retreat location. Patt recommends that, if at all possible, you stay over at the retreat location to enhance your experience.

**Course size:** Limited to around 25 people.

We'd appreciate knowing if this interests you at all! We're not asking for commitments yet (unless you want to say "yes" right away!), but please block off your calendar if you think you'd be interested in a weekend retreat designed to explore how your brain/mind works, how it creates stressful challenges, and how the brain/mind itself can reverse these processes.

Feel free to pass this invitation along to people who might be interested in this workshop/retreat!

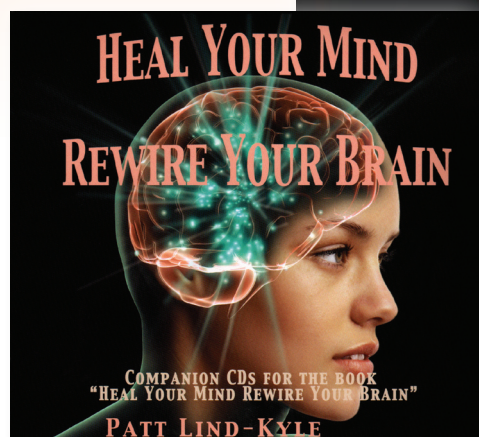
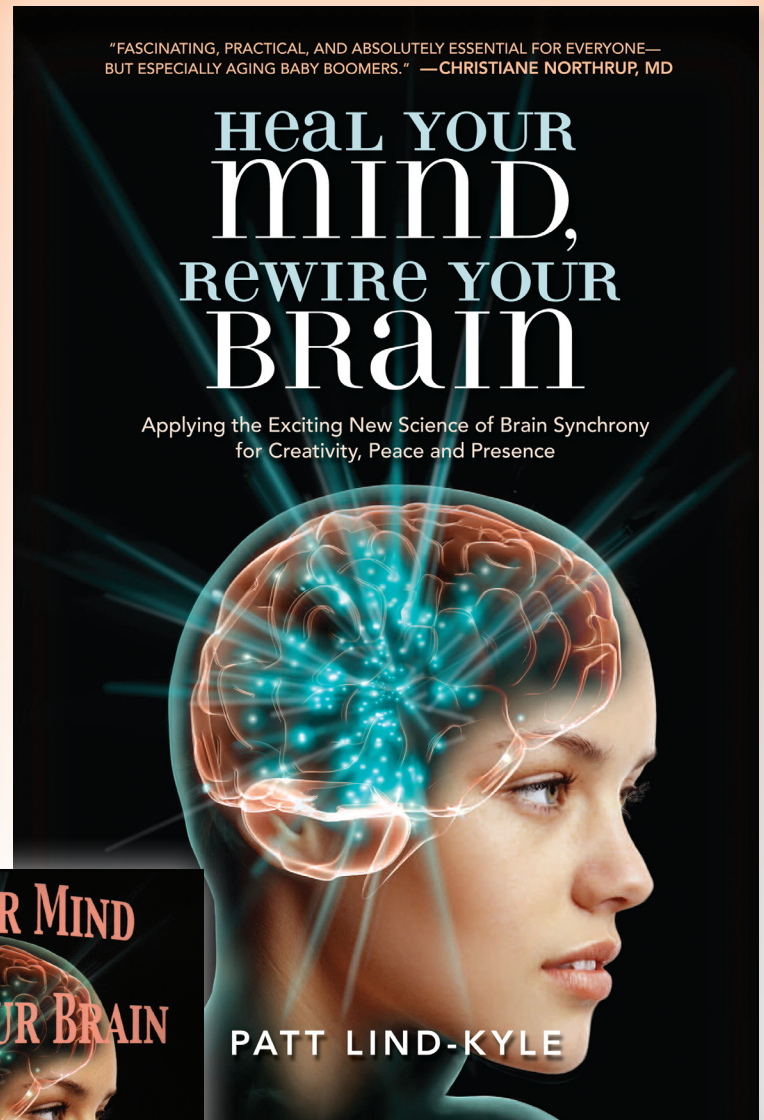
# Learn how to work at your highest mental capacity—and change your life for the better.

Patt Lind-Kyle's insights and science-based mind management tools will help you think more clearly, thrive under stress, and break the patterns that hold you back.

Think back to a time when everything seemed to be going your way: You were engaged and productive at work, your relationships were deeply rewarding, and you were just plain happier. Now, imagine feeling that way *every* day. That's what can happen when you learn how to manage stress, tune out distractions, and break the mental patterns that keep you trapped in habitual (and unproductive) attitudes, thoughts, and behaviors.

Patt Lind-Kyle, cofounder of Lind & Kyle Consultants, will introduce you to an array of mind management tools (as well as the science behind them)—tools that can dramatically sharpen your creativity and enable you to make clearer, smarter, faster decisions. She'll teach you how to consciously achieve a state of "flow" that will reduce your stress levels, improve your work-life balance, and create a more positive, energetic future.

To learn more about Patt Lind-Kyle's services, as well as her book *Heal Your Mind, Rewire Your Brain* and her mind management CDs, visit either [www.healrewireyourbrain.com](http://www.healrewireyourbrain.com) or [www.lindandkyle.com](http://www.lindandkyle.com) or call (530) 913-0685.



▲ Energy Psychology Press (November 2009)  
Available Wherever Books Are Sold!

◀ Companion CD



Patt Lind-Kyle is an author, therapist, trainer, speaker, and consultant. She is a former college professor, the founder of a learning company, and the cofounder of Lind & Kyle Consultants, where she applies neuro-monitoring tools for stress management, health, and peak performance with executives.

# Yes, You *Can* Teach an Old Brain New Tricks!

New research shows that the brain is amazingly adaptable. In fact, it constantly rewires itself in response to events in our lives. By learning to consciously access each of the four brainwave frequencies—and achieving a state called brain *synchrony*—we can free ourselves from frantic mental chatter and the self-destructive patterns that keep us from leading productive, successful, creative lives.

## Patt Lind-Kyle Will Present How To:

- Identify and break the unhealthy patterns that hold you back from peak performance
- Manage high levels of stress in healthy, productive ways
- Resolve conflicts and work optimally with others
- Make faster, smarter, better decisions
- Increase your capacity for creative thinking
- Achieve a happier, healthier, more balanced life

## Praise for Patt Lind-Kyle and *Heal Your Mind, Rewire Your Brain*:

“In *Heal Your Mind, Rewire Your Brain*, Patt Lind-Kyle shares a treasure trove of wisdom and practical guidance that will allow anyone to quiet their mind, reconnect with their inner guidance, and make the kinds of choices and decisions that will allow them to lead healthier, happier, and more meaningful personal and professional lives. We are delighted to use Patt’s book as an integral part of our consulting and coaching practice.”

*Joyce Dowdall, Managing Partner, Generative Leadership Group*

“Neuroscience’s insights into the plasticity of the brain are often heady—and often equally confusing—for the lay reader. And, even if people are familiar with the research, they usually do not know how to apply the findings in their daily lives. This book digests the past ten years of brain/mind research and helps people make transformative breakthroughs. With specific exercises and practices, brain/mind meditations, and nutritional information, Patt Lind-Kyle shows us how to access our inner world to reduce stress, balance emotions, open creativity, and reunite the psyche with the soul. Well-written and groundbreaking.”

*Don Richard Riso and Russ Hudson, Best-selling authors of *The Wisdom of the Enneagram* and *Personality Types**

“*Heal Your Mind, Rewire Your Brain* is fascinating, practical, and absolutely essential for everyone, but especially aging baby boomers. Everyone should know what’s in this book.”

*Christiane Northrup, MD, Author of *The Secret Pleasures of Menopause* and *Women’s Bodies, Women’s Wisdom**

“*Heal Your Mind, Rewire Your Brain: Applying the Exciting New Science of Brain Synchrony for Creativity, Peace and Presence* was a pleasure to read. Having spent the last forty years researching the brain’s connection to mind and elucidating the important role of brain wave phase synchrony to consciousness, I was pleased to read how our new knowledge can change one’s life in many ways. Mental training exercises lead to a new way of being in the world. The author writes in an easy-to-read, entertaining style. If you have interest in meditation of any kind, this is the book for you.”

*Les Fehmi, PhD, Author of *The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body**

“Patt Lind-Kyle has accomplished a remarkable feat, bringing together fascinating neuroscience and effective Self-development tools in the same book. Add to that her warmth, wisdom, and clinical skill, and you have a refreshing joy of a read to boot! Bravo.”

*Emmett Miller, MD, Author of *Deep Healing* and *Our Culture on the Couch**

For more information, please visit [www.lindandkyle.com](http://www.lindandkyle.com),  
email Patt Lind-Kyle at [patt@lindandkyle.com](mailto:patt@lindandkyle.com) or call her at (530) 913-0685.