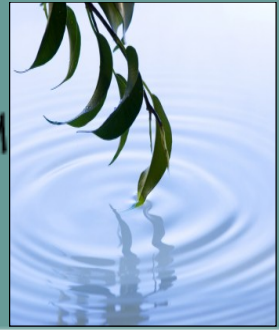




CLEAR PRESENCE™



## Mindfulness based Health Support Groups

*The quality of one's life depends on the quality of attention.  
Whatever you pay attention to will grow more important in your life.*

- Deepak Chopra in *Ageless Body, Timeless Mind*

*The 90-day programs are conducted entirely over the telephone!*

Groups of 6-8 individuals have a shared intention of enhancing self-care and improving health. Using the Clear Presence™ process supports greater clarity in exploring the mind/body connection and increases motivation for healthy behavior. Individuals work in pairs that change every two weeks and meet daily over the phone for 7 minutes.

### **The 7-Minute Path™**

Cultivate peace in your life while managing chronic health issues. All individuals participating in this program have a shared intention of enhancing self-care and healing as they reduce loneliness and gain non-judgmental support.

### **The 7-Minute Diet™**

This program offers individuals an opportunity to set a measurable goal in weight management and increase exercise to maximize their fitness. Old dysfunctional eating patterns begin to dissolve as awareness of food habits become sharp and clear.

*Only \$199 for entire 90-day program, all materials and kit*

- *One 60-minute telephone conference training*
- *Daily 7-minute phone calls (M-F) for three months*
- *Once monthly 45-minute group calls*
- *Weekly email support and contact with facilitator*

***New programs starting September 1, 2008.***

***Registration must be completed by August 15.***

*Call 707-459-8688 now for more information or visit [www.clearpresence.com](http://www.clearpresence.com)*

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Clear Presence™ was developed by Doreen Blumenfeld, CHT and Phil Groves. Doreen has been in the health care field for over 25 years and is a Wellness Counselor and Hypnotherapist. She recorded the national bestselling relaxation CD, *Journey into Deep Relaxation*.