



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

2904A Colorado Ave.
Santa Monica, CA 90404

310.967.3988
info@mindbody.la

www.mindbody.la



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**.
(License #MFC50595)



MIND-BODY HEALING CENTER

Men's Group "Men Supporting Men To Be Their Genuine Selves"

Why A Men's Group?

Would you like to fully embody yourself and be the man you're meant to be? Do you feel you have to hide your true self? And, are you feeling unfulfilled and it's impacting your relationships?

Do you have issues knowing how to act in and react to situations testing you? It may be you're hiding the man that you're meant to be.

Without proper self management or support from others, your identity as a man will eventually suffer.

Our Mind-Body Men's Group can help balance out your life.

The tools and practices that you'll learn in **Mind-Body Healing Center's Men's Group** can quickly and effectively promote greater productivity and self-esteem, increase your confidence and lower your stress and anxiety. Thus, positively affecting your uniqueness and identity as a man.

Being A Man.

Our Mind-Body Men's Group is a supportive environment for men to hold each other accountable to become their true selves... the person you know that you're capable of becoming. Men are constantly being given different messages on how to be... in relationships, work and everyday life. In some way, you've lost who you really are. Now is the time to find yourself again.



Mind-Body Healing Center's Men's Group is right for you if you're ready for change, open to learning about yourself, and willing to tolerate discomfort in the path toward discovering your true nature. Join Jordan Marks, our moderator, for this 8-week group.

"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 used by somatic therapy, movement and mindfulness.

MBHC Men's Group:

DATE: Wednesdays: March 13, 2019 to May 1, 2019

TIME: 6:30pm to 8:30pm for 8 weeks

FEE: \$1,050 includes 16 hours of Mind-Body techniques.

LOCATION: Our Santa Monica offices



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