From: Urban Zen <[redacted]>
To: Jeffrey <jeevacation@gmail.com>
Subject: July Newsletter: From Loss to Legacy
Date: Thu, 05 Jul 2012 16:59:37 +0000

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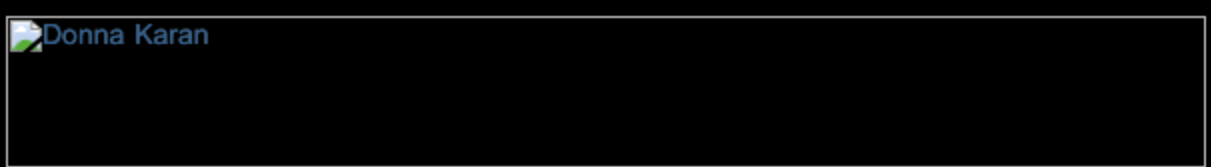
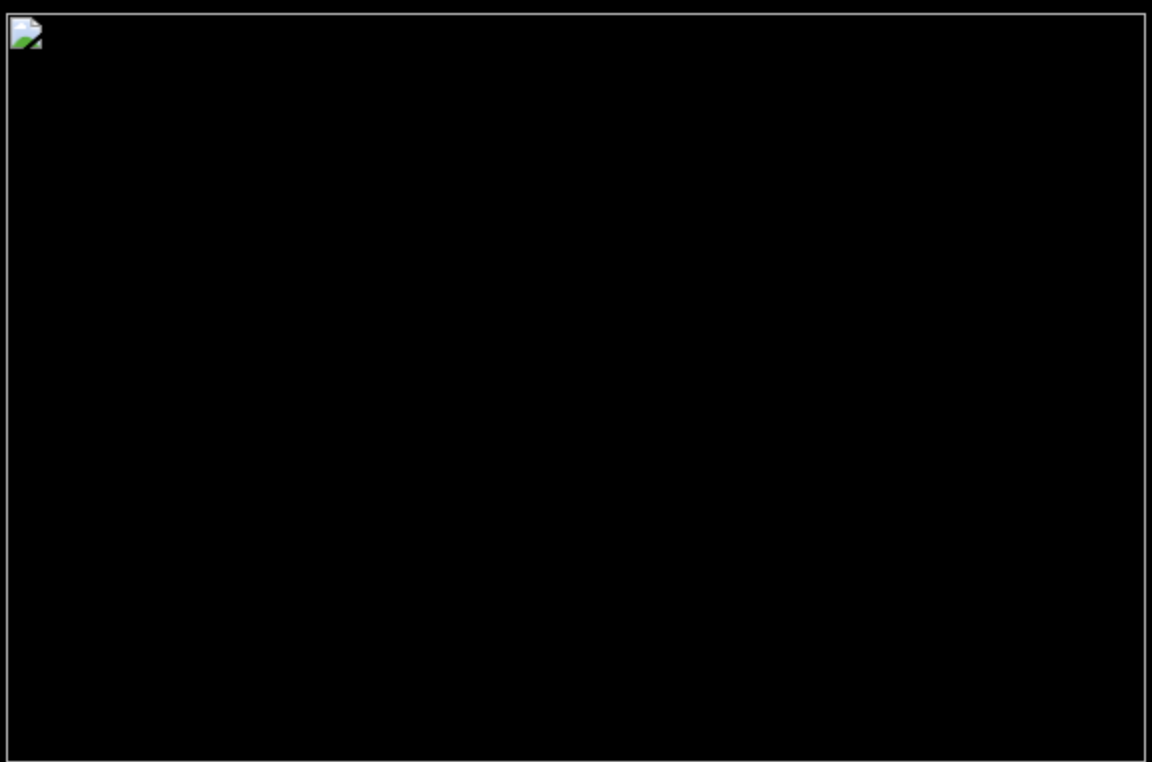
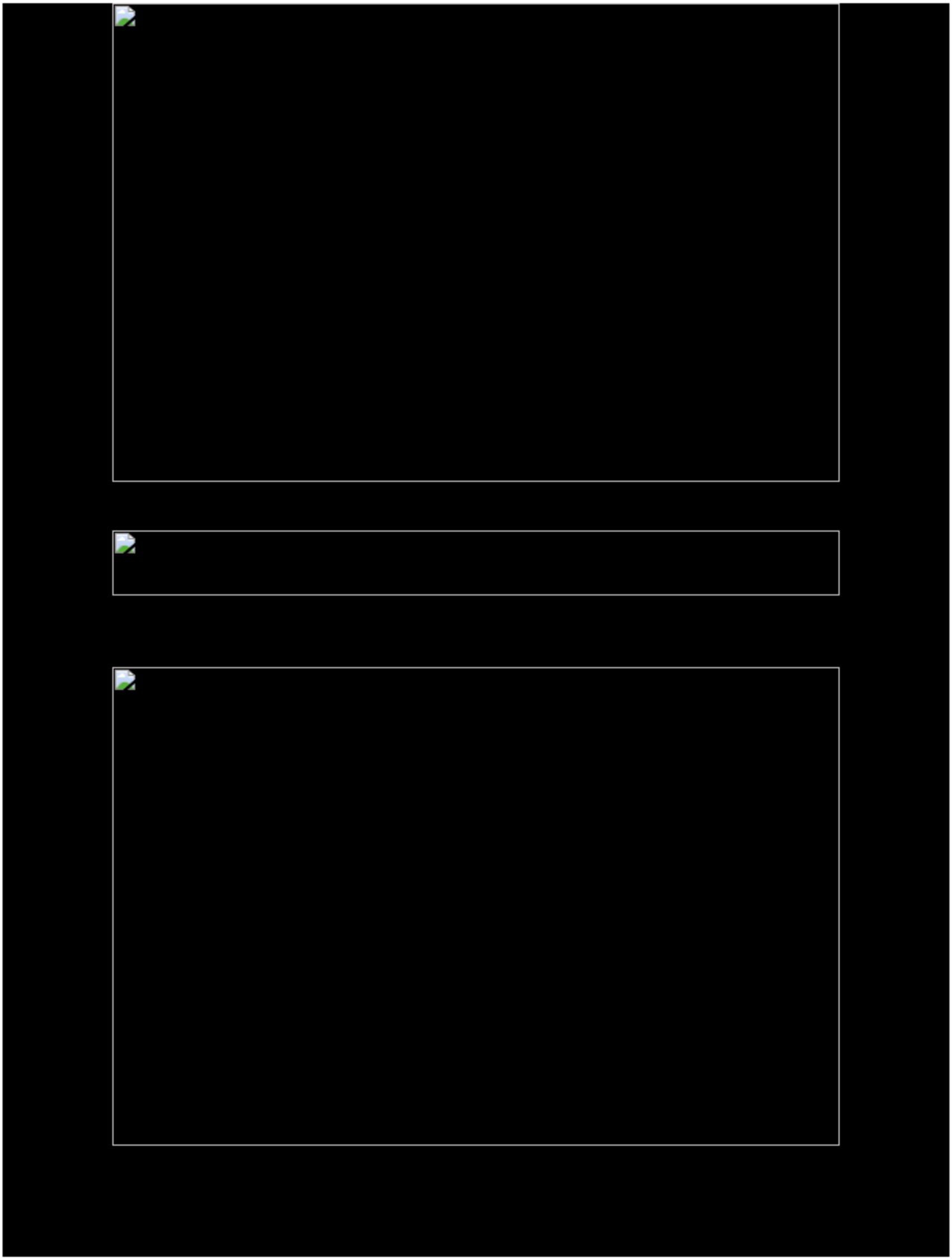
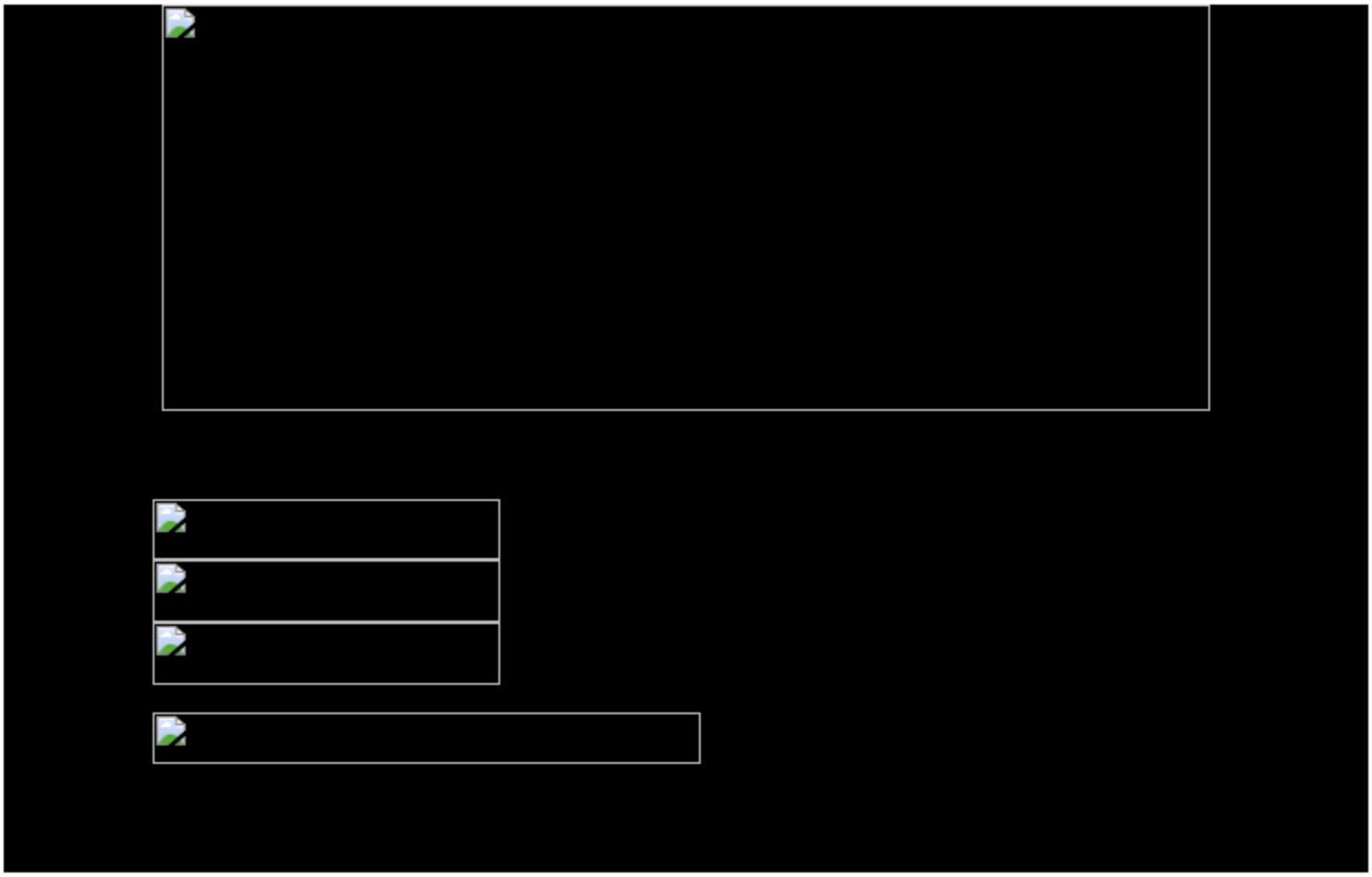
Loss has been one of the biggest teachers in my life. It has also served as one of the biggest catalysts, particularly when it comes to well-being. (I recently spoke about this on The Conversation, which you can watch here). When you lose a loved one to illness you become witness to the kind of care that is necessary and often missing in hospitals – even at some of the best medical facilities. I shared with you last month about the experience of losing my husband Stephan to cancer. Stephan is one of many individuals I've loved and lost. These experiences ignited a desire to see a shift in the healthcare paradigm to treat the patient and not just the disease. This is at the heart of the Urban Zen Integrative Therapy program training.

This month, I want to take a moment and share some of the exciting developments with our UZIT program. Not only are we continuing to deepen our partnerships with YogaWorks to offer the UZIT program on the West Coast, we are offering a very special opportunity to take the program in a four-week, in-residence training at Omega Institute of Rhinebeck, NY. I believe that there is no time more pressing than the present moment to create this well-being change and this opportunity at Omega will help make the program accessible to more people. I invite you to click here to learn more about how you can immerse yourself in yoga therapy, Reiki, essential oil therapy, nutrition and contemplative care with our UZIT faculty as they provide wisdom and experience in healing at the Omega Institute this fall.









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