

Preferred Service:

- ___ Insight and Mindfulness Meditation
 - ___ eight week course
 - ___ six week course
 - ___ four week interpersonal practice
- ___ Assessment Stressor and Stress Behaviors
- ___ Consultation
- ___ Creating Courses
- ___ Spiritual Direction
- ___ Continuing Education Credits

Desired Outcomes:

- ___ mental health and sense of well being
- ___ relationship skills
- ___ spiritual - being peace; seeking wisdom, balance, compassionate action
- ___ professional development - job skills
- ___ attention skills (more open or more focused)
- ___ physical health
- ___ Other - Below or on separate paper: What is your reason for requesting private sessions? What is your desired outcome?

Follow up Support

Small Private Groups

Online Meditations, Courses, Books, and Practice Books
www.nutpub.com

Individual Deepening Sessions

Regional Retreats 2010

January 22-23, 2010, Houston, TX

May 14-15, 2010, Houston, TX

August 20-21, 2010, Houston, TX

November 19-20 2010, Burton, TX

December 31-January 1, Houston, TX

2010 Retreats Outside Texas

Orcas Island, WA with Gregory Kramer and Northern Ireland
www.citta101.com/2010.htm

Professional Development

Corporate Environments
Meditating Mental Health Professionals
Spiritual Directors

Citta101 | Conscious Dynamics
 Mary Rees, MS
 P.O. BOX 20161
 Houston, TX 77025

voicemail: 713-662-2743
mary@citta101.com
www.citta101.com

Relational Mindfulness and Insight Meditation

Weekend retreats
 On line and home study
 Private sessions
 Ongoing support

Continuing Education available for Mental Health Professionals | Including PhD level Psychologists

Mary Rees, MS

Meditation Teacher

Citta101 | Conscious Dynamics

Insight Meditation Relational Mindfulness

- Broaden and deepen an established mindfulness practice
- Bring mindfulness into your life with a rich experiential teaching.
- Integrate wisdom and compassion into professional and personal life.

Teacher

Mary Rees, MS, has been teaching Insight and Mindfulness since 1989. She will help you recognize your innate wholeness, come to freedom from conditioning, and open to life of great possibility. She encourages expansion of conscious awareness, increased clarity and precision of observation, and teaches means of integrating all these into personal and professional aspects of daily life.

Mary has written an introduction to these processes in *Being Prayer—Transforming Consciousness*.

Citta101/Conscious Dynamics is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Citta101/Conscious Dynamics maintains responsibility for this program and its content.

Course Options

For an intimate awareness of the terrain of retreats and weekly courses. The combination offers both ongoing support and opportunity for deepened concentration.

Private Sessions

- Six - Eight Session Insight and Mindfulness Course (including CDs and Practice Books)
- Six week foundational course
- Eight week premiere course
- Four session Relational Mindfulness
- Five session Creating Course
- Individual Professional Assessment

Ongoing support

- Online or Home Study
- Introductory Course
- www.citta101.com/cybercourse.htm
- Practice Board
- www.citta101.com/practice/
- Continuing Education
- www.consciousdynamics.com/ce/
- Corporate Options
- www.consciousdynamics.com/corporate/
- Day and Residential Retreats
- Public

- www.citta101.com/2010.htm
- Private - for your organization
- www.consciousdynamics.com/group_app.html

Registration - Individual Sessions

Register for individual sessions on line at www.consciousdynamics.com/individual_app.htm or use the following form.

How to Register for Private Sessions by Mail

Detach and mail with your deposit to: Citta101, PO Box 20161, Houston, TX, 77025
Make checks or money orders payable to Citta101 or Mary Rees

Name _____

Street Address _____ City _____ State _____ Zip _____

E-mail _____ Preferred Phone _____

Experience (none needed) _____

Deposit of \$100 enclosed: _____ or Full amount enclosed: _____