



ESSENTIAL HOT YOGA PRESENTS

# RESILIENCY IN ACTION

WITH DR. DANIEL ELLENBERG

- Expand your capacity to respond to stressors
- Encode and internalize positive experiences
- Learn mindfulness and self-compassion skills
- Mindset activation for important and effective conversations

**COST: \$295 LIMITED SEATING AVAILABLE.**

**LOCATED AT 500 S. 8TH STREET, BOISE, ID TRAILHEAD ENTREPRENEUR INCUBATOR BUILDING**



Daniel Ellenberg, PhD, is a leadership coach, organizational trainer, seminar leader, executive and conversation advisor and licensed therapist. He is a principle in Rewire Leadership Institute and Relationships That Work. He leads Strength with Heart men's groups and seminars and co-created and delivered a resilience training program for several NASA space centers.

Amidst the joyous and pleasurable experiences in life, there are also painful, difficult ones. **RESILIENCE** is the capacity to cope with and emotionally metabolize these inevitable disruptive unwanted changes.

Being able to weather these disruptions well often makes the difference between **THRIVING** and simply **SURVIVING**. These capacities to handle stressors depend on our habits of mind and body.

These habits can be learned through known, effective practices. We will explore ways to **EXPAND** our capacity and practice this habits !

**FRIDAY MAY 17 6:30PM-9PM & SATURDAY, MAY 18 9AM-5PM**

This workshop includes Short Lectures, Experiential Practices, Meditations and Small Group Processes.

\*Coffee, Tea & Pastries in the morning plus Lunch in the afternoon are included.