

JOURNEY to CENTER

WITH THOMAS F. CRUM

September 11-15, 2006 — Peaceful Valley, Colorado



A beautiful Colorado mountaintop with dramatic fall coloring offers an ideal setting for you *to turn your stress into vitality, your conflicts into powerful relationships, and your 'busyness' into being.* During *Journey to Center* you will *develop inner balance, open communication, and clear goals in daily living.* Morning sessions concentrate on mind-body training in calmness, awareness and focus. Afternoons apply these principles to relationships in your personal and professional life through peak performance models, problem solving strategies, vision building, and stress-busting practices.

Creating the health, power, and life you deserve!

Journey to Center is an excellent team-building experience. We welcome groups to attend together. Whether you attend independently or with colleagues, you will learn skills that will help you to be “tough on the issue, soft on the person” — leading with congruency, not coercion.

Journey to Center combines full-group sessions, small-group discussions, movement exercises, role playing, and storytelling to create a dynamic, entertaining, and enlightening experience. No prior experience or particular physical conditioning is required for this workshop. The foundation of this workshop is the entire body of Thomas Crum's work and its application within business, organizational, and educational settings.

“I am deeply appreciative of your phenomenal talent, work and mastery. I want my entire team to take your training.” Mark Victor Hansen, co-author *Chicken Soup for the Soul* series

- WHEN:** The program begins at 3:00 p.m. on **Monday, September 11**, and concludes at noon on **Friday, September 15**. The opening and closing sessions are an integral part of the program. Please arrange your arrival and departure so that you are present for the entire program.
- WHERE:** Peaceful Valley Lodge and Conference Center near Lyons, Colorado, 60 miles northwest of Denver. Shuttle service to the Lodge is available from Denver International Airport. Reservations are necessary. We suggest you check with us on the shuttle schedule before booking your flights.
- COST:** \$1950 (double occupancy – we will identify a roommate, if necessary) or \$2150 (single occupancy). This includes lodging, healthy meals, materials, and the workshop fee. Group discounts are available.
- SIGN UP:** Call the New York office (585-924-7302), email (info@aikiworks.com) or mail a non-refundable deposit of \$500. Check, MasterCard, and Visa accepted. Balance of payment is due on August 15.

Thomas Crum Associates

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