

UNITY BY THE BAY presents



Peace in an Age of Anxiety

*Calmness, Confidence, and
Taking Charge*

You are warmly invited to this half-day workshop on how to transform your relationship to anxiety. While relaxation is always thought of as an antidote, there are many other responses to anxiety that can greatly improve the quality of our lives. In this experiential and interactive course, you will learn

- A. how to powerfully change the impact of anxiety by making it a friend instead of an enemy
- B. meditations that can lead to a greater sense of peacefulness
- C. how anxiety is embedded in a deep-rooted, unconscious narrative, and how to begin dislodging that narrative
- D. a powerful method for accessing the deep wisdom and insight hidden in your unconscious mind



Kelly Dorfman, MS, LND, is an internationally known speaker and award-winning author. She has been featured on CNN, Gwyneth Paltrow's Goop.com, and has been quoted in the Wall Street Journal, Washington and Oprah Magazine. With over 25 years of clinical experience, she has also led seminars for doctors, therapists, government agencies, teachers and the general public.



David G. Mercier, MS, LAc, is an integral life coach, and has supported clients in over 40,000 sessions over 35 years. He is the author of the award-winning *A Beautiful Medicine*, the textbook for 3 courses he co-teaches at Johns Hopkins University. In the 70's, he spent 2 years as a Buddhist monk in Sri Lanka. Together, Kelly and David teach a course, The Art and Science of Happiness, at Johns Hopkins University.

Date: Saturday June 2nd, 2018 Time: 9:00 AM – 12:30 PM. Location: Unity by the Bay, 4 Pointless Forest Trail, Annapolis, MD 21409. Investment: \$70, or \$65 early registration by May 27. To register, click the link on our homepage: www.UnityByTheBay.org