



Mind Fitness Week

at The WAC

With Dr. Joel & Michelle Levey

April 24-May 1, 2006

The WAC (Washington Athletic Club) is proud to announce Mind-Fitness week April 24 – May 1, 2006 with Joel & Michelle Levey. This special program will offer a variety of different workshops and events intended to inspire and inform our members about the extra-ordinary benefits and potentials available to us through integrating mind-fitness disciplines more fully into our life, work, and relationships.

Each of these learning opportunities will offer unique insights and experiences into a different facet of the mind-fitness disciplines and equip participants with profoundly practical methods to bring to life!

Likely themes to explore include:

- Mind-Fitness, Health, Healing, and Peak Performance
- Understanding the Nature and Highest Potentials of our Minds
- The Science & Clinical Applications of Mind-Fitness & Meditation
- Presence & the Miracle of Mindfulness
- Insights from Modern & Ancient Mind Science Traditions
- The Power of Intention & Focused Awareness
- Understanding the Mind-Body Connection
- Varieties of Meditation & Their Practical Applications
- The Mastery & Mysteries of Mind-Fitness

Mind Fitness Workshops & Offerings
With Joel & Michelle Levey
At Washington Athletic Club (WAC)



**Exploring the Frontiers of Mind-Fitness,
Mind-Science, & Extra-Ordinary Human Potential**

Tuesday, April 25

4:30pm –7:30pm*

\$150 for member or guest * includes hors d'ouvres

Recent breakthroughs in mind science and mindbody medicine research offer a wealth of inspiration and affirmation for the power and potentials of mind-fitness disciplines. Drawing insights from 35 years of practice, research, and clinical work, this special workshop offers a glimpse of compelling findings on mind-fitness disciplines highlighting their profoundly practical applications in sports & peak performance training, business, medicine, and daily life-work. (For more details see: <http://WisdomAtWork.com/mindfitness.html>)



**Mind-Fitness Dialogue for WAC Members
with Experts Joel & Michelle Levey**

Friday, April 28

5pm –7pm*

\$115 for member or guest * includes hors d'ouvres

Have you ever wondered who else at the WAC shared your interest in mind-fitness, peak performance, and extraordinary human potential? Have you ever felt alone in your interests in the inner-science disciplines? This special dialogue hosted by the WAC offers an opportunity for dialogue and reflection among members of the WAC members and staff who have an interest in exploring human potential and methods of self-mastery and discovery. This event facilitated by Dr. Joel & Michelle Levey, will provide an opportunity to inspire each other and to tap our collective intelligence regarding these disciplines. If there is sufficient interest, this could become an on-going dialogue group at the WAC.

(For more details see: <http://WisdomAtWork.com/mindfitness.html>)



Mind-Fitness: Ask The Experts

Thursday, April 28

5pm –7pm*

XXX Room, XX floor

\$115 for member or guest * includes hors d'ouvres

Do you have an interest in peak performance, personal mastery, and extra-ordinary human potential? Have you ever wondered about the nature and highest potentials of your mind? Would you like to improve your ability to focus, sustain attention and awareness, think deeply, and source your deepest wisdom? If so, then join us for this special opportunity to ask our “resident mind-fitness experts” – Joel & Michelle Levey—all those questions you have wondered about regarding the mastery and mysteries of the mind and the myriad of methods of mind-fitness training. This session will help to dispel myths, affirm potentials, and open new horizons in your life and performance. It will start by offering a brief overview of the field, and then be completely open to explore your questions and interests.

(For more details see: <http://WisdomAtWork.com/mindfitness.html>)



Mind-Fitness & Peak Performance at Work

Session 1: Foundational Workshop

Session 2: Follow-Up to Reflect, Review, and Build on Learnings from Session 1 (2 hrs)

Monday, April 24 (session 1)

Monday, May 1 (session 2)

4:30pm –7:00pm*

\$185 for member or guest * includes hors d'ouvres

Have you ever wondered how to get your mind to work better—at work? This session will introduce you to a treasury of profoundly practical and powerful skills for: increasing mindfulness; focusing your attention; being more fully present; listening better; thinking more deeply about complex issues; mastering stress; keeping your heart open; and dealing effectively with challenging situations. The benefits of this work include: greater self-confidence and self-mastery; less vulnerability to stress-related disease; improved health, energy, and vitality; better sleep; improved communications and relationships.

Bring your co-workers—or your spouse—people who can support you in integrating this “inner-work” more fully into your daily life, work, and relationships. This session includes a follow-up session a week later to reflect upon learnings and applications at work and beyond, inspire each other, ask questions, and take our learnings deeper.

(For more details see: <http://WisdomAtWork.com/mindfitness.html>)



Meditation & Medicine:
An Introduction to the Science & Clinical Applications of Meditation

Saturday, April 29

10am –12:30pm*

Game Room, 8th floor

\$185 for member or guest * includes hors d'ouvres

Over the past thirty years growing interest in meditation within modern medicine and bio-medical science has provided valuable insights regarding a wide variety of clinical applications of meditation. The Leveys are pioneers in this work and have offered versions of this workshop to faculty and students at dozens of medical and nursing schools and professional organizations.

This special workshop will include:

- 1) **Evidence-based results from meditation research**, especially with regard to clinical applications;
- 2) **An overview of varieties of meditation practice** (including an integrative cartography and visual map of the various meditation practices) and how they all interrelate within a whole systems approach that encompasses meditation, medicine, and health, and;
- 3) **An experiential introduction to several essential meditation practices** that offer inspiration and practical value for medical professionals.

There will be opportunities for discussion of clinical applications and implications of various meditation practices and to explore other questions that attendees may have regarding meditation and the contemplative inner science traditions.



Mind-Fitness Personal Coaching Sessions

Available by appointment

1-hour sessions

\$150

These 60-90 minute sessions are available either with Joel Levey, Michelle Levey, or both. This is a personalized opportunity to explore mind-fitness themes, potentials, and challenges unique to your own life situation, goals, health, work, and relationships.

Possible themes include:

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|--------------------------------------|-----------------------------------|
| - Developing a mind-fitness practice | - Learning how to be more present |
| - Developing greater peace of mind | - Learning to relax |
| - Becoming more mindfully present | - Mastery stress |

(For more details see: <http://WisdomAtWork.com/mindfitness.html>)

Registration and Information:

For registration contact:

Tamela Thomas Wellness Manager at Washington Athletic Club (WAC)

206.464.4639 tamelat@WAC.NET

For information on these and other Mind Fitness programs in Seattle or for your community organization, please contact:

Dr. Joel & Michelle Levey

InnerWork Technologies, Inc.

Center for Corporate Culture & Organizational Health

Tel: Seattle 206.632.3551

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A Glimpse of the Leveys' Life-Work



Dr. Joel & Michelle Levey have devoted their lives to exploring the frontiers of extraordinary human performance and their pioneering work spans many disciplines. They are co-founders of Seattle-based: WisdomatWork.com; InnerWork Technologies, Inc.; The International Center for Corporate Culture & Organizational Health; and SportsMind, Inc.. Over the past 30 years their work in the world has lead them to work with leaders and teams in over 200 leading organizations around the globe including: NASA, MIT, World Bank, SRI International, Intel, Microsoft, Hewlett Packard, Qualcomm, Intuit,

Phillips-ATL, Abbott Labs, Ciba-Geigy, Rhone-Poulenc Rorer, Johnson & Johnson, Gulf, Shell, Petro Canada, Imperial Oil; Washington Mutual Bank, Group Health Cooperative of Puget Sound, Swedish Medical Center, Fred Hutchinson Cancer Research Center, Weyerhaeuser, Menninger Foundation, Boeing, Seattle Center, Miraval Resort, and Five Mountains Foundation Hawai'i.

Joel & Michelle have directed clinical programs (Biofeedback, Stress Management, Pain Management, Psychophysiological Therapy, Hospice Training) for Group Health Cooperative of Puget Sound and Children's Medical Center in Seattle, lectured at dozens of Universities and medical schools, served as faculty at Antioch & Bastyr Universities, and the Indian Institute of Management (IIM) in Ahmedabad India, and as core faculty for the International Center for Organization Design and the World Business Academy. Their work in "complementary & alternative medicine" (CAM) and in "meditation & medicine" has inspired faculty and students at the University of Washington School of Medicine and School of Nursing, Bastyr University, Antioch University, Washburn University, University of Minn. Center for Spirituality & Healing, and American Medical Student Association.

The Leveys have coached a number of Olympic and World Class champions and designed & directed biocybernautic training for the US Army Green Berets' acclaimed "Ultimate Warrior Training Program", aka "Jedi Warrior." This six-month full-time training program was described by West Point leaders as, "The most exquisite orchestration of human technology that we have ever seen." Michael Murphy & George Leonard, founders of the Esalen Institute, praised this work, saying, "Jedi Warrior was the most extensive and advance leadership development program to be offered in modern times." The Institute of Noetic Sciences--for whom they have participated in numerous research colloquiums--honored them as leading contemporary "teachers of transformation" for their work in mind-fitness and extraordinary human performance.

The Leveys' [published works](#) have been translated into 9 languages and include: *Living in Balance: A Dynamic Approach for Creating Harmony & Wholeness in a Chaotic World*; *Wisdom at Work*; *A Treasury of Tools for Cultivating Clarity, Kindness, & Resilience*; *A Moment to Relax*; *The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds*; *Simple Meditation & Relaxation*; *Luminous Mind* and *Corporate Culture & Organizational Health: A Critical Analysis of How Workplace Culture Influences Business Success*.. They have contributed chapters to many anthologies including: *Learning Organizations*; *Voices on the Threshold of Tomorrow*; *Intuition at Work*; *Community Building in Business*; *Rediscovering the Soul in Business*; and *The New Bottom Line*.

Joel & Michelle are active in interfaith community work with a diversity of leaders from various faith traditions and social justice movements, and are founders of the International Center for Contemplative Inquiry. The Dalai Lama has been an advisor and supporter on a number of the Leveys' projects and has encouraged them in their work and teachings saying, "You are presently engaged in work that has great prospects for bringing the inner sciences and technologies of human development and transformation to a very wide section of people who may not under ordinary circumstances come into contact with these teachings."

The Leveys have a base in Seattle as well as Hawaii where they steward The [Kohala Sanctuary](#), a beautiful conference center and gathering place in the Aloha Spirit and organic permaculture farm in North Kohala on the northern tip of the Island of Hawai'i. They work with organizations and communities around the globe to inspire people to deepen the wisdom, wonder, compassion, resilience, and creativity they bring to life.